

“Assessment of different form of tobacco use and its correlates among the women residing in selected rural tribal community, West Bengal.”

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Abstract- The prevalence of tobacco consumption is alarmingly high in males and females in tribal population. A descriptive survey research was conducted to assess the different form of tobacco use and its correlates among the women residing in selected rural tribal community, with the objectives to find out the different form of tobacco use and its correlates among tribal women. The conceptual frame work was based on Health Belief Model. Data were collected from 200 tribal women by non probability purposive sampling with the help of semi structure interview schedule. The study findings revealed that commonest form of tobacco used by tribal women were gurakku (48.64%). The findings related to reason for use of tobacco include easy availability of tobacco (72%), their wish (33.5%), daily used by family member (95.5%), learned from peer group (65%), for new experience (46.5%), boost their satisfaction (45.5%), stress relieving method (38%), low cost of smoked form of tobacco (65.5%). To conclude, easy availability of tobacco and daily use by family members were identified as major correlates. This study has implication in various field of nursing considering the findings, some recommendations were offered for future research.

INTRODUCTION

“Your life is in your hands, to make of it what you choose.”

John Kehoe

Tobacco Use is of growing public health concern in India. Recent survey data indicate that the country has some 275 million tobacco users, with a higher number of smokeless tobacco users than smokers (cigarettes and *bidis* combined). *Bidis*, a slim, hand-rolled, unfiltered inexpensive locally produced product, are more commonly smoked than cigarettes in rural areas and among groups of lower socio-economic status (SES). Smoking is estimated to have caused one million deaths in India in 2010, with 70% occurring in middle-aged groups. Overall, 52% ($n = 36\ 000$ per annum) of oral cancers in India are due to smokeless tobacco use. There is considerable heterogeneity in the prevalence, type and volume of tobacco use between states in India. The prevalence of tobacco use ranged from 9% in Goa to 67% in Mizoram in 2009–2010. This likely reflects different historical and cultural factors that have encouraged or discouraged tobacco consumption in different parts of the country. For example, tobacco is an integral part of the socio-cultural milieu of various socio-economic groups in parts of eastern and northern India in particular, and is frequently offered to guests at family and social gatherings. State-level variations in tobacco use also reflect variations in the implementation of tobacco control strategies, such as increases in taxation and the creation of smoke-free workplaces, and the relative success of promotional activities by the tobacco industry. Less is known about the impact of these drivers on the socio-economic patterns of tobacco use in Indian states.

The emergence of tobacco-related diseases is a growing public health problem. The prevalence of tobacco consumption among tribal population is very high. Tobacco consumption, either in smokeless form or as smoking is reported to be responsible for major non-communicable diseases namely cardiovascular diseases, chronic obstructive pulmonary disease and cancers of the lung, oral cavity, pharynx, larynx, oesophagus, stomach, pancreas, liver, kidney, ureter, uterine cervix and bone marrow.

The prevalence of tobacco use in India according to GATS (2009-10) a quarter twenty six percent of all adults in India uses smokeless tobacco either by chewing, or applying it to the teeth and gums, or by sniffing. Use of smokeless tobacco is more prevalent than the smoking version and prevalence of smokeless tobacco use (26%) is far more than prevalence of smoking (14%). The extent of use of smokeless tobacco among males (33%) is higher than females (18%). Overall, 2.9% (rural, 15.1% and urban 1.2%) of women smoke and 18.4% (rural 29.3% and urban 17.7%) used smokeless tobacco. The state of Manipur where this study has been based stands amongst the five highest tobacco use in India. It has 45% of adult who consume smokeless tobacco on everyday basis with marginal differences between male (52.1%) and female (37%) tobacco users (GATS, 2009-10). As we know the effects of smokeless tobacco on the public health especially oral health is alarmingly increasing there seems to be no sign of decreasing its usage. Particularly the marginalized and disadvantaged women in rural areas the use of smokeless tobacco is increasing on everyday basis, the reasons of which are varied and complex.

NEED OF THE STUDY

Approximately 8.6 million people in the United States suffer from tobacco-related illness including respiratory and cardiovascular diseases. Another 443,000 people die prematurely each year from cigarette smoking and exposure to secondhand smoke.

With the highest tobacco abuse prevalence among all minorities, American Indians incur high rates of tobacco-related lung cancers. As a people, we have the poorest survival rate from cancer of any racial or ethnic group, due to a lack of access to specialist care

and to low socioeconomic status. With such epidemic abuse of commercial tobacco, continuously lose elders, adults, and children to disease and premature death. Therefore, it is essential to investigate theories of prevention, addiction, and cessation specifically related to our ethnicity.

Tobacco Use in Tribal School students from Central India, 4.10% boys were smokers as compared to 1.57% girls. Although the proportion is more among boys, tribal girl students succumbing to the habit of smoking at the school age itself is a matter of concern. The habit of smoking in these school children can be attributed to easy availability of tendupatta leaves (used to make bidis in India) and household stock of tobacco by the parents. Almost equal proportion of girls were indulging in smokeless tobacco consumption as that of the boys and this is because of the habit of using masherī (a form of smokeless tobacco) for cleaning the teeth every morning and nus (another form of smokeless tobacco) used for sniffing by the girl students.

So on the basis of intense literature search it can be said that several study were conducted on different age group tobacco user and tobacco related health problem, tobacco use on the health and wellbeing of women, tobacco use in Indigenous population. Some studies were conducted tribal school students. Most of the studies were tobacco use in adult population and hazardous effect on health. Very few studies had all these variables simultaneously and also relation among these variables. Because of these reasons the researcher decided to conduct a study on assessment of different form of tobacco use and its correlates among rural tribal women.

Statement of the problem

Assessment of different form of tobacco use and its correlates among the women residing in selected rural tribal community, West Bengal.

Purpose

To assess the different form of tobacco use among women in selected rural tribal community.

Objectives

1. To find out the different form of tobacco use among tribal women in selected rural tribal community.
2. To find out the correlates of tobacco use in different form among the tribal women.

Assumption

This study assumes that

- Tribal women use tobacco.
- Certain factors correlated with tobacco use in tribal women.

Operational definition

Tobacco use

It includes use of all types of smoking and nonsmoking items which contains tobacco like bidi, gurakku, khaini, paan masala, cigarettes, chuti .

Tribal women

In this study it refers to tribal women as a social group with territorial affiliation, endogamous with no specialization of functions ruled by tribal officers hereditary or otherwise, united in language or dialect recognizing social distance with other tribes or castes.

Correlates

In this study it refers factors influences tobacco use like parental tobacco using, peer tobacco using, their custom, easily availability, their interest this all are influences tribal women. These correlates were measured by semi structured interview schedule.

Delimitations of the study

This study was delimited to

- Tribal women who uses tobacco.
- Willing to participate.
- Comprehend and understand Bengali.

Methodology

Research approach

Non-experimental Survey research approach was adopted for the present study.

Research design

The research design for the study selected was descriptive survey research design.

Variables under study**Research variables**

Different form of tobacco use.

Correlates of tobacco use.

Demographic variables

Age, Education, Occupation, Income, Marital status, Number of children, Types of family, Family member, Form of tobacco use.

Setting**Pilot study**

Pilot study was conducted at Gangarampur block of Dakshin Dinajpur District, West Bengal.

Final study

Final study was conducted at Tapan block of Dakshin Dinajpur District, West Bengal.

Reasons for selecting the setting:

- Easy availability of the sample
- Administrative approval and expectation of co-operation for the study from various personnel.
- Familiarity of settings.
- Feasibility of conducting research study in terms of time and distance.

Population

All tribal women consuming tobacco or tobacco containing product.

Sample

Tribal women in Tapan block of Dakshin Dinajpur tribal community, who consumes tobacco.

Sample size

Sample size consists of 200 women tobacco users who meet the inclusion criteria.

Inclusion criteria

- Tribal women who uses tobacco
- Tribal women who were willing to participate.
- Tribal women who can comprehend and understand Bengali.

Sampling technique

Non probability purposive sampling technique was adopted.

Ethical consideration

An ethical permission

- Ethical committee of IPGMER, SSKM hospital, Kolkata.
- A written consent from the participant

Administrative permission

- Directorate of Health Services, Dept of Health and Family Welfare, West Bengal.
- Joint Director of Health Services (Nursing) Dept of Health and Family Welfare, West Bengal.
- C.M.O.H and B.M.O.H of the selected block of the Dakshin Dinajpur district.
- Principal of West Bengal Government College of Nursing.

Data collection tools and techniques

Data collection is the process of acquiring the subjects and collecting the data for the study. The actual steps of collecting the data are specific to each study and depend on the research design and measurement techniques. For the development of an appropriate tool extensive review of literature was done.

Table 1 Data collection tools and techniques

Tool no.	Tools	Variables to be measured	Techniques/methods
Tool I	Semi structured interview schedule .	Demographic data	Interviewing
Tool II	Semi structured interview schedule	Correlates of tobacco use	Interviewing

Analysis and interpretation**Objectives of the study were-**

1. To find out the different form of tobacco use among tribal women in selected rural tribal community.
2. To find out the correlates of tobacco use among the tribal women

Organization of study findings of final study was presented as follows

Data were organized, tabulated and interpreted by using descriptive statistics and presented under the following sections:

Section I Findings related to description of sample characteristics.

Section II Findings related to correlates of the tobacco use.

Section I Findings related to description of sample characteristics

This section describes the personal characteristics of subjects namely age (in year), education, occupation, monthly income(in rupees), marital status, number of children, types of family, number of family member and form of tobacco use.

Table 2 Frequency and percentage distribution of subjects according to their age, education and occupation.
n=200

Characteristics	Frequency	Percentage (%)
Age (in years)		
<20	06	03
20-35	62	31
36-50	68	34
51-65	53	26.5
>65	11	5.5
Education		
Illiterate	162	81
Primary	31	15.5
Secondary	Nil	-
Below Secondary	06	03
Above Secondary	01	0.5
Occupation		
Labourer	146	73
House Wife	18	9
Service Holder	Nil	-
Other	36	18

Table 3 Frequency and percentage distribution of subjects according to their income, marital status and number of children.
n=200

Characteristics	Frequency	Percentage (%)
Monthly income (in Rs)		
≤1000	60	30
1001-3000	85	42.5
3001-5000	Nil	-
>5001	Nil	-
No fixed income	55	27.5
Marital status		
Married	134	67
Unmarried	02	01
Separated/Divorced	07	3.5
Widows	57	28.5
Number of children		
Nil	21	10.5
1	25	12.5
2	65	32.5
3	36	18
>3	53	26.5

Table 4 Frequency and percentage distribution of subjects according to their types of family and family member.
n=200

Characteristics	Frequency	Percentage (%)
Types of family		
Nuclear	106	53
Joint	94	47
Extended	Nil	-
Others	Nil	-
Number of family member		
1	05	2.5
2	20	10
3	24	12
4	52	26
>4	99	49.5

Table 5 Frequency and percentage distribution of subjects according to use of different form of tobacco. n=200

Characteristics	Frequency	Percentage(%)	Rank
Different form of tobacco uses			
Gurakku	108	48.64	1 st
Bidi	76	34.23	2 nd
Paan	12	5.4	4 th
Khaini	18	8.1	3 rd
Chuti	08	3.6	5 th

Respondent had multiple responses

Section II Findings related to correlates of the tobacco use

Table 6 Frequency and percentage distribution of correlates of tobacco use namely use of tobacco by family member at home and availability of tobacco.

Correlates of tobacco use	Frequency	Responses	
		Percentage (%)	
Use of tobacco or tobacco product by family member at home			
Daily	191	95.5	
Weekly	Nil	-	
Monthly	Nil	-	
Rarely/Sometimes	2	01	
No one use	7	3.5	
Availability of tobacco			
Easily	144	72	
Hard to get	56	28	
Very hard to get	Nil	-	
Any other, specify	Nil	-	

Table 7 Frequency and percentage distribution of correlates of tobacco use namely tobacco used in work place and learning of tobacco use to use tobacco.

n=200

Correlates of tobacco use	Responses	
	Frequency	Percentage (%)
Tobacco use in work place		
No one smoked	Nil	-
Only at lunch time	09	4.5
When workers gathers	44	22
Any other, specific		
-As they wish	67	33.5
- Feeling Bitter test in mouth	50	25
- When they tired	30	15
Learning of tobacco use to use tobacco		
Family member	20	10
Peer group	122	61
Co worker	55	27.5
Any other, specific		
- Started by own self	03	1.5

Table 8 Frequency and percentage distribution of subjects according to correlates of tobacco use namely reason to start using tobacco and pleasure seeking behavior.
n=200

Correlates of tobacco use	Responses	
	Frequency	Percentage (%)
Reason to start using tobacco		
To give company to others	10	05
Lack of awareness	01	0.5
Peer pressure	22	11
To have a new experience	93	46.5
Family conflict	02	01
Any other , specific		
-Dental Pain	56	28
-For no reason	16	8
Seeking pleasure after tobacco use because it		
Enhance myself image	01	0.5
Boost my satisfaction	91	45.5
Helps to cope with personal		
/occupational problem	04	02
Any other, specific		
-Relief dental pain	56	28
-Addiction	48	24

Table 9 Frequency and percentage distribution of correlates of tobacco use namely stress relieving method and situation for tobacco use.

n =200

Correlates of tobacco use	Frequency	Responses	
		Percentage (%)	
Stress relieving method			
Use tobacco or tobacco product	38		19
Take a nap	38		19
Talking to neighbors	21		10.5
Any other, specific			
-Talking to husband	25		12.5
-Talking to family member	23		11.5
- Watching T.V	27		13.5
-Listening music	28		14
Situation for tobacco use			
Feel tense	25		12.5
Feel tired	16		08
Feel lonely	51		25.5
Any other , specific			
-Their wish	60		30
- Dental pain	41		20.5
- Headache	07		3.5

Table 10 Frequency and percentage distribution of correlates of tobacco use namely try to quit tobacco, minimum cost of tobacco product and tobacco product used as relieved.

Correlates of tobacco use	Responses	
	Frequency	Percentage (%)
n=200		
Try to quit smoking or tobacco product		
Never tried to quit	151	75.5
Within the last month	16	08
Within last year	23	11.5
Any other specific		
-I feel sick that time I stop tobacco use	10	05
Minimum cost of tobacco product		
Smoked form of tobacco	131	65.5
Chewing tobacco	08	04

Tobacco containing other food product	58	29
Any other, specific		
- Produced in home	03	1.5
Tobacco product used as relieved		
Toothache	95	47.5
Morning sickness	Nil	-
Cut & burns	Nil	-
None	105	52.5

Table 11 Frequency and percentage distribution of correlates of tobacco use, namely work in tobacco manufacturing company. n= 200

Correlates of tobacco use	Responses	
	Frequency	Percentage (%)
Work in tobacco manufacturing company		
Yes	Nil	-
No	200	100

Table 12 Frequency and percentage distribution of correlates of tobacco use, namely heard about ill effect of tobacco use n= 200

Correlates of tobacco use	Responses	
	Frequency	Percentage (%)
Heard about ill effects of tobacco		
Yes	68	34
n ₁ = 68		
If yes,		
From family member	22	32.35
From friends	22	32.35
From T.V	24	35.29
Any other, specify	Nil	-

Summary

The study aim was assess the different form of tobacco use among women in selected rural tribal community. The analysis and interpretation of data collected from 200 tribal tobacco user women Dakshin Dinajpur District West Bengal, by applying descriptive statistics. The statistical tests employed are frequency and percentage distribution.

Conclusion

The result of the study adds to the existing literature on the different form of tobacco use and its correlates among tribal women. The result revealed that majority of the women belong to age group of 36-50 and they not had formal education. Maximum of women were daily labour. They use different form of tobacco like Gurakku, Bidi, Paan , Khaini, Chuti etc.

The reasons why women started taking tobacco means many things. Thus, chewing tobacco or smoking was very common and many women where they are intricately linked. By doing field work they were using tobacco. The participants expressed concern about their inability to quit smoking or taking tobacco product because of their habits. Many of them who started using tobacco because of their toothache who also was advised and guided by their friends to take tobacco as a cure for toothache. And very few amount of sample heard about the ill effect of tobacco. In this tribal population information, education and communication should be strengthening so that tribal women can improve their knowledge and practice about tobacco uses.

Recommendation-

On the basis of the present study the following recommendations have been made for further study

- The study can be replicated on a larger sample so that the findings can be generalized to a large sample.
- The study can be replicated in different settings in the state.
- A similar study can be done on tribal male tobacco user.

- A comparative study can be conducted to assess different form of tobacco use and its correlates among male and female in selected rural tribal community.

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