

# Academic Stress and Patterns of Adjustment among Tobacco users in Manipur

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## Abstract

Smoking is inhalation and exhalation of the fumes of burning tobacco in cigars and cigarettes and pipes. Some persons draw the smoke into their lungs, others do not. Smoking was probably first practiced by the indigenous peoples of the Western Hemisphere. Originally used in religious rituals and in some instances for medicinal purposes, smoking and the use of tobacco became a widespread practice by the late 1500s. Tobacco was introduced into Europe by the explorers of the New World; however, many rulers prohibited its use and penalized offenders. By the end of the 19<sup>th</sup> century mass production of cigarettes had begun, and the smoking of cigarettes became prevalent as the use of cigars and pipes declined. Despite controversy as to the effects of smoking and bans on smoking by certain religious groups, the use of tobacco continued.

**Keywords:** Religious, Tobacco, Smoking, Equipment, Cigar

The Swedish King is startled as he is caught on camera secretly smoking during the Nobel Prize Party of 1992. Tobacco smoking is the act of smoking tobacco products, especially cigarettes and cigars.

The practice of smoking tobacco originated among Native Americans in eastern North America, where tobacco is native. It was adopted by many Europeans following the colonization of the Americas. According to the World Health Organization, it is most common in East Asia, where as many as two-thirds of all adult males and smoke tobacco. Because of concern over the health hazards of smoking, the practice has rapidly declined in recent years in the United States, Canada and Western Europe. However, statistics show that at least a quarter of people even in these regions continued to smoke, and there is no indication smoking will become extinct.

Tobacco may be smoked in several forms, the most common being the cigarette, the cigar, and the pipe. Cigarette smoking is by far the most common. Pipes and cigars are less common and some stereotype these as exclusively for men. Yet female cigar smokers have always existed and their proportion of the total is increasing. For example, Cheryl Robinson, Director of Le Cigar at Tatou, estimates that 22% of the guests are women. The hookah or water pipe is used in the Middle East.

In the case of cigarette smoking, smoke is inhaled into the lungs. Tobacco smoke contains the stimulant nicotine, which forms a strong physical and psychological chemical dependence (addiction).

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According to the Centers for Disease Control and Prevention, nicotine is a 'very addictive drug' that can be 'as addictive as heroin or cocaine'. Dependence is strongest when tobacco smoke is inhaled into the lungs and increases will quantity and speed of nicotine absorption.

Medical research has shown smoking to be a significant cause of human health problems, especially lung cancer, emphysema, and other disorders. In recent years and in many countries tobacco advertising has been regulated or restricted. In some countries smoking bans have come into effect.

### Smoking Cessations

Many tobacco health effects can be minimized by smoking cessations. British doctors study showed that those who stopped smoking before they reached 30 years of age lived almost as long as those who never smoked. It is also possible to help reduce the risks by reducing the frequency of smoking and by proper diet and exercise. Some research has indicated that some of the damage caused by smoking tobacco can be moderated with the use of antioxidants.

Smokers wanting to quit (or to temporarily abstain from) smoking can use a variety of nicotine-containing tobacco substitutes, or nicotine replacement therapy products to temporarily lessen the physical withdrawal symptoms, the most popular being nicotine gum and lozenges. Nicotine patches are also used for smoking cessation. They can also use medications, such as bupropion (Zyban), that do not contain nicotine. Pharmaceutical assistance has been shown to increase cessation success rates by 50%. Discussing the problem with supportive people can also be helpful, both in person and through telephone quit lines, such as 1-800-QuitNow, in the U.S. In addition, there are lots of self-help books on the market, for example, those by Allen Carr.

### The truth About Smoking

Does the Bible condemn smoking or any use of tobacco products? Since God does not specifically command, "Thou shall not smoke or chew tobacco" many conclude that it is not a sin. Research has proven that it is harmful to one's health. What does

the Bible say about this?

In recent years, much controversy has raged over the negative effects of tobacco use, especially cigarette smoking. Most are familiar with a recent court ruling resulting in the big tobacco companies having to pay billions of dollars in damages. This money will go into a fund benefiting smokers who have been diagnosed with lung cancer. Further lawsuits are pending.

This would have been a fair and just ruling, if only the risks associated with cigarette smoking had not been public knowledge for decades. The plaintiffs know they were subjecting their bodies to something harmful and potentially fatal. However, only when offered the opportunity to capitalize on the results of their irresponsible actions were they motivated to even appear to take a stand.

The problem is not only the blatant hypocrisy of the plaintiffs, but also the tobacco industry's deception. Whenever presented with hard scientific evidence of their products' harmful effects, they throw up a 'smoke screen' of politically correct, user-friendly ad campaigns supporting this or that noble cause, as if to say, "Hey, we are not the bad guys. Look what we are contributing to disaster relief efforts, environmental protection, and disease research" etc.

Tobacco companies want to blow their own horn as do-gooders to draw attention away from the plain facts of cigarette smoking. And, since the whole point is to polish their image, the accuracy and sincerity of such ad campaigns is questionable. If their image is shiny enough, tobacco companies know that most people will not look beyond it and examine the facts.

### Here are a few

*"Clinical data studies tend to confirm the relationship between heavy and prolonged tobacco smoking and incidence of lung cancer (this was known in 1953)".*

*"Tobacco companies put ammonia in cigarettes which makes you brain absorb more nicotine than it normally would".*

*"Other additives are used to make cigarettes that provide high levels of free nicotine which increases the addictive 'kick' of the nicotine. Ammonium compounds can fulfill this role by raising the alkalinity of smoke."*

*“Additives are also used to enhance the taste of tobacco smoke, to make the product more desirable... Although seemingly innocuous, the addition of flavorings making the cigarette ‘attractive’ and ‘palatable’ is in itself cause for concern.”*

*“In addition to tobacco, which contains nicotine... 599 ingredients have been identified in tobacco industry documents as being added to tobacco in the manufacturing of cigarettes by the five major American cigarette manufacturing companies. While some of these chemicals, such as sugars, vanilla extract, prune juice, and vinegar, are generally recognized as safe when used in food products, all produce numerous additional chemical compounds when burned. None probably is more deadly than nicotine.”*

*“Though 600 additives are authorized for use in tobacco products, only the tobacco manufactures can say which additives are used and in which brands. Hot even the Government... responsible for the regulation of tobacco products, this information or the power to demand it.*

### Who Do People Smoke?

Most do not stop to examine why they do what they do. Most form habits early in life and do nothing to change them. Eventually, these habits seem as natural as breathing, sleeping and eating.

Some children pick up habits – good and bad – from their parents. This is why Solomon was inspired to write. “Train up a child in the way he should go: and when he is old, he will not depart from it” (Prov.22:6).

In 1992, the Journal of the American Medical Association reported that “75% of all teenagers who smoke have parents who smoke”. All too often, parents adopt the child-rearing philosophy of “Do as I say, not as I do.” They may try to impress upon their children the serious adverse effects of certain behavior, yet display that behavior themselves. They may say, “Now, kids, don’t smoke, because it will kill you,” while supporting a carton-a-week habit. This sends a confusing message to children, one they may translate into a license to do whatever feels good or gains them peer acceptance.

Statistics show that, each day, between 4500 and 5000, 11-17 years old smoke for the first time.

Approximately 2000 of them will regularly smoke from that point forward. This translates into almost 750,000 new habitual smokers each year. Current estimates indicate that 4.5 million U.S. smokers are adolescents. Many of these kids look no further than their peers when making decisions between right and wrong.

God’s word shows the error of this approach. I Kings 12:1-15 records an example from the history of ancient Israel. It shows the disastrous results of a young leader who followed bad advice from his peers instead of wise counsel from his elders. This book of proverbs has much instruction about heeding the advice of those older and wiser than ourselves, especially our parents (1:8; 3:1-2; 4:1, 20; 6-20; 16:31).

### Objective and Methodology

The main objectives of the study were as under:

1. To study the academic stress among tobacco users of private and government school adolescents and to compare them with non-tobacco users.
2. To study academic stress of non tobacco users of private and government school adolescents
3. To study the patterns of adjustment of tobacco users of private school adolescents and to compare them with non-tobacco users.
4. To study the adjustment of non-tobacco users of private and government school adolescents

### Hypotheses

1. There would be significant difference between academic stress of tobacco user adolescents of private school and the government school.
2. There would be significant difference between academic stress of tobacco non user adolescents of private and government school.
3. There would be significant difference between academic stress of tobacco user and non user adolescents of private school.
4. There would be significant difference between academic stress of tobacco user and non user adolescents of government school.

5. There would be significant difference between adjustment of tobacco user adolescents of private and government school.
6. There would be significant difference between adjustment of tobacco non user adolescents of private and government school.

The study was conducted on 240 class XI and XII students selected randomly from different private and government schools of Manipur town. Out of 240 subjects 120 were taken from private school and the remaining 120 were taken from government school. Among each group of 120 students 60 were tobacco users on regular basis and remaining 60 were non tobacco users.

Two different scales were administered on the whole sample. One of them was Scale for assessing academic stress by Sinha *et al.* (1993) where as the other instrument was Adjustment Inventory for School Students by Sinha and Singh (1971). The former Scale was consisting of 30 items with force choice type responses (Yes/No) while the latter was consisting of 60 items in three different areas of adjustment with force choice type responses.

The obtained data were analyzed with the help of different statistical techniques namely mean, standard deviation, 't' value and correlations as per the demand of hypotheses. The results obtained were presented in different tables ranging from I to XII in the preceding chapter.

## RESULTS AND DISCUSSION

The results were interpreted and discussed in the light of various hypotheses taking each of them one by one.

**Hypothesis I** stating significant difference between public and government school's tobacco user in terms of academic stress was tested by coping mean, SD and 't' value. It was found that the above two groups of adolescents differed significantly with regard to their level of academic stress. Thus the hypothesis I was found to be confirmed.

**Hypothesis II** stating significant difference between public and government school's non tobacco users with regard to their level of academic stress was also tested with the help of suitable statistics. It was found that there was no significant difference in academic stress of non tobacco users studying in

public and government school. Thus the hypothesis of significant difference could not be confirmed.

**Hypothesis III** stating significant difference between academic stress of tobacco user and non user adolescents of public school was also examined by means of computing mean, and S.D. of academic stress score of both group of adolescents. The result indicated that level of academic stress was significantly much higher among smokers than the non smokers. Thus the hypothesis of significant difference was confirmed.

**Hypothesis IV** stating significant difference between tobacco user and non user adolescents of government school was also examined with the help of mean, SD and 't' value. It was found that there was little difference between the two groups of adolescents with regard to their level of academic stress and the difference was too marginal to be significant. Thus the hypothesis of significant difference could not be confirmed.

**Hypothesis V** stating significant difference in adjustment of tobacco user adolescents of public school and government school was tested with the help of some statistical techniques. Results indicated that adjustment of tobacco user adolescents of government school was significantly better than the public school adolescents. Thus the two groups of adolescents differed with each other significantly in terms of adjustment and the hypothesis of significant difference was confirmed.

**Hypothesis VI** stating significant difference in adjustment of tobacco non user adolescents of public school and government school. This hypothesis was examined in the same way by computing mean and SD and found that there was a little difference between non tobacco users of public school and the government school. The difference was too little to be statistically significant though the adjustment of government school adolescents was slightly better than their public school counterpart. Thus the hypothesis of significant difference could not be confirmed.

1. Stating significant difference in adjustment of tobacco user and non user adolescents of public school was examined and found that adjustment of tobacco non user was much better than the tobacco user adolescents. The difference was also found statistically

significant and the hypothesis of significant difference was confirmed.

2. Stating significant difference in adjustment of tobacco user and non user adolescents of government school was tested by computing mean and SD of adjustment score and found very little difference in the level of adjustment of two groups of adolescents. Though this adjustment of non tobacco user was slightly better than the tobacco user but it was not found significant. Thus hypothesis of significant difference could not be confirmed.

In this way the study was conducted with a view to examine academic stress and adjustment of tobacco user adolescents and to compare them with non tobacco users and found that most of the hypothesis presuming significant difference between the two groups of adolescents on different level were confirmed. The results obtained were very interesting and useful not only for future research but also for making policy for the use of tobacco.

## CONCLUSION

Most people are not interested in getting the fact about an issue, especially when doing so leaves them with a clear choice between right and wrong. Proverbs 21:2 states, "Every way of a man is right in his eyes but the Lord ponders the hearts.

The world views smoking as socially acceptable cool – fashionable. This is an especially enticing trap for young people, who are constantly faced with peer pressure and the need to be part of the 'in' crowd. The Research has proven that teens become more quickly addicted to cigarettes (within four weeks of their first cigarette) than do adults. It takes about two years for the average adult smoker to become fully addicted. It also takes less time for teens to experience withdrawal symptoms when trying to quit (usually within hours of their last cigarette).

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