



MONTCLAIR STATE
UNIVERSITY

Montclair State University
**Montclair State University Digital
Commons**

Student Research Symposium

Research Day 2020

Jan 1st, 12:00 AM - 12:00 AM

Tobacco Use among College Students

Tasnim Mohamed

Montclair State University, mohamedt2@montclair.edu

Karina Ramirez

Montclair State University, ramirezk14@montclair.edu

Victoria Cruz

Montclair State University, cruz9@montclair.edu

Keiko Sayson

Montclair State University, saysonk1@montclair.edu

Winnie Asrevi

Montclair State University, asreviw1@montclair.edu

See next page for additional authors

Follow this and additional works at: <https://digitalcommons.montclair.edu/student-research-symposium>



Part of the [Nursing Commons](#)

Mohamed, Tasnim; Ramirez, Karina; Cruz, Victoria; Sayson, Keiko; Asrevi, Winnie; and Kelly, Sarah, "Tobacco Use among College Students" (2020). *Student Research Symposium*. 1.
<https://digitalcommons.montclair.edu/student-research-symposium/2020/2020/1>

This Open Access is brought to you for free and open access by the Conferences, Symposia and Events at Montclair State University Digital Commons. It has been accepted for inclusion in Student Research Symposium by an authorized administrator of Montclair State University Digital Commons. For more information, please contact digitalcommons@montclair.edu.

Presenter Information

Tasnim Mohamed, Karina Ramirez, Victoria Cruz, Keiko Sayson, Winnie Asrevi, and Sarah Kelly

Tobacco Use among College Students

Winnie Asrevi, BSN Student, Victoria Cruz, BSN Student, Tasnim Mohamed, BSN Student, Karina Ramirez, BSN Student, Keiko Sayson, BSN Student, Marybeth Duffy, DNP, RN, Patricia Ruiz, DNP, RN and Sarah Kelly PhD, RN
Montclair State University School of Nursing

Background

- College students engage in risk-taking behaviors
 - Tobacco use
 - Various reasons such as
 - Psychological coping for their stress and anxiety
 - Social influence of peer pressure
- Tobacco use comes in different forms
 - traditional cigarettes
 - pipes
 - cigars
 - e-cigarettes
 - snuff
 - chew
- The use of these substances by a parent, sibling, or peer is highly associated with high levels of use among college students.
- Students are more likely to use an alternative tobacco product as a form of cigarette cessation.

Purpose To gain an understanding of tobacco use among college students.

Methods

- A retrospective review of 477 electronic health records, from college students enrolled in a State University from 2016-2017
- The information collected focused on tobacco use, such as smoking cigarettes, using pipes, cigars, and e-cigarettes.
- Analysis**
 - Descriptive statistics, including frequencies
 - Chi-square used to determine differences based on gender
 - SPSS 25 used for data analysis

Results

- N = 399 students answered the overall question regarding smoking.
- Our study showed that there was a small percentage of people who smoke cigarettes or used any other type of tobacco product.
- More men reported using cigarettes or other tobacco products than women.
- Our study showed that there were no significant differences based on gender and the current use of tobacco products.
- There was a significant difference in gender based on previous smoking habits.

Table 1: Frequency of variables of interest. (number of subjects varies)

Variable	Male n (%)	Female n (%)
Have you smoked previously		
No	25 (27%)	53 (56%)
Yes	11 (12%)	5 (5%)
Do you smoke cigarettes		
No	160 (40%)	210 (53%)
Yes	11 (3%)	10 (3%)
Do you use pipe		
No	57 (40%)	76 (54%)
Yes	2 (1%)	4 (3%)
Do you use a cigar		
No	57 (41%)	71 (51%)
Yes	3 (2%)	4 (3%)
Do you use e-cigarette		
No	57 (44%)	71 (54%)
Yes	-	-
Do you use snuff		
No	58 (43%)	73 (55%)
Yes	-	-
Do you use chew		
No	56 (42%)	73 (54%)
Yes	2 (2%)	1 (1%)



Table 2. Chi-Square analysis based on gender

Variable	Chi-Square	DF*	p-value
Have you previously smoked	7.57	1	0.006
Do you smoke cigarettes	1.083	2	0.582
Do you use a pipe	0.353	2	0.838
Do you use a cigar	0.172	2	0.918
Do you use chew	0.728	2	0.695

Discussion

- We found that more males report smoking when compared to females. We think this is due to males bad boy image while females may have helped each by encouraging friends not to smoke too much or be seen smoking outside a party context.
- Surprisingly, there was no statistical difference based on gender regarding e-cigarette usage. Previous studies have found that e-cigarettes have become very popular over the past couple years, participants felt that smoking benefited them in all social aspects.

Conclusion

- Smoking helped make some feel like they belonged to a group or community of people.
- Ultimately, many students have stated their reason for starting to smoke was because of peer influence, the flavors/tastes, and easy environmental access to low costs. The students continued smoking because tobacco was managing their stress.

Future Implications

- Further explore the current use of e-cigarettes
- Explore the effects of a smoke free campus

Limitations

- This study was conducted using a retrospective chart review from 2016-2017.
- We were also limited by the number of questions we could ask as well as the type of questions
- Students left some questions blank, students could have also provided false response since it was a self-reported questionnaire.

Reference

- Getachew, B., Payne, J. B., Vu, M., Pillai, D., Shah, J., Levine, H., & Berg, C. J. (2018). Perceptions of Alternative Tobacco Products, Anti-tobacco Media, and Tobacco Regulation among Young Adults: A Qualitative Study. *American Journal of Health Behavior*, 42(4), 118-130. doi: 10.5993/ajhb.42.4.11
- Harrell, P. T., Brandon, T. H., England, K. J., Barnett, T. E., Brockenberry, L. O., Simmons, V. N., & Quinn, G. P. (2019). Vaping Expectancies: A Qualitative Study among Young Adult Nonsmokers, Smokers, Vapers, and Dual Users. *Substance Abuse: Research and Treatment*, 13, 117822181986621. doi: 10.1177/1178221819866210
- Hiler, M., Spindle, T. R., Dick, D., Eissenberg, T., Breland, A., & Soule, E. (2020). Reasons for Transition from Electronic Cigarette Use to Cigarette Smoking Among Young Adult College Students. *Journal of Adolescent Health*, 66(1), 56-63. doi: 10.1016/j.jadohealth.2019.09.003
- Nichter, M., Nichter, M., Carkoglu, A., & Lloyd-Richardson, E. (2010). Smoking and drinking among college students: "It's a package deal." *Drug and Alcohol Dependence*, 106(1), 16-20. doi: 10.1016/j.drugalcdep.2009.07.025