

THE RELATED FACTORS OF URGING STUDENTS TO QUIT SMOKING AMONG JUNIOR HIGH SCHOOL PERSONNEL

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Abstract

- The purpose of this research was to explore the association between school personnel's smoking behavior, tobacco related knowledge and attitude, perceptions of tobacco control school policies and urging students to quit smoking among junior high school personnel. Sixty schools for a total sample size of 7,129 were sampled from school personnel of public and private junior high schools by cluster sampling. A total of 5,280 samples were collected by a self-administrated questionnaire which resulted in a response rate of 74.06%.
- Our results show that the current smoking rate for junior high school personnel in Taiwan is 7.45%, 18.29% for male and 0.35% for female. Approximately 70% of junior high school personnel have urged students to quite smoking. There are significantly higher rates of urging students to quit smoking if school personnel are older, male, teaching health-related subjects, currently smoking, have more accurate knowledge in smoking and are more strongly against smoking in attitude. There is no significant difference to the rate of urging students to quite smoking regardless of whether personnel agreeing or disagreeing tobacco companies sponsoring in-school or extracurricular activities, or whether personnel recognizing the policies of prohibit smoking in the school or not. However, schools that have tobacco control curriculum or have accessed tobacco control materials have a significantly higher rate in urging students to quit smoking.
- According to the research results, we recommend that junior high schools should widely adopt tobacco control related curriculum and increase teacher's access to tobacco control teaching materials.

Background

- Tobacco use is a major preventable cause of premature death and disease. Around 46% of men and 4% of women in Taiwan are smokers, resulting in over 18,000 deaths from tobacco related diseases each year.
- In Taiwan, 62% tobacco users first try tobacco in their teens, and 6.5% junior high school students are smoking in 2004.
- School is mandatory through age 15. School teachers and administrators have interaction with students daily, and thus have more opportunity to urge students to quit smoking.

Purposes

- The purpose of this research was to explore the association between school personnel's smoking behavior, tobacco related knowledge and attitude, perceptions of tobacco control school policies and urging students to quit smoking among junior high school personnel.

Sampling Design

- The GSPS is a survey of all personnel working in schools selected to participate in the Global Youth Tobacco Survey (GYTS).
- The GYTS use a two-stage cluster sample design to select a representative data for each of the city/county in Taiwan.
- Sixty schools for a total sample size of 7,129 were sampled from school personnel of public and private junior high schools .
- A total of 5,280 samples were collected by a self-administrated questionnaire which resulted in a response rate of 74.06%.

Instrument

- The research instrument used is the Chinese version of GSPS designed by the WHO and CDC / USA.

Data analysis

- The data are weighted to adjust for sample selection (school) and non-response (school and individual levels). The computer program SAS v9.13 was used to compute weighted rate and 95% confidence intervals.

Key Findings

- The current smoking rate for junior high school personnel in Taiwan is 7.45%, 18.29% for male and 0.35% for female.
- Approximately 70% of junior high school personnel have urged students to quite smoking.
- The significant variables of higher rates of urging students to quit smoking if school personnel are older, male, teaching health-related subjects, currently smoking, have more accurate knowledge in smoking and are more strongly against smoking in attitude.
- Schools that have tobacco control curriculum or have accessed tobacco control materials have a significantly higher rate in urging students to quit smoking.

Table 1. The Distribution of Significant Demographic Variables Related with Ever Urging Students to Quit Smoking

Items	Weighted Percentage	95% CI	
Age			
● <=29 years old	56.51	52.19	60.84
● 30-39 years old	76.42	74.20	78.64
● 40-49 years old	81.80	76.96	86.64
● >= 50 years old	82.02	76.10	87.94
Gender			
● Male	68.54	66.92	70.17
● Female	77.87	72.02	83.73
Primary position in the school			
● Principal	100.00	100.00	100.00
● Teacher	74.89	69.30	80.48
● School health 1 service personnel	97.50	93.90	100.00
● Clerical Staff	66.48	59.41	73.55
● Other types of school personnel	63.83	48.97	78.69
If extend responsible of teaching health			
● Primary responsibilities	80.73	77.13	84.32
● Not primary responsibilities	82.49	78.88	86.10
● Do not teach about health	65.93	62.71	69.16

Table 2. The Distribution of Significant Knowledge Variables Related with Ever Urging Students to Quit Smoking

Items	Weighted Percentage	95% CI	
Smoke from other people's cigarettes is harmful to you?			
● Yes	73.00	70.58	75.42
● No	52.59	47.42	57.76
Tobacco use is addictive?			
● Yes	74.55	72.34	76.75
● No	57.98	51.32	64.64
● Not sure	54.32	45.15	63.50
Tobacco use causes lung cancer?			
● Yes	73.96	71.56	76.36
● No	33.92	9.17	58.66
● Not sure	54.16	39.75	68.56
Tobacco use causes heart disease?			
● Yes	77.16	76.05	78.26
● No	64.55	50.87	78.23
● Not sure	62.80	57.72	67.87

Table 3. The Distribution of Significant Attitude Variables Related with Ever Urging Students to Quit Smoking

Items	Weighted Percentage	95% CI	
Teacher tobacco use influences the youth tobacco use			
● Yes	73.85	72.04	75.66
● No	54.69	44.15	65.22
Schools should have a policy prohibiting tobacco use among students on school			
● Yes	72.69	70.10	75.28
● No	47.15	36.08	58.21
Schools should have a policy prohibiting tobacco use among school personnel on campus			
● Yes	74.21	71.45	76.97
● No	61.07	52.82	69.32
Tobacco products advertising should be completely banned			
● Yes	77.25	75.06	79.43
● No	64.68	59.82	69.54
The price of tobacco products should be increased			
● Yes	74.44	71.90	76.97
● No	66.95	64.14	69.76
The tobacco industry deliberately encourages the youth to use tobacco			
● Yes	74.92	72.54	77.30
● No	62.45	59.94	64.96
If you are concerned about tobacco use among the youth			
● Very Much	78.34	75.90	80.79
● Some	69.42	67.68	71.17
● Not at all	49.83	40.18	59.48

Conclusion

- In Taiwan, majority of smokers start to smoking and prolong smoking behavior become a habit in their adolescent year, when school personnel play important role model.
- School personnel need enough tobacco control knowledge, positive attitudes and teaching skill to prevent students be harmed from smoking and urge smoking students to quit smoking.

Table 4. The Distribution of Significant Recognition of Schools Tobacco Control Policies Variables Related with Ever Urging Students to Quit

Items	Weighted Percentage	95% CI	
If tobacco use prevention included somewhere in your school curriculum			
● Yes	79.77	76.96	82.58
● No	69.91	63.35	76.46
● Not sure	61.45	58.51	64.40
If have access to teaching and learning materials about tobacco control			
● Yes	82.47	79.89	85.04
● No	61.56	58.66	64.45
Think teachers need training to be able to teach student how to avoid using tobacco			
● Yes	74.23	73.26	76.20
● No	65.24	58.74	71.75
If ever received training to prevent tobacco use among the youth			
● Yes	88.95	83.28	94.63
● No	70.73	68.10	73.37
If non-classroom programs are used to teach tobacco use prevention to students			
● Yes	84.20	82.99	85.40
● No	64.02	56.59	71.44
● Not sure	57.61	51.19	64.02

Recommendations

- Junior high schools should widely adopt tobacco control related curriculum, increase teacher's access to tobacco control teaching materials,
- Provide school personnel training courses pertaining to tobacco prevention and tobacco marketing campaign recognition.