

**FACTORS ASSOCIATED WITH TOBACCO USE AMONG WORKING AGE POPULATION IN
RURAL AREA OF PAUNG TOWNSHIP MON STATE**

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ABSTRACT

A community based cross-sectional study was conducted among 15-64 year working age group of rural population in Paung Township, Mon State. The purpose of the study was to study the factors associated with tobacco use among the working age rural population in Paung Township in 2016. A total of 310 study populations were assessed by face to face interview with structured pretested questionnaires.

In this study, more than half 208(67%) of the respondents were females. Among the respondents, 98(32%) had low education level and 111(36%) were dependent. The proportion of current smoking was 56(18%) of the respondents; male 40(71%) and female 16(29%). And the prevalence of current use of smokeless tobacco was 93(30%); male 57(61%) and female 36(39%) of the users. The proportion of second hand smoke exposure was 133(42.9%) at home and 83(26.8%) at workplace. The proportion of second hand smoke exposure was higher than proportion of tobacco use among the study population.

Regarding the knowledge and attitude level on tobacco among the respondents, 159(51%) and 130(42%) were above mean score respectively. For the knowledge on health effects of tobacco, 205(68%) knew that smoking can cause lung disease and 135(45%) knew that use of smokeless tobacco can cause oral cancer. Among the respondents, 293(95%) knew that second hand smoke is harmful to health and 86(31%) knew that second hand smoke can cause congenital abnormalities of newborn. This study also showed that 107(35%) had heard about Myanmar tobacco law and 239(77%) knew non-smoking areas.

The knowledge level was associated with education level at ($p < 0.001$). There was association between smoking and gender at ($p < 0.001$) and presence of smoker in family at ($p < 0.001$). There was also association between smokeless tobacco use and gender and occupation. There was no association between attitude with knowledge and practice on tobacco. Although education level of rural population was not generally high, there was no significant difference of tobacco use. Therefore, effective health education and health warning on tobacco and second hand smoke were needed to expose the rural population.