SITUATION OF TOBACCO SMOKING AND HUMANISTIC PERSPECTIVE IN NON-FORMAL EDUCATION STUDENT OF PRAPUTHABAT DISTRICT, SARABURI PROVINCE, THAILAND

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Abstract

Tobacco smoking situation of non-formal education student trend to increasing in the past and now. Smoking is a major issue in public health problem and lead to many perspectives of human such as physical health, mental health, cognition, coping, body image, relationship, family, economic, and occupation. Therefore, the study of tobacco smoking situation and the solution of helping people who have dependent tobacco especially people who are non-formal education student in community. Moreover, the prevention and control both tobacco and other substances such as amphetamine, alcohol, ice, marijuana and illegal drugs and the health policy is a vital regulation at nation and international level.

Method: Objectives of this study aims to study the smoking situation and to find the solution of helping non-formal education student to stop the tobacco smoking in Phraputhabat district, Saraburi province, Thailand. Research design was descriptive study. Population of this study were 114 of non-formal students. Instrument consisted of the general data questionnaire, nicotine addiction questionnaire, focus group guideline, self-reflective report. Data collection gathered from December 2016 to February 2017. Data analysis used the number, percentage, maximum, minimum and standard deviation.

Results: The result of this study found that male was 37.50%, female was 62.50%, average of age was 20 years, maximum age was 60 years and minimum age was 15 years, place of birth in Saraburi province was 100%, employee was 40.00%, agriculture was 20.00% and unemployed was 40.00%, studying primary level was 35.72% and studying secondary level was 64.28% and smoking was 26.79% and non-smoking was 73.21%. In addition, the result of focus group and self-reflective report found that smoking student lack of concentration, lack of goal of life, low learning outcome, low self-esteem and self-confidence. In family member, found that lack of knowledge about how to advice their children to stop smoking and the policy of school have the weak point of policy such as no space of smoking areas, no sign of stop smoking, and no teaching about tobacco control in content of study and influencing of their friend. Furthermore, in community found that they have many people who used tobacco because there are many convenient stores at community. Therefore, participants can easily to buy cigarette by themselves and they accustomed to use cigarette in daily life.

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Conclusion: non-formal education student in this study smoked 26.79% and there faced with many problems such as lack of concentration, lack of goal of life, low learning outcome, low self-esteem, self-confidence, lack feelings of wholeness and no mature of emotional control. Therefore, person who with concern should prevent non-formal education student both smoke and non-smoke in order to quit smoking and promote the humanistic approach such as quality of life, learning outcome, high self-esteem and self-confidence in non-formal education student in Phraputhabat district, Saraburi province, Thailand.

Key words: Non-formal Education Student, Situation of tobacco smoking, humanistic approach

Introduction

Smoking is a crucial health of behavior problems which lead to the cause of death due to smoking result to extremely and severely toxic smoker. In addition, smoking cause to health problem, quality of life, and environment. Health problems include cancer, Chronic Obstructive Pulmonary Disease, Coronary and vascular disease, and Hypertension. According to the literature review found that the smoking rate has highly increasing number and many people died from smoking approximately 5 million that is 11,000 person per month or 8 person per day. In Thailand, the survey of smoking behavior in the people who are 15 years old in 2015 indicated that the smoker was 11.4 million person (20.7%) and the first time of smoker was average of year (17.8 year) (Suwimon Rojnawee, et al, 2016).

Danger from smoking has many aspects of life including physical health, mental health, relationship, economic, society and environment. In the present, the number of smokers has approximately 1,300 million in the world and the estimation with in 2030 will have people who died from smoking around 8 million and 80% of people died in poor to moderate income country. (WHO,2014). In Thailand, the smoking rate was 10.7% or equivalent to 11.4 million and the smoking rate of smoker in male was higher than female 18.4 time and people who live in outside municipality was higher than in municipality. (The office of national statistics, 2014). Moreover, smoking is the risk factors which lead to the burden disease and result to the Disability Adjusted Life Years (DALY’s) in male. Furthermore, it causes the loss of economic about 0.5 of Gross Domestic Product (GDP) of country in 2009 and it cover both direct and indirect of medical cost, loss of ability to earn income, and loss of production of premature death. (Kanittha Boonthumjarean, 2013). Therefore, if we can reduce the number of smokers, it can decrease the number of risks of illness and mortality and economic loss in family and country.

World Health Organization (WHO) focus on the Framework Convention on Tobacco Control (WHOFCTC) including the strategies for new face smoker prevention such as increasing price of cigarette and enlarging the toxic latter. In Thailand, the framework convention of tobacco control set the tobacco national control in 2nd (2018-2019) including 6 strategies 1). Strengthening and ability of tobacco in country 2). Prevention of new smokers and surveillance of tobacco industry 3). Support of stopping smoke 4). Control and tobacco ingredients 5). Safety of smoke environment and 6). Guideline of taxation of tobacco control. Six of strategies are the most important issue of health provider in order to help smoker quiet and withdraw form nicotine because the health education is the crucial method to help people to stop smoke. (Suwimon Rojnawee, et all, 2016)

Non-formal student is the people who are adolescent or people who passed the formal education but they did not continue to study because most of them have no earn money and some people leave...
from poor behavior problems such as lack classroom studying, have poor grading, play gambling, alcohol drinking and smoking. According to the report of non-formal school, Phraputthabat district, Saraburi province found that the number of smokers increase every year. The effects of smoking include lack of low self-confidence, low self-esteem, stigma of life, and poor coping skill. Therefore, the helping guideline of smoker should be concern especially in vulnerable people in community. In addition, holistic approach is vital role in caring which concentrate on basic life, food, hygiene, and society. However, smoker have poor behavior due to lack of consciousness, crisis mental health problems, lack of mechanism technique, and unsucceess of stop smoking which called spiritual deterioration. (Narisa Wongpanaruk, 2018). Therefore, the study of smoking is the dedication of humanistic issue.

Researcher concern in the smoking situation of nonformal student in tobacco smoking situation and the solution of helping people who have dependent tobacco especially people who are non-formal education student in community of non-formal education student, Phraputhabat district, Saraburi province, Thailand

**Objective of study**

Objectives of this study aims to study the smoking situation in humanistic perspective and to find the solution of helping non-formal education student to stop the tobacco smoking in Phraputhabat district, Saraburi province, Thailand.

**Methodology**

Research design was descriptive study. Population of this study were 114 of non-formal students. Instrument consisted of the general data questionnaire, nicotine addiction questionnaire, focus group guideline, self-reflective report. Data collection gathered from December 2016 to February 2017. Data analysis used the number, percentage, maximum, minimum and standard deviation. This study passed the ethical consideration of Boromarajonani of College of Nursing, Phraputhabat district, Saraburi province.

**Results**

The result of this study found that male was 37.50%, female was 62.50%, average of age was 20 years, maximum age was 60 years and minimum age was 15 years, place of birth in Saraburi province was 100%, employee was 40.00%, agriculture was 20.00% and unemployed was 40.00%, studying primary level was 35.72% and studying secondary level was 64.28% and smoking was 26.79% and non-smoking was 73.21% respectively.
Table 1 general information

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<td>Non-smoke</td>
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</table>

Smoking situation of the students in Non-formal education

Almost of male of Non-formal education students used cigarette 5 pieces to 2 packs in a day. They bought tobacco from the shop in community and sometimes they bought from convenient store. According to focus group found that somebody reported that they knew about smoking danger but they did not understand in the content of harmful nicotine. Some of them asked for tobacco from their friends because they did not have money for buying cigarette. They did not have the confidence for stopping smoke because their experience failed to quite abstinence. Approximately 10 person who used tobacco comply with the other substances such as alcohol, ice and amphetamine etc.

The factors related to smoking of the students in Non-formal education

The causes of smoking in Non-formal education students were many factors for example, some of them reported that many people in family and community smoked and they familiar to see about people who smoke for a long time which was the smoking model for adolescences. They have many friends who smoke and they would like to join and make them to accept from their friend in order to increase their self-confidence. Furthermore, most of them come from the poor family and failed from studying in formal school and 10 non-formal students retired from school because they have behaviors problems such lack of classroom study, use substance, and play gambling and after retired from school they started to heavy smoke and alcohol too. Moreover, the result of the focus group found that they said that “smoking helps me to relax and happy”. As mention before indicated that Non-formal education students perceived that they have poor self-esteem, no goal of life, uncertain, loneliness, no attachment, burnout, and stress. Therefore, smoking has directly an effect to Non-formal education students for
instance, they did not easily to stop smoke and somebody did not strong and face with illness such as cigarette smell, black lips, yellow teeth, poor concentration, crave to smoke, irritably easy, poor study outcome, shy, and no expression.

Finding the solution of helping non-formal education student to stop the tobacco smoking in Humanistic Perspective

The humanistic perspective is an approach to collecting data in Non-formal education students by emphasizing on empathy, understanding human behavior, human rights, equality, self-image, self-actualization and comfortable to give information. In addition, the disclosure of perception found that non-formal students have poor self-esteem and powerlessness to abstinence and they did not have a good model for stopping smoke. Many of participants did not recognize in the here and now living because they concentrate on failure in the past time. According to the focus group found that they said “our smoking for release stress in family and personal life.” Moreover, some participants said that “I tried to stop smoking but it is unsuccess then, I did not attempt to quite but I think that no way to stop smoke for me”.

Conclusion

non-formal education student in this study smoked 26.79% and there faced with many problems such as lack of concentration, lack of goal of life, low learning outcome, low self-esteem, self-confidence, lack feelings of wholeness and no mature of emotional control. Therefore, person who with concern should prevent non-formal education student both smoke and non-smoke in order to quit smoking and promote the humanistic approach such as quality of life, learning outcome, high self-esteem and self-confidence in non-formal education student in Phraputhabat district, Saraburi province, Thailand.

Summary and recommendation

Situations of smoking in Non-formal education students occur continue in the past and present time and it is necessary for helping them to quite smoke and find the solution to prevent them from many problems such as physical, mental, spiritual, environment, society, and economic. Therefore, the humanistic approach is the most important aspects to set up the successful policy to help non-formal student stop to use tobacco. Moreover, it can help them to gain the self-actualization in order to stop the other substances too.
References


