

ANALYSIS OF SMOKING PREVALENCE
AMONG STUDENTS

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Annotation: On the protection of citizens' health from exposure to ambient tobacco smoke, the effects of tobacco consumption or consumption of nicotine-containing products", which prohibits minors from purchasing and using products containing nicotine. This factor contributes to a decrease in the commitment of the young population to the use of tobacco products. An important element of the Federal Law is the availability of information on the principles of protecting citizens from exposure to ambient tobacco smoke and mandatory education of the population about the dangers of tobacco and nicotine-containing products. Article 9 of this law contains information on the rights and obligations of citizens to protect their health from exposure to ambient tobacco smoke. One of the duties of citizens is to take care of the formation of a negative attitude towards the consumption of nicotine-containing products in children. Despite the widespread education of the population about the dangers of smoking and the widespread use of anti-smoking companies, a large number of people remain committed to smoking. The growing consumption of nicotine-containing products such as electronic nicotine delivery systems, including by children and adolescents, deserves special attention.

Keywords: nitrosamines, healthy environment, dominates

The results of the survey showed that, despite the knowledge gained while studying at a medical university and attitudes towards maintaining the health of oneself and one's loved ones, developing a strong rejection of tobacco smoking, the ability to navigate various sources of information and understanding the harmful effects of bad habits on the human body, the concept of a healthy lifestyle is not fully

formed. the lives of the interviewed young people. It turned out that more than 30% of the respondent's smoke. A risk factor is an external or internal circumstance that negatively affects human health and creates a favorable environment for the development of diseases. Smoking leads to an increased chance of developing chronic non-communicable diseases. The risk of developing cardiovascular, respiratory, oncological diseases and diabetes mellitus increases.

Electronic cigarettes, like classical ones, contain a large number of carcinogens and toxic compounds that adversely affect the body, such as nicotine, formaldehyde, acetylacetone, nitrosamines, diacetyl, lead, zinc, nickel, chromium, but the composition has not been fully investigated. Nicotine, which is contained in electronic delivery systems, has extremely high toxicity and narcotic properties. Because of this, the electronic cigarette is more addictive than the classic one. The secondary vaping aerosol contains heavy metals in high concentrations, propanediol, acrolein, formaldehyde, acetaldehyde, toxic substances and nicotine. This causes secondary aerosols to be harmful to others.

There are no convincing evidence-based studies that an electronic steam generator allows you to quit smoking over time. There are opinions of foreign scientists that such a habit can contribute to the gradual cessation of smoking. However, the degree of reliability of such opinions is too low to officially declare it. For most smokers, using a smoking gadget is not considered a means of getting rid of nicotine addiction [1]. The concept of smoking has expanded significantly in our time. The phenomenon of smoking is not only a cigarette, but also hookah, electronic nicotine delivery systems, chewing and snuffing tobacco, as well as other alternative types of smoking.

A huge contribution to the development of bad habits in a child is made by the lifestyle of parents and close relatives. From birth, children begin to recognize their parents, as evidenced by the complex of animation characteristic of infants, which is especially pronounced at the sight of relatives. As children grow up, they begin to delve more and more into the images of their relatives. By memorizing and repeating

their words and behavior, the child sets an example for himself to follow. This is how habitual behaviors are formed, including a tendency to develop bad habits in the future. Another reason for early adolescent smoking may be insufficient education about the dangers of smoking, lack of commitment to a healthy lifestyle, and insufficient promotion of healthy habits in schools and families [9]. A stressful situation sometimes serves as a catalyst for smoking the first cigarette, which can later lead to the development of addiction. Student life is a new stage of growing up for every person, many find themselves far from their loved ones, leaving their parents' supervision, and may fall under the yoke of addiction. The environment in which young people develop can change behavior and adjust their lifestyle, and a cigarette can act as an attribute of socialization. This is nothing more than a manifestation of the herd feeling, one of the human instincts [9]. The vast majority of young people who smoke (56.1%) would like to give up the habit. The main reasons why they would like to do this are the desire to prevent smoking—related diseases — 27.8%; getting rid of a bad habit — 27.8%; understanding that smoking is a bad example for loved ones — 16.4%; having a disease requires quitting smoking — 13.1%; smoking is expensive for the budget families — 12.3% [9]. Many medical students (44.5%) do not react in any way to people smoking nearby, but secondhand smoke is a high risk of developing somatic pathology. Electronic cigarettes, when generating secondary aerosol, affect passive smokers who consume a sufficiently large amount of harmful vapor.

We believe that in order to increase the commitment of a practicing physician to a healthy lifestyle and a more fruitful preventive orientation in medical practice, it is necessary to expand the "healthy environment" on the university grounds. The presence of a tobacco-free air environment will reduce the number of cigarettes smoked during the day, thereby gradually displacing the bad habit from the daily lives of medical students. It is equally important to actively carry out sanitary and educational work about the dangers of smoking among students; To introduce individual and collective classes dedicated to teaching students how to combat

smoking in order to increase the effectiveness of the preventive work of future doctors, and to organize psychological assistance for students who want to stop smoking at the university.

Respiratory organs are affected by both solid particles and gases contained in tobacco smoke, including carbon monoxide and carbon monoxide. Tobacco smoke leads to diffuse death of the ciliated epithelium - "baldness" of the bronchi, decompensation of mucociliary clearance, recurrent inflammation, suppression of protease inhibitors, proteolysis of elastic lung traction, its replacement with collagen fibers, the development of emphysema, bronchial, perivascular, perineural diffuse pneumosclerosis, the formation of chronic obstructive pulmonary disease, hypertension in the system low blood circulation, the formation of chronic pulmonary heart disease and circulatory insufficiency. In 82% of cases of chronic obstructive bronchitis, smoking is the main etiological factor. It is noteworthy that nicotine is a powerful lever of influence on a number of vital enzymatic systems of the human body. Under the influence of tobacco, elastin, which along with collagen is the main component in the construction of lung tissue, is significantly destroyed by activated elastase, and collagen, in turn, immediately occupies a "vacant place" and gives a picture of pneumosclerosis. Another aspect of nicotine activity is its inhibition of alpha 1-antitrypsin, which gives bronchial tree proteases an advantage in their destructive work aimed at the destruction of both the bronchial wall and the pulmonary parenchyma, which sooner or later inevitably leads to emphysema. Even the fast-acting alpha-2-macroglobulin system, which, by the way, is also strongly inhibited by nicotine, cannot prevent this outcome. Interestingly, nicotine itself increases the permeability of the bronchial mucosa to allergens, but at the same time prepares a significant number of mast cells and neutrophils for meeting foreign bodies, mobilizing them parabronchi ally and prematurely stimulating them to degranulate and release histamine and some proteases.

It will be important for clinicians to learn that smoking directly stimulates the angiotensin system, which largely explains the effect of tobacco on the

cardiovascular system. A smoked cigarette does a disservice to the smoker, even in that it reduces the cytotoxic and antitumor activity of macrophages by reducing the number of receptors for the complement component on their surface, which is the leading reason for the increase in the number of lung cancer cases in Russia and a decrease in their number in civilized countries that conduct extensive anti-nicotine propaganda and have achieved a significant decrease the number of smokers (USA, Japan). In addition to all of the above, smokers experience a sharp imbalance of cellular and humoral immunity, which leads to a decrease in the synthesis of almost all immunoglobulins, with the exception of E, as well as the predominance of T-suppressors in a significantly overgrown clan of T-lymphocytes. Smoking can cause many functional and organic lesions of other organs and systems. It is associated with deterioration of memory, attention, observation, stunted growth and sexual development in children, infertility, impaired processes of pregnancy and childbirth, and deterioration of appearance. All of the above convincingly shows the urgency of the smoking problem. In many countries, doctors are the subject of a demonstration of a healthy lifestyle, so it was decided to conduct research in this particular cohort of the organized population, especially since it took place under anti-nicotine slogans, and we clearly understood that a doctor convinced of the dangers of smoking, like no one else, would convey this truth to as many people as possible. When analyzing the survey results, it is noteworthy that in the sixth year of smoking There were significantly more among both men and women (42% of women in the sixth year compared to 16% in the fifth year, respectively, 57% of men compared to 45%). In the sixth year, men who smoke regularly accounted for 57% of the total number of smokers, and in the fifth year, 60% of men smoke daily, and both made unsuccessful attempts to quit smoking. 75% of students from this subgroup are currently not sure that they will be able to get rid of this habit in the future. But 54% of fifth-year students who regularly smoke did not raise the issue of quitting smoking for themselves at all, and there were less than 50% of sixth-year students with this view of the problem. Similar comparisons among women show

that 46% of respondents smoke constantly in the sixth year, and 27% in the fifth, half of the six female students in this subgroup tried to quit smoking and all, without exception, dream of quitting smoking in the future. Fifth-year students made unsuccessful attempts to quit smoking in 45% of cases and in 96% of cases they believe that they will not smoke after 5 years. An interesting fact is that in the 5th year, women smoke 5-10 cigarettes a day, men -4-15 cigarettes a day, and in the sixth year, women are in the lead (8 cigarettes per day per woman and 5 per man). In the contingent of people who smoke occasionally, the ratios are as follows: 73% of fifth-year women (45% of whom unsuccessfully tried to quit smoking) to 22% of sixth-year women (12% of whom unsuccessfully tried to quit smoking), and among men the situation is as follows: 40% to 33%, respectively. Fifth-year students in this category unsuccessfully quit smoking in 46% of cases, and sixth-year students in 28%. It is noteworthy that the men in question, in 22% of cases, do not even think about giving up the addiction, while the above-mentioned women are 100% sure that they will not smoke in the future. In the non-smoking subgroup, the ratios are as follows. In the fifth year, 68% of women had never smoked and 16% had given up the habit. Men had never smoked in 35% of cases, and another 20% were former smokers. In the sixth year, 91% of non-smoking women had never touched cigarettes and 9% said they had quit smoking, 61% and 39% of men, respectively. Having found out the reasons why a person either does not smoke or is going to quit, we can say the following. In the fifth year, the main reason for anti-nicotine mood is the preservation of their health, which dominates among smokers and non-smokers. This reason is supported by 93% of non-smoking sixth-year students and only 53% of chain-smoking students.

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