THE YOUNG AND DRUGS

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Abstract: In this contribution the danger of nicotine as the most used drug was pointed. Also the results of screening focused on examination the relationship of young people at university level to smoking.

Key words: nicotine, smoking, addiction

Introduction

Smoking, drinking alcohol and taking other drugs is increasing in our society and world-wide. Those habits are starting to be the most serious problems of the whole civilization. Generously the most dangerous drug is the one, which is not accepted by people, but is cheap and easy to get it. A man is not ashamed when is taking it and its influence on his health he does not know precisely. All those named marks has the drugnicotine, which is contended in various products made of tobacco.

Nicotine is the main alkaloid of tobacco. It is psychotropic compound of tobacco and make a prototype of process of addiction. It is similar to all those dangerous compounds that people think they can stop taking it at any time. Nicotine is taking by people though they know about its unhealthy effects. Moreover it makes chemical bounds with other drugs like nicotine-caffeine (cigarettes and coffee), nicotine-ethanol (cigarettes and alcohol). Also nicotine starts strong addiction and supports smoking other drugs.

Nicotinism started to be counted as the drug addiction only in last few years. One of the reasons is that when smoking is stopped the man is under examination and truly it is not a simple habit.

In present it is the most spread drug addiction and its consequences are very dangerous. Its danger is based when nicotine and alcohol are eternal drugs so young people or even children know as first. It was proven by results of several screenings.

Methods and material

The questionnaire with 12 questions was used. We wanted to know the number of smokers, last smokers (ex-smokers) and non-smokers in tested group of people. In connection with smokers the level of addiction to nicotine was tested using Fageström's test. Tested people were university students of biology at the FPV, UKF in Nitra in

2005-2006 year. Total number of respondents was 195 with 158 women and 37 men and the age was 19 in average.

Results

Results of our screening show that female non-smokers were 118 (74,7 %) [exsmokers were 16] and 40 (25,3 %) smokers, male non-smokers were 20 (54,0 %) [exsmoker was 1] and smokers were 17 (46,0 %). Totally there were 138 (70,8 %) non-smokers and 57 (29,2 %) smokers.

The smokers answered the question why they started to smoke that they wanted to relax (21x), they were curious (20x), they wanted to adapt to a community (12x) and others (4x). The level of addiction to nicotine was tested by Fageström's test in smokers. The results showed that in the group of 57 smokers, 23 (40,5%) had no or very low addiction, 29 (50,8%) had low addiction and only 1 (1,7%) had strong addiction to nicotine. In the female-smokers were found 19 (47,5%) with no or very low addiction as was in case of low addicted female-smokers and only 1 was middle addicted and 1 was strong addicted smoker. In man-smokers were 4 (23,5%) with no or very low addiction, 10 (58,8%) with low addiction and 3 (17,6%) were strong addicted to nicotine.

The question if they wanted to stop smoking the group of 57 smokers, 43 (75,4%) students answered that yes and it was 13 (76,4%) men and 30 (75,0%) women. Whether they have ever tried to stop smoking 40 (70,1%) of them answered positively and it was 11 (64,7%) men and 29 (72,5%) women. These answers also contained results what was the influence of smoking on human health. In the group of 57 smokers, 46 (80,7%) thought smoking was very dangerous and 10 that it was mild dangerous.

The question who was or is still the smoker at home all of tested students answered. In 14 (82,3 %) men had one parent smoking at least (8 cases both parents were smokers and 6 only one parent was smoker). In female-smokers 26 (65 %) cases that one parent was smoking at least (9 cases both parents were smokers and 17 only one parent was smoker).

In non-smokers 7 (35 %) men answered that one parent was smoker at least (3 cases both parents were smokers and 4 only one parent was smoker). 64 (55,2 %) women had one parent smoker at least (42 cases both parents were smokers and 22 had only one parent smoker).

Ex-smokers stopped smoking because they realized smoking is harmful to their health (7x), they already had problems with health (5x), they lost the taste to smoke (3x) and others (4x).

Discussion

It was found 38 % smokers between students at the UP FS in Prešov and that is 9 % higher than in our region. They examined 176 students also mainly women.

We can say that men are more influenced by family habits. Men-smokers had one of the smoking parent in 82,3 %. In non-smokers was that percentage much lower-35 %. In women we did not find such significantly high differences.

The addiction to nicotine was stronger in men then in women. The highest number of smokers has weak addiction to nicotine in men and in women (50,8 %).

Students are well informed about smoking and its effects on health, but despite that they do it in practice. High number of smokers (75,4 %) would like to stop it and 70,1 % of them tried it, but with no success.

Conclusion

Based on our results we can conclude: students would need some professional to help to stop such bad habit, but there is still the influence of their family, which has also an important role in that.

Literature

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MLÁDEŽ A DROGY

Súhrn: V príspevku poukazujeme na nebezpečenstvo nikotínu ako najrozšírenejšej drogy. Zároveň predkladáme niektoré výsledky z prieskumu zameraného na zistenie vzťahu vysokoškolskej mládeže k fajčeniu.

Kľúčové slová: nikotín, fajčenie, závislosť