

Extended Abstract

Characteristics of Individuals Applying to a Smoking Cessation Clinic Regarding Smoking Initiation, Regular Smoking, and Smoking Cessation

Introduction

Smoking affects life in every way. It even ranks first among the causes of death and diseases. According to the World Health Organization, approximately 19.9% of the world population smokes, and about 8 million people die every year owing to reasons associated with smoking. It is estimated that the number of people who die within a year after 2030 will be 8.4 million and that 80% of them will be in developing countries. In Turkey, this number is expected to be more than 240,000.

In order to quit smoking, the reason for regular smoking, the reason for wanting to quit smoking, and family and social factors should all be considered together. Interventions for smoking should include preventing smoking initiation, supporting smoking cessation, and controlling smoke that is at least as harmful as the cigarette itself. It would also be useful to determine smoking rates and addiction levels in the community and in some specific groups. On the basis of all this information, this study, which examines the characteristics of individuals who applied to the smoking cessation clinic regarding smoking initiation, regular smoking, and smoking cessation, was planned and conducted to contribute to the literature.

Methods

Descriptive and relational screening designs were used. The population of this study, which was conducted with people who applied to the smoking cessation clinic, consisted of the individuals who applied to Erzincan Binali Yıldırım University Mengücek Gazi Training and Research Hospital Smoking Cessation Clinic for smoking cessation.

Individuals who applied to the clinic were informed about the study, and 202 individuals who agreed to participate were made to fill in the personal information form. However, because there were individuals who could not be reached during the third- and sixth-month calls or who wanted to leave the study, the sample consisted of only 126 individuals.

The personal information form was created by the researchers to determine the demographic characteristics of the individuals to be included in the sample.

The data were collected from the individuals who applied to the smoking cessation clinic by the face-to-face interview method. Within the scope of the study, the data obtained from the sample were first coded into the SPSS 23 statistical program.

Ethics committee approval and institution permission were obtained for the study initially. Informed consent was obtained from each participant during the data collection stage.

Results

It was determined that 43.7% of the participants were female, 65.1% were married, and 34.1% were primary school graduates. The mean age of the sample was 40.55 ± 13.152 years, the smoking initiation age of the sample was minimum 9 years and maximum 39 years, and the mean smoking initiation age was 17.66 ± 0.44 years. The regular smoking period was determined to be minimum 3 years and maximum 67 years, and the mean regular smoking period of the sample was calculated to be 21.90 ± 1.14 years. The mean number of cigarettes consumed per day was determined to be 22.84 ± 0.95 in the sample.

When the reasons for smoking initiation in the sample were examined, the rate of those who stated that they started smoking because of curiosity was determined as 49.2%, campervy as 52.4%, social pressure as 8.7%, reaction to the ban as 0.8%, self-proving as 3.2%, inability to cope with stress as 27%, and other causes as 3.2%.

When the reasons for smoking cessation were examined in the sample, the rate of those who stated that they quit smoking because of workplace pressure was determined as 7.9%, serving as a model to the social circle as 21.4%, doctor's recommendation as 11.1%, being disturbed by the bad smell of smoking as 19.8%, being ashamed of smoking as 10.3%, social pressure as 15.1%, reasons related to beliefs as 10.3%, economic reasons as 39.7%, impact on the environment as 31%, desire not to have any disease in the future as 69.8%, and existing diseases as 50%.

In the third-month measurement, 59.5% of the sample was smoking, and this rate increased to 65.9% in the sixth month. The difference between these two measurements was statistically significant. According to this result, people who had quit smoking started smoking again owing to various reasons.

Discussion

When the smoking initiation age of the individuals included in the study was examined, it was observed that they started smoking at the mean age of 17.66 ± 0.4 years and the mean number of cigarettes consumed per day was 22.84. When the literature was analyzed, it was observed that the age range of 15-25 years is risky for smoking initiation, and the mean smoking initiation age was 17. In addition to this information, the mean smoking initiation age was found to be 17, and the mean number of cigarettes consumed per day was found to be 23.57 in various studies conducted with smoking in our country.

In the study, it was determined that the most important reason for smoking initiation was camperry. Considering the mean smoking initiation age, it suggests that individuals started smoking by emulating the smoking behavior of their friends and elders in their youth, and it later turned into an addiction and they could not quit smoking for many years. When the literature was analyzed, studies consistent with this study were found.

When the reasons for smoking cessation of the individuals included in the study were examined, it was found that they wanted to quit smoking, first, in order to not have any diseases, second, because of existing diseases, and third, owing to economic reasons. When the reasons for smoking cessation are analyzed in the literature, the desire to be healthy in the first place followed by financial problems in the second place are noticeable.

When the success of smoking cessation in the individuals included in the study was examined, it was observed that the smoking cessation success rate in the third month decreased to 41.5%, and, unfortunately, it decreased to 34.1% in the sixth month. When international studies were examined, the smoking cessation success rate varied between 6% and 74%. When domestic studies were examined, values below this rate were encountered. In fact, when the smoking cessation success rates of individuals who applied to the clinic for smoking cessation in Turkey were examined, it was found to vary between 20% and 50%.

It was concluded that the reasons for wanting to quit smoking were higher in number than the reasons for smoking initiation, and health and economic reasons were the most important reasons for wanting to quit smoking. Individuals tried to quit smoking before owing to these reasons, but the participants who received professional help to quit smoking started smoking again over time.