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## Investigation Of Smoking Habits Of The Students In TT Kaplan Social Science School

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### Abstract

Each year many people die of the hazardous effects of smoking in the world. Additionally, smoking leads to disadvantageous conditions for both economy and health. Adolescents experience “search for identity” and anxiety for the future more frequently in contrast to other age groups. They also experience intense rebellion against authority figure. If the family responds negatively to these acts, they become much more open to the environmental effects. The aim of this study is to investigate the number of students in TT Kaplan social sciences school who smokes. The study has a survey model. The participants of the study are a total of 249 TT Kaplan social science school students. The data of the study were collected through survey questionnaires. The data obtained were analysed by make use of descriptive statistical techniques, especially in the form of means, frequency and percentage. These findings clearly suggest that long-term training activities to avoid smoking are needed in TT Kaplan social science school.

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### 1. Introduction

During the adolescence young people experience identity search and depression at varying levels and they also experience anxiety for future. In addition they tend to deviate from established societal norms and acquire not welcomed habits as a result of rebellion to the authority during the adolescence (Carr, 1998). If it is reinforced with the family’s negative effects they became much more vulnerable to destructive environmental effects (Kaya & Çilli, 2002). The major task of schools is to produce high-quality work force needed by society. Therefore, healthy youth is a concern not only for families and individuals but also for society. In schools there are smoking avoidance

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programs which tries to make students non-smokers. However, not starting smoking is another valuable goal which needs a special attention (Preuss, 2004; Telatar and Bilir, 2005; Ünlü et al., 2002). In the recent students among high school and university students it is found that although smoking and substance use vary based on regions and the related habit, such habits have increased (Erdem et al., 2006). Young people mostly began to smoke before the age of 13 and schools are instrumental in this process. If a young person start smoking at the age of 17, it means that his chance of developing lung cancer is fifty percent (Gercek et al., 2009; Hinz, 2007; Holleederer & Bölcskei, 2002; Sussman, 2002; Tobler & Stratton, 1997; Bruvold, 1993). Smokers mostly began to smoke regularly at the age of 15,6. Smoking habit then becomes a long-term behaviour. Hurrelmann (1998) found that smoking habit lasts for 16 years among young males and for 20 years among young females. The aim of this study is to analyse smoking behaviour of students attending a social sciences high school.

## 2. Method

The study has a survey model.

### 2.1 Sample

The participants of the study are a total of 249 TT Kaplan social science school students. Data collection tool

### 2.2 Data collection tool

The data of the study were collected through survey questionnaires.

#### 1.1. Data Analysis

The data obtained were analysed by make use of descriptive statistical techniques, especially in the form of means, frequency and percentage.

## 3. Findings

Table 1 presents the findings regarding smoking habits and the views about smoking of the TT Kaplan social science school students sampled.

Table 1. Smoking habits and the views of participants about smoking

Views	Female (%)	Male (%)
I never smoked	38	19
I may try to smoke only once.	10	6
I sometimes rarely tried to smoke.	5	7
I frequently smoke	1	2
I smoke.	2	10
I started smoking at home	8	2
I started at a meeting of friends	21	31
I started at school	9	9
Others	4	16

Regarding the starting occasion of smoking among female students it is found that 8% of them started smoking at home, 21% at social gatherings and 9% at schools. In relation to the same variable among male students it is found that 2% of them started smoking at home, 31% at social gatherings and 9% at schools

#### 4. Discussion and recommendation

Research by the World Health Organization (WHO) suggests that heart disease or diabetes in the older ages are the consequences of childhood health conditions. Furthermore, it is stated that addictive substances are the primary reasons for diseases or need for care (Bruvold, 1993; Tobler and Stratton, 1997). The findings obtained indicated that in social sciences high school male students more frequently smoke than female students. Those students who smoke mostly begin to smoke in a social meeting with their friends or in school. This increases the likelihood that young people start smoking and become a regular smoker. In a study in New Orleans, the possibility for smoking and drinking alcohol were higher in the students, whose parents smoked and drank alcohol (Beckmann and Mechnich, 2001; Beelmann and Thomas, 2006; Baumeister et al., 2008). Related studies suggest that social learning elements have significant contribution to smoking. Therefore, smoking addiction should not be seen only as a result of psychological factors but also as a result of environmental factors. Smoking addiction is one of the most significant addiction types. It is known that only a few of the smokers can quit smoking (2 or 3 %). If a person begins to smoke at earlier ages, s/he may come across very complicated problems. In order to avoid smoking or to reduce the rate of smoking educational programs and activities should be reviewed, related studies should include social activities.

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