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## An Examination of Smoking Status of Students Attending to Vocational School of Physical Education and Sports, and The Factors Effective Thereon

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### Abstract

The aim of the present study is to examine the smoking habits of students attending to Vocational School of Physical Education and Sports. The questionnaire for eliciting information, as regards when and how smoking has begun, as developed by Colakoglu (2005) based on expert opinions was used as the data collection tool in the study. The sample of study was comprised of the students attending to Vocational School of Physical Education and Sports, Bartin University, and the study group was composed of 100 students enrolled in the study on the basis of voluntariness. The 18-item questionnaire as utilised in the study was developed by Tekin Colakoglu based on expert opinions with an aim to elicit information as regards demographic structure of students and when and how they begin smoking. Percentage and frequency distribution of data collected from replies to questionnaire items were presented and comparisons were made based on sub-variables of certain items. As a result of study, 58 percent of students participated in the study were from "22–26 years" age group, 72 percent were "Men," 56 percent were "4<sup>th</sup> Class" students, 47.4 percent reported to have begun smoking at "High School," 47.4 percent said they were affected by their "Friends" to begin smoking, and 68.4% they want to quit smoking." In conclusion smoking is a bad habit and students begin smoking unwillingly by being affected by their friends. It can be concluded that educators and families should be more cautious and sensitive about smoking especially at secondary education.

Keywords: Smoking; University student; Vocational School of Physical Education and Sports

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## 1. Introduction

Tobacco is an annual plant within the genus *Nicotiana* of the Solanaceae family widely grown throughout the world (Odabasi, 1991).

Tobacco was first brought to Europe from America. Christopher Columbus noticed that natives of Guanahani Island chewed tobacco leaves and also smoked tobacco during his exploration. Subsequent to the second exploration voyage of Columbus, Francisco Hernandez brought tobacco to Europe along with such useful plants as potatoes and tomatoes in 1559 (Apaydin, 1988).

After 17<sup>th</sup> Century, tobacco has become an addiction as a pleasure-inducing substance. Occasionally, smoking was restricted in many countries, and smokers were subject to very heavy penalties. Despite all the foregoing smoking tobacco increasingly became widespread. Smoking tobacco in the form of cigarette was first started in 1850, followed by mass production with establishment of the first cigarette factory in England, in 1856 (Akcasu, 1984; Mangir *et al.*, 1992).

Turkey ranks second after Greece among European countries in terms of cigarette consumption per capita. According to the only study on prevalence of smoking in Turkey, namely "Public Research on Smoking Habits and Campaign Against Smoking" as conducted in 1988, with representative power covering entire Turkey, the prevalence of smoking was 44.5 percent in the 15+ years age group (62.8 percent in men and 24 percent in women). Prevalence of smoking varies between 30-50 percent in men, and 20-40 percent in women, in developed countries. On the other hand, although the prevalence of smoking in men is approximately the same in men, it varies between 2 percent to 10 percent in women. In general smokers begin smoking at ages below 18 (Turgut, Deveci, Altuntas, & Muz, 2005).

The best study indicating the effect of smoking on health is the one, which was conducted between 1950 and 1960 on doctors in England. This study revealed to the world that incidence of tobacco-related diseases, and especially the cardiovascular diseases and lung cancer, was quite high in smoking doctors (Baris, 1994).

Initiatives towards preventing smoking and tobacco use became widespread together with the fact that it was clarified and indicated by evidence-based study findings that smoking had negative effects on human health by 1960s (Bilgen, 2002).

In the light of above information, the present study aims to examine the smoking habits of students attending to physical education and sports schools.

## 2. Material and Methods

Upon review of literature, necessary information regarding the subject in question was compiled and exhibited. The questionnaire as developed by Colakoglu (2005) was used as the data collection tool of the study, and recommendations were made upon data collected by means thereof.

The target population of the study was the physical education and sports and the study group was comprised of volunteered students attending to Vocational school of Physical Education and sports, Bartin University.

Colakoglu's (2005) 18-item questionnaire was used to elicit information as regards demographic structure and when and how the students had begun smoking. Percentage and frequency distribution of data collected from replies to questionnaire items were presented and comparisons were made based on sub-variables of certain items.

### 3. Findings

**Table 1. Personal Information of Participants**

Variables	Sub-variables	f	%
Sex	Woman	28	28.0
	Man	72	72.0
	Total	100	100.0
Age	17-21	22	22.0
	22-26	58	58.0
	27 and elder	20	20.0
	Total	100	100.0
Origin	MetropolitanCity	40	40.0
	City	50	50.0
	Town	6	6.0
	Village	4	4.0
	Total	100	100.0
Class	1 <sup>st</sup> Class	8	8.0
	2 <sup>nd</sup> Class	30	30.0
	3 <sup>rd</sup> Class	6	6.0
	4 <sup>th</sup> Class	56	56.0
	Total	100	100.0
For how many years have you been involved in sports?	1-4 years	40	42.6
	5-8 years	18	19.1
	9 years and above	36	38.3
	Total	94	100.0
Are you currently involved in active sports in a sports club?	Yes	30	30.0
	No	70	70.0
	Total	100	100.0
How can you describe your economic status according to today's conditions?	Very good	20	20.0
	Good	50	50.0
	Moderate	30	30.0
	Total	100	100.0

28 percent of the participants involved in the study were women, and 72 percent were men. About 22 percent of participants were of 17-21 age group, 58 percent of 22-26 age group, and 20 percent at 27 and elder age group. About 40 percent of participants were originated from metropolitan cities, 50 percent from cities, 6 percent from towns and 4 percent from villages. About 8 percent of the participants were attending to 1<sup>st</sup> Class, 30 percent to 2<sup>nd</sup> Class, 6 percent to 3<sup>rd</sup> Class, and 56 percent to 4<sup>th</sup> Class. About 42.6 percent of participants of the study were involved in sports activities for 1-4

years, 19.1 percent for 5-8 years, and 38.3 percent for 9 years and above, and that 30 percent of the participants were currently involved in active sports in a sports club.

**Table 2. Smoking Status**

Variables	Sub-variables	f	%
Do you smoke?	Yes	34	34.0
	Sometimes	4	4.0
	No	62	62.0
	Total	38	100.0
When did you begin smoking??	Primary School	2	5.3
	Secondary School	10	26.3
	High School	18	47.4
	University	8	21.1
	Total	38	100.0
Which factor had been more/the most effective for starting smoking?	Friends	24	63.2
	Close relatives	2	5.3
	Teacher	2	5.3
	Trainer	4	10.5
	Other	6	15.8
	Total	38	100.0
When did you smoke your first cigarette?	Age 10-13	4	10.5
	Age 14-17	24	63.2
	Age 18-21	10	26.3
	Total	38	100.0
How many cigarettes do you smoke each day?	1-5 cigarettes	6	15.8
	6-10 cigarettes	10	26.3
	11-20 cigarettes	16	42.1
	21 cigarettes and above	6	15.8
	Total	38	100.0
For how many years have you been smoking?	1-3 years	2	5.3
	4-6 years	18	47.4
	7-9 years	8	21.1
	10 years and above	10	26.3
	Total	38	100.0

A review of table provides that 34 percent of the participants were chain smokers and 4 percent smoked occasionally. Approximately half of the participants began smoking at high school (47.4 percent), 63.2 percent modelled their friends to begin smoking, 63.2 percent began smoking at 14-17 years of age groups, 42.1 percent smoked 11-20 cigarettes a day, and 47.4 percent smoked for 4-6 years.

**Table 3. Reasons of Smoking, Smoking Environment and Thoughts on Smoking**

Variables	Sub-variables	f	%
Do you have anyone smoking at your family?	None	4	10.5
	Father	22	57.9
	Elder brother – sister	6	15.8
	Close relatives	6	15.8
	Total	38	100.0
Do you have sufficient information as regards harmful effects of smoking on health?	Yes	36	94.7
	No	2	5.3
	Total	38	100.0

Under which conditions do you feel the need to smoke?	When I am cheerful	8	21.1
	When I am angry with someone or some people	4	10.5
	I don't seek a cause to smoke	26	68.4
Do you want to quit smoking?	Total	38	100.0
	Yes	12	31.6
	No	26	68.4
Can you quit smoking?	Total	38	100.0
	Yes	28	73.7
	No	10	26.3
	Total	38	100.0

A review of the table provides that fathers of 57.9 percent of the participants smoked, 94.7 percent were informed about the harms of smoking, 68.4 percent did not need a cause to smoke, 68.4 percent did not want to quit smoking, and 73.7 percent considered they can quit smoking.

**Table 4. Findings as regards when participants began smoking by sex**

Variables		Sex		Total
		Women	Men	
Primary School	N	0	2	2
	%	0%	100.0%	100.0%
Secondary School	N	0	10	10
	%	0%	100.0%	100.0%
High School	N	8	10	18
	%	44.4%	55.6%	100.0%
University	N	0	8	8
	%	0%	100.0%	100.0%
Total	N	8	30	38
	%	21.1%	78.9%	100.0%

A review of table provides that 44.4 percent of the participants that began smoking at high school were women, 55.6 percent were men, and that all women smokers started smoking at high school.

**Table 5. Factors effective to begin smoking by sex**

Variables		Sex		Total
		Women	Men	
Friends	N	6	18	24
	%	25.0%	75.0%	100.0%
Close relatives	N	0	2	2
	%	0%	100.0%	100.0%
Teacher	N	0	2	2
	%	0%	100.0%	100.0%
Trainer	N	0	4	4
	%	0%	100.0%	100.0%
Other	N	2	4	6
	%	33.3%	66.7%	100.0%
Total	N	8	30	38

%	21.1%	78.9%	100.0%
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A review of the table provides that both female, and male participants were substantially affected by their friends. About 75 percent of those participants affected by their friends were male participants.

**Table 6. When participants began smoking by age variable**

Variable		Age			Total
		17-21	22-26	27 years and above	
Primary School	N	0	0	2	2
	%	0%	0%	100.0%	100.0%
Secondary School	N	4	4	2	10
	%	40.0%	40.0%	20.0%	100.0%
High School	N	6	12	0	18
	%	33.3%	66.7%	0%	100.0%
University	N	0	8	0	8
	%	0%	100.0%	0%	100.0%
Total	N	10	24	4	38
	%	26.3%	63.2%	10.5%	100.0%

A review of table provides that while age group of 27 years and above constituted the entire population that began smoking in primary school, the same group had the least percentage among those that began smoking at secondary school. About 66.7 percent of those that began smoking at high school was from 22-26 years of age group, and that all participants that began smoking at university were from 22-26 years of age group.

**Table 7. Effective factors to begin smoking by age variable**

Variables		Age			Total
		17-21	22-26	27 years and above	
Friends	N	8	14	2	24
	%	33.3%	58.3%	8.3%	100.0%
Close relatives	N	0	2	0	2
	%	0%	100.0%	0%	100.0%
Teacher	N	0	2	0	2
	%	0%	100.0%	0%	100.0%
Trainer	N	0	2	2	4
	%	0%	50.0%	50.0%	100.0%
Other	N	2	4	0	6
	%	33.3%	66.7%	0%	100.0%
Total	N	10	24	4	38
	%	26.3%	63.2%	10.5%	100.0%

A review of table provides that half of the participants who modeled their trainers to begin smoking were from 22-26 years age group, and the other half was from 27 years and above age group.

**Table 8. Findings as regards when participants began smoking by class variable**

"Variables		Class				Total
		1 <sup>st</sup> Class	2 <sup>nd</sup> Class	3 <sup>rd</sup> Class	4 <sup>th</sup> Class	
Primary School	N	0	2	0	0	2
	%	0%	100.0%	0%	0%	100.0%
Secondary School	N	0	6	0	4	10
	%	0%	60.0%	0%	40.0%	100.0%
High School	N	2	4	0	12	18
	%	11.1%	22.2%	0%	66.7%	100.0%
University	N	0	2	2	4	8
	%	0%	25.0%	25.0%	50.0%	100.0%
Total	N	2	14	2	20	38
	%	5.3%	36.8%	5.3%	52.6%	100.0%

A review of Table provides that all of the participants that began smoking at primary school were 2<sup>nd</sup> Class students that 60 percent of participants that began smoking at secondary school were 2<sup>nd</sup> Class students and 40 percent were 4<sup>th</sup> Class Students, 66.7 percent of participants that began smoking at high school were 4<sup>th</sup> Class students, and that 50 percent of participants that began smoking at university were 4<sup>th</sup> Class students.

**Table 9. Effective factors to begin smoking by class variable**

Variables		Class				Total
		1 <sup>st</sup> Class	2 <sup>nd</sup> Class	3 <sup>rd</sup> Class	4 <sup>th</sup> Class	
Friends	N	2	10	0	12	24
	%	8.3%	41.7%	0%	50.0%	100.0%
Close relatives	N	0	0	0	2	2
	%	0%	0%	0%	100.0%	100.0%
Teacher	N	0	2	0	0	2
	%	0%	100.0%	0%	0%	100.0%
Trainer	N	0	2	2	0	4
	%	0%	50.0%	50.0%	0%	100.0%
Other	N	0	0	0	6	6
	%	0%	0%	0%	100.0%	100.0%
Total	N	2	14	2	20	38
	%	5.3%	36.8%	5.3%	52.6%	100.0%

A review of Table provides that 41.7 percent of participants that began smoking by modeling their friends were 2<sup>nd</sup> Class students, 50 percent were 4<sup>th</sup> Class students, that all participants that were affected by their close relatives to begin smoking were 4<sup>th</sup> Class students, that all participants that began smoking by modeling their teachers were 2<sup>nd</sup> Class students, that 50 percent of participants that began smoking by modelling their trainers were 2<sup>nd</sup> Class students and 50 percent were 3<sup>rd</sup> Class students, and that all participants that began smoking for other reasons were 4<sup>th</sup> Class students.

#### 4. Conclusion and Recommendations

As a result of the study, it was found that 72 percent of the participants involved in the study were "Men," and 28 percent were "Women," that 58 percent of the participants were from "22-26 age group," that 56 percent were "4<sup>th</sup> Class" students, 50 percent were from "City," 42.6 percent of

participants of the study were involved in sports activities for “1-4 years and above”, 70 percent were not involved in “active licensed sports,” 50 percent had “Good” economic status. In Colakoglu’s (2005) study, 57.3 percent of the participants were “Men,” and 42.7 percent were “Women.” A study by Celik *et al.* (2004) on 225 university students, the mean age of students was 22.06, and that 16.4 percent of all the smoking participants were women, and 83.6 percent were men. In the studies by again Celik *et al.* (2004) and Yoldascan *et al.* (2005) on smoking university students, 60.1% of students (n=181) were men and 39.9% (n=120) were women, with student ages varied between 16 and 30. A study by Akgun (2005) on Baskent University students (n=1024) found that 59.1% of students were smokers, with 39.4% of which began smoking at ages between 15 and 18. The true smokers were women (54.5%) and men (45.5%). It was suggested that a unit should be established to provide counselling for students, and tell how smoking decreases performance, together with harmful effects of smoking on health and country economy (2005).

It was seen from the results presented in the tables that 38 percent of students participated in the study were smokers, 47.7 percent reported to have begun smoking at “High School,” 63.2 percent were affected by their “Friends” to begin smoking, 63.2 percent smoked their first cigarette, when they were “14–17 years” old, that 42.1 percent smoked “11–20 cigarettes” a day, and that 47.4 percent smoked for “4–6 years.” Colakoglu (2005) found in her/his study that 50.7 percent of students began smoking at “High School,” 68.7 percent were affected by their “Friends” to begin smoking, 49.3 percent smoked their first cigarette, when they were “14–17 years” old, 37.0 percent smoked “11–20 cigarettes” a day, and 31.8 percent smoked for “4–6 years.” Celik *et al.* (2004) found that mean age of beginning smoking was 15.74 years and that the mean duration for smoking was 6 years. Yoldascan *et al.* (2005) found in their study that the median age to try smoking first time was 16. Kucukkavruk (2002) found in her/his study on university students that the mean age of beginning smoking was 17.62 years, 0.6 percent of students smoked 6-10 cigarettes a day, and the number of cigarettes smoked per day increased by age.

As a result of the study it was found that “Fathers” of 57.9 percent of the participants were smokers, 94.7 percent had detailed information about the “harmful effects of smoking on health,” that 68.4 percent “required no reason to smoke,” that 31.6 percent “wanted to quit smoking,” and 73.7 percent reported that they “could quit smoking.” According to a study by Ogus *et al.*, (2005), the reasons for smoking was reported as decreasing distress and unhappiness (36 percent), calming down in case of anger and excitement (28 percent), concentrating on a subject (19 percent) and desire to have a more mature impression (17 percent), respectively.

The findings of the study indicated that 44.4 percent of female students and 55.6 percent of male students began smoking at high school, that 75 percent of all participants affected by friends were male participants, that that while age group of 27 years and above constituted the entire population that began smoking in primary school, the same group had the least percentage among those that began smoking at secondary school, and that 66.7 percent of those that began smoking at high school was from 22-26 years age group, and that all participants that began smoking at university were from 22-26 years age group.

The findings of the study indicated that all of the participants that began smoking at primary school were 2<sup>nd</sup> Class students, that 60 percent of participants that began smoking at secondary school were 2<sup>nd</sup> Class students and 40 percent were 4<sup>th</sup> Class Students, 66.7 percent of participants that began smoking at high school were 4<sup>th</sup> Class students, and that 50 percent of participants that began smoking at university were 4<sup>th</sup> Class students.

The findings of the study indicated that 41.7 percent of participants that began smoking by modeling their friends were 2<sup>nd</sup> Class students, 50 percent were 4<sup>th</sup> Class students, all participants that were affected by their close relatives to begin smoking were 4<sup>th</sup> Class students, that all participants that began smoking by modeling their teachers were 2<sup>nd</sup> Class students, that 50 percent of participants



that began smoking by modeling their trainers were 2<sup>nd</sup> Class students and 50 percent were 3<sup>rd</sup> Class students, and that all participants that began smoking for other reasons were 4<sup>th</sup> Class students.

In conclusion on the grounds that being affected by a friend and smoking habit by other family members constitute a remarkable high percentage among reasons for children and youth to begin smoking. It can be concluded that especially during secondary education educators and families should be more cautious and sensitive about smoking.

Recommendations that can be made based on the findings of the present study are: 1) Family members should never smoke in front of their children, since both physical, and visual absence of cigarette is very important; 2) Family members should not allow their friends and guests to smoke in front of their children. 3) Sportive activities by youngsters in leisure time may decrease smoking habit. 4) Students should be very careful about selecting friends, and that more sensitive and careful conduct of families may prevent youngsters from acquiring bad habits to a degree. 5) Students should be provided with a comprehensive training on harmful effects of smoking on health beginning from the very first periods they start secondary education. 6) Smoking players and sportsmen should not be allowed to smoke at mass communication media and necessary measures must be taken in order that they do not constitute negative models.

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