

Impact of Smoking Addiction on Students Academic Performance in Faisalabad

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ABSTRACT

This study investigates the correlation between smoking addiction and academic performance among students in Faisalabad, highlighting the detrimental effects of smoking on cognitive function, mental health, and physical well-being. Smoking impairs concentration, memory, and learning capacity, leading to declining academic achievement, absenteeism, truancy, and dropout rates. The study reveals that smoking addiction poses a significant threat to the academic success and well-being of students worldwide. In Pakistan, particularly in Faisalabad, the prevalence of smoking among students has raised concerns about its impact on their educational outcomes. This study aims to investigate the correlation between smoking addiction and academic performance among students in Faisalabad, identifying key areas of concern and potential strategies for intervention. This study investigates the correlation between smoking addiction and academic performance among students in Faisalabad. The findings indicate a significant negative impact on GPAs and academic motivation. To address this issue, collaborative efforts between educational institutions, policymakers, and healthcare professionals are crucial. Implementing comprehensive anti-smoking programs, providing accessible counseling, promoting healthy lifestyle alternatives, enforcing smoke-free campus policies, and educating students about smoking risks are essential steps. By addressing the smoking epidemic, we can improve students' academic outcomes, enhance their overall well-being, and empower them to reach their full potential, fostering a healthier and more productive educational environment.

Keywords: smoking addiction, academic performance, students, Faisalabad, cognitive function, mental health.

Introduction of the Topic

Smoking addiction has emerged as a pressing concern globally, posing significant threats to the health, well-being, and academic success of students (Vander-Weg, 2018). Research suggested that smoking addiction can have far-reaching consequences on cognitive function, mental health, and physical well-being, ultimately impacting academic performance (Van-Lenthe & De-Bourdeaudhuij, 2017). Easy access to tobacco products, peer influence, and lack of awareness about smoking risks exacerbate the issue (Allen, Flanigan, LeBlanc, McCuller & Spangler, 2018). Consequently, smoking addiction has become a major obstacle to achieving academic excellence, compromising students' potential and jeopardizing their future (Case, Harrell, Martinez, & Wilkinson, 2021).

It was observed that in Pakistan, particularly in Faisalabad, the prevalence of smoking among students has reached alarming levels. The survey conducted for the study showed that the academic environment in Faisalabad, characterized by intense competition and pressure to excel, renders students vulnerable to smoking addiction. This study aims to investigate the correlation between smoking addiction and academic performance among students in Faisalabad, exploring the cognitive, emotional, and behavioral factors that contribute to declining academic achievements. By examining the complex relationships between smoking, academic outcomes, and overall well-being, this research seeks to inform evidence-based interventions and policy recommendations to mitigate the devastating consequences of smoking addiction in Faisalabad's educational institutions. The study was initiated to investigate the impact of smoking on academic performance of students. The study was done in the Faisalabad, third populist city of the Pakistan. The target population was young students of the study and sample size for survey was selected as students of University of Agriculture Faisalabad. The data was gathered by questionnaires and gathered data was analyzed using SPSS to ascertain the means, frequencies, percentages, weighted scores, and ranking orders of the relevant variables.

Literature Review

Johnson (2016) described that peer pressure and social networks play a tremendous position in smoking initiation and addiction among youngsters. Adolescents are especially prompted with the aid of their friends and this have an effect that one can make bigger addictive of smoking. Understanding the position of peer strain and social

networks in smoking conduct is crucial for growing powerful interventions to prevent smoking initiation and decrease smoking quotes among children. Mercken et al. (2017) mentioned that The influence peers have on an individual's actions, attitudes, and decisions is known as peer strain. In the context of smoking, peer pressure can show up in diverse ways. For instance, peers may without delay inspire or stress an adolescent to smoke either via express statements or by means of smoking themselves in the adolescent's presence. Reitzel et al. (2018) found that coping mechanisms for youth vary via SES with better SES youngsters gaining access to healthier coping strategies which include sports, hobbies and supportive social networks. Ali et al. (2018) elaborated that social networks additionally play a vital function in smoking behavior among children. Adolescents are embedded inside social networks consisting of buddies, classmates, different peers and these networks may have a big effect on their smoking behavior.

Hoffman et al. (2018) stated that peer pressure and social networks are strong predictors of smoking initiation among youth. Adolescents who've pals who smoke are much more likely to begin smoking themselves as compared to those that do not have smoking buddies. Harakeh et al. (2018) revealed that family dynamics particularly parental smoking behavior and family attitudes towards smoking play an important position in shaping adolescents smoking dependency. Children frequently mimic the behaviors they take a look at of their parents so if parents smoke their youngsters are much more likely to begin smoking as nicely. This is due to the fact that parental smoking serves as a powerful model for kids and smoking perceived by children everyday play an important role to adopt smoking behavior. Fite et al. (2019) stated that peer pressure and social networks can also play an important function in smoking addiction among young people. Once children have initiated smoking, their social networks can fortify and perpetuate their smoking behavior. Prakash et al. (2019) stated that family support and cohesion can also play a protective role against youth smoking. Families that are supportive and cohesive are more likely to provide young people with the emotional support and guidance they need to resist smoking. In contrast, families that are lacking in support may contribute to feelings of isolation or low self-esteem, increasing the likelihood that young people will turn to smoking as a way to cope with these feelings. Family dynamics play a significant role in shaping the trend of smoking addiction among youth.

Results of Study

Smoking can have social and emotional effects that can impact academic performance. Young people who smoke may be more likely to experience social isolation and peer rejection, which can affect their mental health and well-being. These social and emotional effects can impact their ability to focus in school and engage in learning activities. Smoking can have a range of negative effects on academic performance and educational outcomes among youth. By understanding these effects, policymakers, educators and healthcare providers can develop targeted interventions to prevent smoking initiation and reduce smoking prevalence among young people thereby improving their academic success and overall well-being.

Table – 1 Distribution of the respondents on impact of smoking addiction on academic performance

Impact of smoking addiction on academic performance	Mean	Std. Deviation	Weighted score	Rank order
Poor attention towards lecture	4.11	1.185	407	1
Low grading in exams	3.89	1.289	386	2
Reduced engagement in learning	3.83	1.275	380	3
Impaired decision-making	3.81	1.342	378	4
Reduced academic achievement	3.79	1.228	376	5
Increased absenteeism	3.64	1.136	361	6
Impair cognitive functions such as memory, attention and concentration	3.60	1.210	357	7
Decreased motivation	3.50	1.327	347	8

Scale 1= Very Low, 2= Low, 3=Medium, 4=High, 5= Very high

Table 12 described the distribution of the respondents according to impact of smoking addiction on academic performance. According to the study results among the different impact of smoking addiction on academic performance, poor attention towards lecture was at 1st in rank order according to the W.S.= 407 and mean 4.11 followed by low grading in exams at 2nd rank order with W.S.= 386 and mean 3.89 and laying between high to very high at five-point Likert scale but tending towards high level. Reduced engagement in learning (W.S.=380 Mean=3.83), impaired decision-making (W.S.=378, Mean=3.81) and reduced academic achievement by peer groups (W.S.=376,

Mean=3.79), at 3rd, 4th and 5th in rank order and laying between high to very high at five-point Likert scale but tending towards high level. Furthermore, increased absenteeism at 6th, impair cognitive functions such as memory, attention and concentration at 7th and decreased motivation at 8th in rank order with (W.S.=361, Mean=3.64), (W.S.=357, Mean=3.60) and (W.S.=347, Mean=3.50) respectively and tending towards high level on Likert scale.

The results were same as Audrain-mcGovern et al. (2016) who described that smoking can have a significant impact on academic performance and educational outcomes among youth. Research has shown that smoking is associated with a range of negative effects that can affect young people's ability to succeed academically. One of the primary ways in which smoking can impact academic performance is through its effects on cognitive function. Smoking has been shown to impair cognitive function, including memory, attention, and learning ability. These effects can make it more difficult for young people who smoke to concentrate in school, retain information, and perform well on tests and assignments.

The results were in line as described in previous studies that smoking can also have negative effects on physical health, which can impact academic performance. Smoking is a leading cause of a range of health problems, including respiratory infections, asthma, and cardiovascular disease. These health issues can lead to increased absenteeism from school, which can have a negative impact on academic performance. Smoking can also contribute to behavioral issues that can affect academic performance. According to research, young people who smoke are more likely to partake in risky activities like drug and alcohol abuse, which can worsen their academic performance and cause disciplinary issues at school.

Table – 2 Distribution of the respondents according to impact of smoking addiction on academic performance

Impact of smoking addiction on academic performance	Scales									
	1		2		3		4		5	
	f	%	f	%	f	%	f	%	f	%
Impair cognitive functions such as memory, attention and concentration	8	8.1	13	13.1	12	12.1	43	43.4	23	23.2
Reduced academic	7	7.1	10	10.1	14	14.1	33	33.3	35	35.4

achievement										
Impaired decision-making	11	11.1	9	9.1	6	6.1	34	34.3	39	39.4
Increased absenteeism	8	8.1	9	9.1	12	12.1	51	51.5	19	19.2
Poor attention towards lecture	5	5.1	7	7.1	13	13.1	21	21.2	53	53.5
Low grading in exams	8	8.1	10	10.1	9	9.1	29	29.3	43	43.4
Decreased motivation	13	13.1	11	11.1	12	12.1	39	39.4	24	24.2
Reduced engagement in learning	8	8.1	9	9.1	14	14.1	28	28.3	40	40.4

Scale 1= Very Low, 2= Low, 3=Medium, 4=High, 5= Very high

Among the different impact of smoking addiction, impair cognitive functions such as memory, attention and concentration is at high level as described by the 43.4% respondents while 35.4% described that reduced academic achievement is at very high level and 39.4% said that impaired decision-making at very high level on five-point likert scale. Furthermore, 51.5% mentioned that increased absenteeism at high level while 53.5% mentioned that poor attention towards lecture is at high level and low grading in exams is at very high level while decreased motivation at high level as described by the 39.4% and 40.4% discussed that reduced engagement in learning is at very high level on five-point likert scale.

Findings of Study

Among the different impact of smoking addiction on academic performance, poor attention towards lecture was at 1st in rank order according to the W.S.= 407 and mean 4.11 followed by low grading in exams at 2nd rank order with W.S.= 386 and mean 3.89 and laying between high to very high at five-point Likert scale but tending towards high level. Reduced engagement in learning (W.S.=380 Mean=3.83), impaired decision-making (W.S.=378, Mean=3.81) and reduced academic achievement by peer groups (W.S.=376, Mean=3.79), at 3rd, 4th and 5th in rank order and laying between high to very high at five-point Likert scale but tending towards high level. According to the results 91.9% suggested that to minimized the smoking, provide comprehensive education about the dangers of smoking while vast majority 97% described that offer accessible smoking cessation programs use social norms and 90.9% mentioned that provide engaging alternative activities, establish mentorship programs. Vast majority 98% mentioned that campaigns to reduce the perceived social acceptability of smoking encourage parental

involvement in discussing smoking risks while 94.9% described that increase the price of tobacco products through taxation.

Conclusion

It was revealed by the study that the trends of smoking addiction amongst teenagers are on the rise due to various reasons and factors. Peers played tremendous role, as young people frequently start smoking to in shape in with their social circles or emulate pals who smoke. Family dynamics also contribute, with youngsters of smokers much more likely to take up smoking themselves. Media portrayal of smoking as glamorous or rebellious can similarly entice impressionable youth to start smoking. Additionally, the smooth accessibility of tobacco products, coupled with centered advertising by means of tobacco agencies, makes it less difficult for youngsters to test with smoking. Stress and intellectual fitness issues also can lead kids to apply smoking as a coping mechanism. Lack of cognizance approximately the health risks and addictive nature of smoking in addition compounds the issue.

It was also concluded that smoking has a profoundly detrimental impact on students' academic performance, leading to declining achievement and hindering their potential. Smoking impairs cognitive function, exacerbates mental health issues, and compromises physical well-being, resulting in decreased concentration, memory, and learning capacity. This, in turn, contributes to absenteeism, truancy, and dropout rates, ultimately correlating with lower GPAs and reduced academic motivation. To combat this issue, collaborative efforts between educational institutions, policymakers, and healthcare professionals are crucial. Implementing comprehensive anti-smoking programs, providing accessible counseling, promoting healthy lifestyle alternatives, enforcing smoke-free campus policies, and educating students about smoking risks are essential steps. By addressing the smoking epidemic, we can improve students' academic outcomes, enhance their overall well-being, and empower them to reach their full potential, fostering a healthier and more productive educational environment.

It was concluded that teenage smoking addiction is a complicated, multifaceted problem that is influenced by a number of variables. Young people's smoking behavior is greatly influenced by a variety of factors, including media portrayals, cultural background, parental education, family dynamics, and socioeconomic situation. The accessibility and

availability of substitute tobacco products, including e-cigarettes, also contribute to the complexity surrounding the problem of young smoking addiction. Studies reveal that the initiation of smoking among young people is frequently associated with risk factors, including exposure to smoking in media and entertainment, mental health disorders, peer pressure, and family smoking habits. These risk factors may play a role in the development of adolescent smoking addiction, which can have long-term negative effects on health and create social challenges. It was also concluded that a comprehensive strategy addressing these different elements should be the main focus of efforts to prevent and minimize youth smoking addiction. Promoting smoke-free surroundings, expanding access to smoking cessation programs, and enacting laws restricting tobacco advertising and promotion are some examples of what this entails. Additionally, crucial to modifying attitudes and behaviors around smoking are education and awareness initiatives aimed at youth and their parents/guardians.

Recommendations

Governments should enact and enforce policies that restrict tobacco advertising, promotion and sponsorship. This includes measures to increase the price of tobacco products through taxes and to create smoke-free environments. Provide easily accessible and affordable smoking cessation programs tailored to youth. These programs should address the unique challenges and motivations of young smokers. Implement regulations on the sale and marketing of alternative tobacco products, such as e-cigarettes, to prevent their use as a gateway to smoking among youth. Advocate for the implementation of stricter tobacco control policies, including higher taxes on tobacco products, comprehensive bans on tobacco advertising, promotion, and sponsorship, and the creation of smoke-free environments in public spaces. Launch targeted campaigns in schools and communities to educate youth about the dangers of smoking and to promote smoke-free lifestyles. These campaigns should also educate parents/guardians about the impact of their smoking behavior on youth. Encourage parents and families to model healthy behaviors and to actively discourage smoking. Family support and involvement can greatly influence youth smoking behavior.

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