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Education to smokers through various alternative strategies to control the problem of smoking

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Introduction: We all know cigarettes smoking is one of the commonest problem in the community. Since smoking is a worldwide epidemic, it requires co-ordinated political and non-political approaches at local national and international levels to control the smoking epidemic.

Aims: Assessment of the consequence of smoking.

- To find out attitude towards quit smoking
- Education through various alternative methods to quit smoking.
- Assessment of effectiveness of the education.

Materials and methods: The conceptual framework of this study was based on Henderson's health problem model; self-administered questionnaire was used to collect the data simple percentage technique used to find out the consequences of smoking problem sampling technique.

The random sampling technique was used for this study where 100 patient taken from both inpatient and outpatient wards.

Findings: Most of the smokers comes under moderate economic status class 82% of respondents were educated, 79% of smokers married, 70% smokers from urban and 30% of smokers from rural, 75 % of smokers above age of 18 and 25 % below 15-18 years. 42% moderate smokers and 63% occasional type 5 % chain smokers, result of combined habit shows that 55% have this problem without any combination like alcohol betel chewing etc.,

The result indicates specific causes for not able to quit this habit 95% smoke immediately after food, 90% stress from people.

Conclusion: The present study was aims to attempt to see the effectiveness of non-medical strategies for quit smoking lack awareness and quit of education was the main causes which prevent them not to utilize various methods. Hence further study can done in the area of creating awareness and then to concentrate on treatment modalities.

Keywords: Education, Smokers, Alternative, Strategies, Smoking.

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