

Shisha Smoking and its prevalence in Lahore

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ABSTRACT

Objective: Assessment of Shisha Smoking frequency among the Lahore people.

Material and Methods: The study was conducted over a group consisting of 200 people. After informed oral consent, a self-prepared survey form/questionnaire was distributed and received the completed back. An experimental study was done for the assessment of the questionnaire's validity. SPSS version 20 was used for the data analysis with confidence interval 95%, 5% as margin of error and value of $p < 0.05$ was regarded significant.

Results: The number of Shisha Smoker entrants in the study was 200. In the group, students were 67.1 %, employed were 18.4 % and owner of the shops were 1.1 %. There were men 79.2% and women were 20.8 %. The majority of the people i.e., 57.2% started smoking of Shisha at the age of 15 -20 years. Mostly the Shisha was accepted by the people because of its flavour as it attracted them and among them 59.4% using Shisha for over a period of one year. The majority of the people were getting money for smoking of Shisha from their parents. It has been found out in research that the Shisha had been used for fun by the 80.6% people.

Conclusion: It was concluded in the research that the smoking of Shisha trend is increasing at high speed. Majority of the young people are involved in Shisha smoking and they are the future but because of lack of awareness of its harmful effect people are starting Shisha smoking, they



are using Shisha smoking with friend as fun and are spending over an hour in Shisha smoking. Families also like this trend. The Government and the society should take some initiatives to stop this menace from proliferating and destroying the youths.

Key Words: Awareness, Shisha, smoking

INTRODUCTION

WHO has proposed tobacco smoking as an important health indicator. By the year 2030, it is estimated that death rate due to smoking will be 8.3 million, out of which 70% will be in developing countries. Tobacco smoking trend is at constant, whereas, water pipe smoking has increased in female and young population.

Shisha smoking is an important method, which has become source of attraction for youngsters. At present, there are 100 million shisha smokers throughout the world. Young people like shisha because it has many flavors. However, damage caused by shisha is not less than cigarettes. Many people think it to be environmentally friendly. The intake of nicotine per shisha is almost equal to more than that of one cigarette pack. Thus, the negative effects that result from shisha smoking are different from cigarette smoking.

Many diseases have been reported to be associated with shisha smoking such as infectious diseases, infertility, esophageal cancer and reduced respiratory function. The high availability, cost-effectiveness and sociability of shisha make it highly popular. Almost 50% university students have used shisha, whereas, 25% of men are using it at present. It is reported that prevalence of smoking is tremendously increasing despite the spread of its awareness.

The smoking of Shisha is a tobacco smoking, occasionally combined with molasses sugar or fruit through a tube or hose and a bowl. The claim has been made that over 100 million people across the world are using Shisha smoking on daily basis. Using of Shisha is a normal practice in Bangladesh, India, Middle East, Pakistan, Turkey and some parts of China. It has been revealed in the estimation that the deaths caused by the tobacco are expected to increase from 5.4 million in 2005 to 6.4 million in 2015 and by 2030 it will be 8.3 million. There are different forms of using tobacco, but Shisha smoking is getting more popular only due to the reason it appeals to the youths.

Lack of knowledge about the harmful effect of smoking of Shisha and some socio demographics are giving favours to the growing tendency of smoking of Shisha among the young adults in Al Hassan, Saudi Arabia. In spite of the youth's perception that smoking of Shisha is safe as compared to smoking of cigarette. This perception has not been supported by any study up till now. The advisory penal of World Health Organisation on smoking of Shisha pioneered in stating recommendation to assist countries to formulate strategies to curb this practice. It was highly recommended that there should be regulations for Shisha smoking similar to cigarette and tobacco products. Pakistan has failed in implementing the WHO recommendations. In Pakistan,

according to the literature, there is scarcity of information relating to smoking of Shisha and there is very limited number of studies conducted for the determination of smoking of Shisha prevalence. The object of conducting this study is to point out the increasing trend of smoking of Shisha in different groups of age in spite of the fact it is carrying hazardous effect to health such as heart disease, stroke, pulmonary disease-causing shortness of breath and cancer.

In Pakistan, the usage of tobacco among the Shisha smoker is at high frequency in shape of cigarette, snuff and chewable tobacco. The most frequent is smoking of cigarette. The increasing of smoking of Shisha as social habit trend seems to happen in spite of availability of scientific evidence relating to its significant health risks. The main motives of using Shisha were entertainment, pleasure, relaxation and socialising. Whereas the smokers of Shisha had awareness of its harmful effects on health, they considered it less addictive and less hazardous and socially more acceptable as compared to smoking of cigarette and relied on the ability to give up.

MATERIALS AND METHODS

A cross-sectional research was carried out on sample a group of 200 people. The participants of the sample group were individuals from Shisha bar, public café, shopping mall and the duration of the study was 3 months from 1st June 2017 to 31 Aug 2017. A self-administered questionnaire was prepared for conducting the interviews. They took an informed oral consent from people. An experimental study was carried out to assess the questionnaire's validity and distributed the questionnaire and received back filled. The questionnaire was carrying the personal information questions such as starting age, field of work, duration, gender, place of smoking, frequency,

habits of smoking (cigar, cigarette, pipe and shisha) and diseases started because of smoking of Shisha. SPSS version 20 was used for the data analysis with confidence interval 95%, 5% as margin of error and value of $p < 0.05$ was regarded significant.

RESULTS

The questionnaire was filled by the sample group of 264 smokers of Shisha belonging to different groups of age and different parts of Lahore. The Shisha smoker's mean age was 24.1 ± 2.14 (Age Range from 16 to 38 years). In the sample group students were 67.1%, employed were 18.4% and owner of the shops were 1.1%. There were men 79.2% and women were 20.8%.

The average of smokers who started Shisha smoking between the age from 10 to 15 years was 8.4% and 57.2% stated between the age 15 to 20 years, 22.4% stated between the age 20 to 25 years, 3.1% stated between the age 25 to 30 years and only 8.9% started Shisha smoking over the age of 30 (p value 0.000). Shisha smokers for one-year period were 12.5%, using for few months were 11.8% and those who were using for few weeks were 16.3% and 59.4% were smoking over a period of one year (p value 0.000). Most of the people were not smoking Shisha on daily or weekly basis – daily Shisha smokers were 11.6%, weekly smokers were 19.4%, monthly smokers were 27.4% and occasionally smokers were 41.6% (p value 0.045).

Table 1: Questionnaire

| S.No. | Questions | Percentage | Mean | CI | p value |
|-------|-----------|------------|------|----|---------|
|-------|-----------|------------|------|----|---------|

| | | | | | |
|---|------------------------------------|------|------|-----------|-------|
| 1 | Age when started smoking shisha | | 2.22 | 2.14-2.38 | 0.000 |
| | 10-15 years | 8.4 | | | |
| | 15-20 years | 57.2 | | | |
| | 20-25 years | 22.4 | | | |
| | 25-30 years | 3.1 | | | |
| | Above 30 years | 8.9 | | | |
| 2 | Duration of smoking shisha | | 3.45 | 3.17-3.58 | 0.000 |
| | Some weeks | 16.3 | | | |
| | Some months | 11.8 | | | |
| | An year | 12.5 | | | |
| | More than an year | 59.4 | | | |
| 3 | Frequency of smoking shisha | | 3.78 | 3.65-3.88 | 0.045 |
| | On daily basis | 11.6 | | | |
| | On weekly basis | 19.4 | | | |
| | On monthly basis | 27.4 | | | |
| | Occasionally | 41.6 | | | |
| 4 | Mood of smoking shisha | | 2.14 | 2.03-2.24 | 0.016 |
| | Depressed | 19.4 | | | |
| | Happy | 80.6 | | | |
| 5 | Who gives money for smoking shisha | | 2.33 | 2.26-2.39 | 0.034 |
| | Parents | 47.2 | | | |
| | Siblings | 22.5 | | | |
| | Friends | 30.3 | | | |
| 6 | Impact on daily life | | 2.84 | 2.74-2.91 | 0.001 |
| | Influencing study life | 16.3 | | | |
| | Influencing work life | 18.3 | | | |
| | Influencing physical life | 65.4 | | | |

People who smoke Shisha during depression were 19.4%, and smoking in happy mood were 80.6% (p value 0.016). The people taking money from parents for smoking Shisha were 47.2% whereas those borrowing money from sibling were 22.5%, people taking money from friends were 30.3% (p value 0.034). People who considered that the smoking Shisha affected their studies were 16.3%, people whose poor performance was due to Shisha were 18.3%, people whose ability to exercise and walks for long time had been affected were 65.4% (p value 0.001).

DISCUSSION



According to the Census conducted in Pakistan in 2017 the population was recorded as 14.9 million, the current study based on the data collected from the 264 participants in the sample group of smokers of Shisha from the main areas of Lahore. The object behind the gathering information from these locations was that there were availability and easy approach to Shisha by way of Bars, Cafes etc. The research was carried out on the sample group of 264 smokers of Shisha from all Lahore district. The research has revealed that people who had started Shisha smoking before reaching 20 years of age were 60.6%. Same trend in the said age had been report in different studies from the countries of Middle East. A research conducted in Oman reported the similar circumstances that the average age of the 88% people was 15 years. Another research conducted in Karachi revealed the similar corresponding age which was 22.1% and according to their research it was bit high as compared to youths in Pakistan. The independence with age and wrong perception might be the cause of this increase in age from adolescence to young adults. One of the wrong perceptions was that Shisha is having low contents of nicotine as compared to cigarette and the use of water in such kind of tobacco intake sifts all harmful elements like nicotine, carbon monoxide and tar. People 52.7% who are smoking Shisha for a period of over a year and responded that the use is increasing day by day. In spite of the fact that the smoking of Shisha trend is ongoing but in the current research only 12.9% people have been revealed who are smoking Shisha daily, this shows that mostly people do not like to smoke daily. However, occasionally Shisha smokers were 35.2% and their smoking is completely dependent on their mood. The current researched has revealed that those who prefer Shisha smoking in happy mood are 50.4%. This number corresponds with the other researched carried out on Karachi's student. It has been stated by more than the half people that smoking of Shisha is only for the fun purpose



and this idea attracts the young adults more. Smoking of Shisha needs a lot of money because of the reason of its continuing tendency of assimilating, furnishing and fascinating life style –Shisha Bars are made more beautiful and attractive which itself attract huge money. The young adults pay this amount off though they are dependent on their parents and unemployed. The current researched has revealed that those who are getting money from their parents for smoking of Shisha are 46.2%. Smoking of Shisha has very hazardous and deep effects on the health and body and which is heading to have negative effects on the performance of daily life. The current research has highlighted that people who could not do exercise of go for a walk for longer period are 31.4%, people who are having effects on study are 19.3%, people with low performance at office are 12.1% and people having bad effects on health are 32.6%.

CONCLUSION

The study concluded that majority of people who were smoking Shisha were at the age of 20 to 25 years and many of them have started by the 20 years of age. The current study has also concluded that the majority of the Shisha smokers had awareness about the harmful effect and also it had some adverse effects on the daily life but still they had been smoking for fun purpose and in happy mood. Mostly the Shisha has been introduced by the friends, but the family source cannot be ruled out in introducing. Many people smoke Shisha by depending on their mood but not regularly.

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