

**ASSESSMENT OF HEALTH RELATED KNOWLEDGE  
ABOUT SMOKING AND ALCOHOL CONSUMPTION  
AMONG ADOLESCENT BOYS AT SELECTED  
PRIVATE SCHOOL IN NORTH OKKALAPA  
TOWNSHIP, YANGON**

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## ABSTRACT

A cross-sectional descriptive study was conducted in the private school, North Okkalapa Township from October to November 2012 to find the health related knowledge about smoking and drinking alcohol status among adolescent boys, their socio-demographic characteristics and associations between them. In this study 150 students were selected. Data collection method was face-to-face interview using pretested structured questionnaire. Regarding the smoking, 4 percent of respondents were current smokers, 9 percent were ex-smokers and about 87 percent were non smokers. Regarding drinking alcohol, 3.3 percent of respondents were current drinkers, 9.3 percent were ex-drinkers and 87.3 percent were never drinkers. The age at the beginning of smoking was about 13 years and alcohol drinking was about 15 years. Age group and level of education were associated with knowledge about smoking and alcohol. Regarding knowledge about smoking, nearly 49 percent had high level of knowledge, 94.7 percent knew about hazards of passive smoking and 87.3 percent correctly stated the smoke free areas. Most of the respondents mention the diseases occurring due to smoking such as ischemic heart disease and carcinoma of lungs. But they had inadequate knowledge about pregnancy related complication due to smoking. Regarding knowledge about drinking alcohol, only 47 percent of the respondents had high level of knowledge. About 94 percent mention that too much alcohol consumption could adversely affect on health. Majority of respondents knew that alcohol associated diseases included hepatocellular carcinoma but they could not describe schizophrenia and thiamine deficiency as complications of alcohol dependency. About only half of the respondents got health knowledge from health care providers and media. Therefore health education of smoking and drinking alcohol cessation program should be done frequently and more effectively to improve awareness on hazards of smoking and drinking alcohol.