

**Research Article**



# The Levels of the Consume in the Style of Life Smoking in Adolescents from the Post Covid in Cuba

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## Abstract:

**Introduction:** The characterization in adolescent’s smokers as prevention from the medical sciences is one of the lines of the work team in the consultation of mental health. Objective: To characterize the levels of the consume in the style of life smoking in adolescents from the post Covid in Cuba. The investigation embraced one period from January 2020 to September 2021.

**Materials and Methods:** A descriptive study of traverse court was used. Registered to 41 students for sampling intentional non probabilistic, of an universe of 60 adolescent students. It was used empiric methods; clinical histories, interviews structured and the questionnaire.

**Results:** It was evidence that toxic styles of life exist and the male sexes prevailed and increase in the levels of the consumption of tobacco.

**Conclusion:** The necessity of proposing educational and assistance actions to modify the life style in the adolescent patients.

**Keywords:** Adolescence; Addiction; Model function; Tobacco.

## Introduction

The adolescence is essentially a time of changes in which happens the process of the boy's transformation in adult, has characteristic peculiar, and it is also a stage, of discovery of the own identity (psychological identity, sexual identity) as well as of the individual autonomy.

The adolescence like period of the human development has been object of the social scientists' attention and of international instances who have tried to define its limits, as well as the characteristics that define this stage. [1]

The space of the adolescents has vital importance in the formative process of the personality, propitiating that the same ones can self-teach with a clearer vision of the harmful effects that causes the tobacco and to prevent its consequences with the help of the professionals of the health but with a model function.

For model function understands each other those attitudes that impact of positive form or negative on the behaviors of the population's health. [2]

The tobacco, is defined as a dysfunction caused by a substance able to produce dependence, the nicotine. It is considered a true drug diffused in the entire world. It reaches a world prevalence of 47 % in the masculine population of adults, in front of 12 % in the woman, and in the last years a more precocious beginning of the habit is observed, particularly in the beginning of the adolescence. [3]

The addiction of smoking could be immerse in the integral style of people's life, expert this as the group of individual decisions that affect the health and envelope which you could exercise certain control degree that also has an effect on the health and the behavior of those who cohabit. [4]

Almost 80 % of those more than a thousand million smokers that there is in the world lives in countries of low revenues or means, where it is bigger the mobility load and mortality associated to the tobacco. [5]

At the moment Cuba occupies the fifth place in Latin America and the Caribbean as for the prevalence of the tobacco, being Chile and Republic of the Dominican Republic the countries of more incidences in our continent. [6]

The phenomenon that exists around this real problem, conditioned the position of the following scientific problem in the present investigation: ¿How characterize the levels of the consume in the styles of life smokers adolescents from the post Covid in Cuba?

General objective: to characterize the levels of the consume in the style of life smoking in adolescents from the post Covid in Cuba.

### Materials and Methods

Was carried out an investigative study in the one policlinic “José Ramón León Acosta” of the municipality Santa Clara, Cuba in the understood period of January 2020 to September 2021, with the objective of characterize to the levels of the consume in the life of stile smoking in adolescents from the post Covid in Cuba.

### Inclusion approaches

-All the adolescents with risks of the area of health that possess favorable psychic conditions to respond the questions.

-That they resided in the area of chosen health.

### Exclusion approaches

-Adolescents that emigrate of their residence place during the study.

### Exit approaches

-Adolescents that abandon the investigation voluntarily.

It was used the following variables starting from the obtained data: age and beginning sex in the tobacco, and beginning reasons of the tobacco in adolescents.

### Methodology

Was carried out a descriptive study. It was study object an universe constituted by 41 adolescents

and in those that was identified risks related with the tobacco, to those which previously were requested informed consent. Authorization was requested the adolescents, belonging to the educational policlinic “José Ramón León Acosta” for the realization of the study. To these they were explained the importance of the investigation. The data were used by the specialists of the health and with investigative ends, fulfilling the principle of the confidentiality of the data.

### Collection of the information

To begin the development of the investigation was carried out a bibliographical revision of the topic making a meticulous analysis of the most excellent aspects in the Cuban means as at international level. It was used as technical, the documental revision that included individual clinical histories and it was applied a questionnaire with the objective of obtaining information with respect to the levels of consumption of cigarettes and the interview for obtaining dates about of the reasons of the consumption for the Cubans adolescents.

### Statistical prosecution

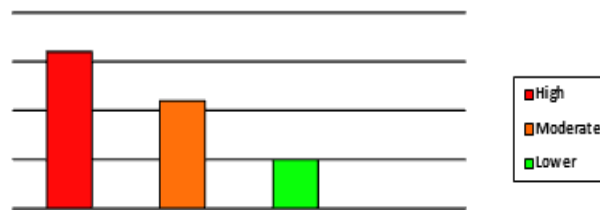
The information was stored in a file of data in SPSS version 21.0 and it is presented in statistical charts; for the description it was calculated the arithmetic stocking, standard deviation, absolute frequencies and percent's. In the analysis it was used non parametric tests as Squared Chi for adjustment kindness and independence of factors. One worked with significance levels to 5 %.

### Results

According to the open interview the reasons of beginning of the tobacco according to the sex, where it was appreciated that the most common reason for which the adolescents begin to smoke is to relax, 40 of the 41 adolescents responded this way in study for 97,6 %, it continues him the presence of smoking parents in the home with 31 adolescents for 75,6 % and in third place to feel adult with 29 for 70,7 %. it is necessary to highlight that the adolescents with friends that smoke presented a high probability of beginning to smoke, and this way it was reflected in the work, where 28 of the adolescents admitted that they began to smoke because their friends made it, for 68,3 %. Starting from the interview carried out the adolescent patients to determine the

reasons that give beginning to the consumption of the tobacco you could verify the different levels in

the consumption of the tobacco in the figure 1.



**Figure 1: Levels of the tobacco consume in Cubans adolescents**

Source: Questionnaire to the students

This way it is represented in the figure 1 that will give place to a level type in the consumption of tobacco from the life style assumed by the Cuban adolescents. This way from the obtained result that registered a high level of the consumption of tobacco in the Cuban adolescents during the process of the post Covid in Cuba.

### Discussion

The results of this investigation belonged together since with the world and national tendency every time it increases more the addiction in early ages. It coincides with a study carried out according to the authors<sup>7</sup> and with other investigations starting from authors like<sup>8</sup> on the tobacco in adolescents in a community in Spain, where it was reported that the half age of beginning in this habit, is located in the 13 years of age. A study in this respect having offered by another investigator as<sup>9</sup> they outline that the early beginning of the habit of smoking brings future problems of health and it is the entrance door for the consumption of alcohol or other drugs.

Due to the early age in that this addiction appears, was carried out this investigation where was appreciated that the committed ages in the study are from 12 to 15 years being predominant the masculine sex, coinciding with<sup>10-11</sup> that argue that the biggest prevalence in the tobacco is among the adolescents of the masculine sex, standing out the enormous risk that have of smoking the adolescents whose family makes it and the fateful consequences that brings the habit of smoking for its future life.

In Cuba the differences among the indexes of masculine and feminine adolescents' consumption are not marked, according to that referred in the National Program of Control of the Tobacco of the Ministry of Public Health outlined for<sup>12</sup>

however doesn't behave of equal it forms study presently, where the masculine sex prevails on the feminine one.

In spite of the present behavior patterns in these adolescents, and the permissive of the habit for some parents and tutors, the way of obtaining of the cigarettes is through friends or contemporary, followed by traveling salespersons. This coincides with that found by other authors like<sup>14-15</sup>, although it is important to point out that in the study, a group of them obtains it in the schools and the practice of its habit is recurrent, that which is possible for the lack of professors' demand that facilitate the cigarette to the student in many of the cases. This belongs together with other studies like the one carried out in Argentina.<sup>16-17</sup>

On the other hand, other studies for<sup>18</sup>. they reflect the place of the smoking adolescents' more frequent consumption (50,9 %) between friends' house and parties, and in 40,4 % in their houses.

According to authors like<sup>19-20</sup> they outline that it is known the influence that has the example of the parents to adopt attitudes, by what becomes precise to surround the adolescents of positive examples that redound in the prevention of the tobacco, in order to reinforce the attitudes that go against the adoption of the habit of smoking, and where the family plays a fundamental list, behaving as another factor of risk for the consumption of the tobacco in these precocious ages of the life.

In connection with the accessibility to the consumption of cigarettes stood out that in spite of the prohibition of sale of cigarettes to smaller than age in Cuba, 61 % of the interviewed active smokers acquires the cigarettes through the state stores or for traveling salespersons, without

discarding that the road more easy of obtaining it is by means.

### Conclusion

The male sex prevailed in the study, where the stadium average of beginning to present addiction to the tobacco is in early ages. The most common reasons for those that begin the addiction to the tobacco are to relax, the presence of infection grope among friends, to depression, as well as smoking parents in the home that is equal to 75,6 % of adolescents. By way of conclusion, adolescents begin smoking tobacco to feel relaxed, adults followed by imitative behaviours due to members of the family who are addicted to tobacco. All these reasons in the consumption of cigarettes in the incorporate Cuban adolescents to their lifestyle increase every day the levels in the tobacco consumption. The necessity arises by way of conclusion of proposing educational and assistance actions to modify the lifestyle in the adolescent patients.

**Conflicts of interest:** The authors declare that they have no conflicts of interest.

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