

Extended Abstract

The Harms of Tobacco and Smoking in Turkish Poems

Introduction

The introduction of the civilized world to tobacco begins with the discovery of America. Tobacco, which is easily used by seafarers, was taken to Europe at the beginning of the 16th century and started to be planted there. The habit of using tobacco spreads to Europe in a short time. Tobacco, which came to Anatolia for the first time from Europe at the beginning of the 17th century, finds widespread use in society. The discovery of a cigarette-producing machine in the 1880s made cigarettes an increasingly common form of tobacco use. With the development of the cigarette industry, which began in 1918, the tobacco habit spread all over the world. The prevalence of cigarette smoking, which has become a world epidemic today, is a phenomenon of the 20th century. The first use of tobacco was to crumble the dried leaves at one end of the pipe and to draw in smoke from the other end of the pipe. Subsequently, the use of primitive cigars began, primitive smoking pipes and rods spread to the shape. e learn from Katip Çelebi has spread rapidly to all the rumors to be good for Turkey in the history of tobacco in the 1601 British sailors and brought to Istanbul by pulmonologists. However, smoking is a cause of illness in itself. There are at least 300 kinds of harmful chemicals in cigarettes and smoke. Nicotine is one of the most severe poisons known. Nicotine has no use in medicine; it only serves to kill insects. A person who smokes a pack of cigarettes a day loses at least five years. If harmful substances in a cigarette are injected into a person's vein, death occurs within a few minutes. The rate of lung cancer in smokers is twenty times higher than in non-smokers. The incidence of cancer in smokers with two or more cigarettes per day increases by 30-40 times. Harmful substances in cigarette smoke from the body with urine, milk or sweat is excreted to the kidneys, babies and skin tissue damage.

Methods

Smoking is one of the most important health problems. Although people know that they will get serious illnesses, they do not think or cannot give up their habits. Although most people are told to quit smoking, most people say that they cannot live without smoking for various reasons. It is assumed that nicotine dependence and the difficulty of quitting smoking stem from genetic and environmental factors as well as the psychopharmacological effects of nicotine. Other important factors that mediate the continuation of smoking include personal factors such as intelligence, socioeconomic status and personality traits.

In this study, it is aimed to reveal how cigarette which has negative effects on human health is reflected in Turkish poetry. For this purpose, one of the qualitative

research methods, document analysis method was used. Document analysis involves the analysis of written materials containing information about the cases or subjects that are intended to be investigated. Document analysis is known as a method used by historians, anthropologists, linguists, sociologists and psychologists. Anonymous folk poetry, which constitutes an important aspect of Turkish literature, has carried the Turkish people's emotion, belief, taste, pain, joy, world view and ideals to the present day as a treasury. Poetry, an art branch that expresses human feelings and thoughts, longings and wishes in aesthetic measures, cannot be expected to remain insensitive to the smoking habit that threatens human health. Based on this sensitivity, what is the historical adventure of tobacco and cigarettes? How are the harms of smoking included in the source books? How does smoking habit reflect on poetry, a genre of literature? What issues do poets emphasize most when it comes to smoking tobacco and cigarette? Answers to their questions were sought. Both the poems on tobacco and cigarettes on the internet and poems in printed sources were included in the research. At the end of research, according to the findings, the results were reached and recommendations were made.

Results

In the poems examined within the scope of the research, it was observed that smoking cigarette and tobacco is the most common cause of illness or death. While the material damage of smoking is emphasized in poems, death that comes to mind when it comes to smoking evokes a commitment to life to poets. Quitting smoking also plays an important role in the poems that have a negative perspective on smoking. The disease caused by smoking is emphasized as cancer in the poems, and in some poems special attention is given to the danger of lung cancer. It is emphasized in the poems that smoking tobacco and cigarette can cause tuberculosis and heart diseases. In short, poets did not deal with the harm of cigarette in one aspect and emphasized its harm in various aspects. Most of the poems subject to analysis are entitled, "quit smoking". This shows that although the poets talk about the damages of smoking cigarette and tobacco, the main purpose of the poets is to make people stop smoking.

Some of the poems examined point out the difficulty of growing tobacco and tobacco being the livelihood of the farmer. In this poems the term "poison" was used for tobacco and it was sensed to the reader that the farmer had to cultivate it even if he didn't want it. In only one of the poems included in the study, as a different point of view, it was emphasized that people who use tobacco can abuse their wife when they cannot buy tobacco due to financial problems.

The number of studies on tobacco products threatening public health should be increased. When the literature is searched, it is seen that there are very few studies examining smoking cigarette and tobacco in literary works. Comprehensive studies,

master's and doctoral theses should be prepared. Not only in poetry, but in all types of literature how smoking cigarette and tobacco is processed should be investigated. Poets and writers are the mirror of society and their works are the voice of the people. The health damage of tobacco and cigarettes can be explained in an aesthetic way through literary works. It is of great urgency and importance for all societies that the negative effects of tobacco and cigarettes, a serious threat to human health, be communicated effectively to the public through all means of communication.