

**PRACTICE OF ALCOHOL AND TOBACCO CONSUMPTION AMONG TRISHAW DRIVERS IN
MAYANGONE TOWNSHIP**

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ABSTRACT

The cross sectional study of practice of alcohol and tobacco consumption among trishaw drivers was carried out in Mayangone Township, Yangon. A total of 250 trishaw drivers from five wards of Mayangone Township were enrolled for the participation in this study. A pretested questionnaire was used to collect information on practice of alcohol and tobacco consumption with face to face interview. Mean age of the study population was 41.2 ± 10.9 . Most of them were primary school passed. The majority of trishaw drivers had between 100,000 to 300,000 kyats of total family income per month. The percentage of current alcohol drinking, betel chewing and smoking were 54.8%, 69.2% and 52.4% respectively. The youngest age of initiation of alcohol drinking was 7 years, that of betel chewing was 8 years and that of smoking was 10 years. The percentage of trishaw driving when they were drunk was 66% and only 19% of trishaw drivers had the habit of smoking while driving trishaws. Curiosity, peer pressure and easy availability were the common answers of reason to start all three practices. According to this study, heavy drinkers were 70.8% and heavy smokers were 86.3% among current users.

Betel chewing practice was significantly associated with below mean age group ($p=0.004$) and below the mean year of duration of trishaw driving ($p=0.032$). Tobacco smoking practice was significantly associated with lower and at the middle school passed education ($p=0.003$). There was significant association between trishaw driving being their main occupation and heavy smoking practice ($p=0.021$). Moreover, heavy smoking practice was significantly associated with younger age of initiation of smoking ($p=0.02$).

The results of this study pointed out the high proportion of current usage of alcohol and tobacco consumption among trishaw drivers. Therefore, the effective health education and strict interventions should be carried out for them.