



Tobacco Consumption in Adolescents from the Medical Sciences in Cuba

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ABSTRACT

Background: the analysis of adolescent smokers as prevention from the medical sciences is one of the lines of the work team in the consultation of ceasing tobacco. **Objective:** to analyze tobacco consumption in adolescents from the medical sciences in Cuba. The investigation embraced one period from October 2018 to September 2019. **Method:** was carried out a study descriptive, retrospective, sampling intentional nonprobabilistic, and with a universe composed of 18 old adolescents of the Polyclinic "Jose Ramon Leon Acosta. It gathers it of the data was carried out through the empirical method as the clinical histories, interviews structured, the questionnaire and for the analysis of the data statistical calculation was used. **Results:** the state of individual health of this group prevailed as for knowledge that will allow them to modify their lifestyle and in turn, aging very happened to the minimum of limitations. **Conclusion:** the difficulties are focused on the systematic development of psychosocial and preventing risk factors in adolescents with addiction.

Keywords: Adolescence, Addiction, Model function, Tobacco

INTRODUCTION

Adolescence is essentially a time of changes in which happens the process of the boy's transformation into an adult, has characteristics peculiar, and it is also a stage, of the discovery of the own identity (psychological identity, sexual identity) as well as of individual autonomy.

The adolescence-like period of human development has been an object of social scientists' attention and of international instances that have tried to define its limits, as well as the characteristics that define this stage [1]. The space of the adolescents has vital importance in the formative process of the personality, propitiating that the same ones can self-teach with a clearer vision of the harmful effects that cause the tobacco and prevent its consequences with the help of the professionals of health but with a model function. For the model, function understands each other those attitudes that impact positively form or negatively on the behaviors of the population's health [2].

Tobacco is defined as a dysfunction caused by a substance able to produce dependence, nicotine. It is considered a true drug diffused in the entire world. It reaches a world prevalence of 47% in the masculine population of adults,

front of 12% in women, and in the last years, a more precocious beginning of the habit is observed, particularly at the beginning of adolescence [3].

The addiction to smoking could be immersed in the integral style of people's life, expert this as the group of individual decisions that affect the health and envelope which you could exercise certain control degree that also affects the health and the behavior of those who cohabit [4].

Almost 80% of those more than a thousand million smokers that there is in the world live in countries of low revenues or means, where it is bigger the mobility load and mortality associated with tobacco [5].

At the moment Cuba occupies fifth place in Latin America and the Caribbean for the prevalence of tobacco, being Chile and the Republic of Dominican Republic as the countries of more incidences in our continent [6].

The phenomenon that exists around this real problem, conditioned the position of the following scientific problem in the present investigation: How analyze the tobacco consumption in adolescents from the medical sciences in Cuba?

General objective: to analyze tobacco consumption in adolescents from the medical sciences in Cuba.

METHODS

A study descriptive- retrospective, approach was carried out on adolescents patients attended from a community health area belonging to the "Jose Ramon Leon Acosta" policlinic of Santa Clara municipality, in the period from October 2021 to September 2022, intending to analyze the tobacco consumption in adolescents from the medical sciences in Cuba. The sample was selected through the simple random sampling probabilistic technique and previously informed consent to participate in the study.

It was a study object of a universe constituted by 18 adolescents and those that were identified about the level of knowledge on tobacco in adolescents from a before and an after with risks related with the tobacco, to those which previously were requested informed consent.

Theoretical level

- Synthetic analytical: It made it possible for the interpretation of each one of the studied texts, to conform to the criterion assumed in the epigraphs and paragraphs, as well as to particularize in the data obtained in the surveys to integrate them and to establish the corresponding generalizations.
- Inductive-deductive: It facilitated going from the particular to the general in each of the analyzes carried out in the theoretical study and the processing of the obtained information.
- Generalization: It allowed the establishment of the regularities that were revealed in the study carried out.

Empiric Level

- Open interview: Contributed to identifying the level of knowledge in adolescent patients.
- Individual clinical histories: It made it possible to provide information on various personal aspects.
- Questionnaire: Contributed to identifying the information on various personal aspects.

The selection was based on the following approaches.

Inclusion Approaches

- All adolescents with risks in the area of health possess favorable psychic conditions to respond to the questions.
- That they resided in the area of chosen health.

Exclusion Approaches

- Adolescents that emigrate from their residence place during the study.

Exit Approaches

- Adolescents abandon the investigation voluntarily.
- It used the following variables starting from the obtained data: age and sex in the tobacco, and the levels of tobacco consumption in adolescents from before.

- .Authorization has been requested for the adolescents, belonging to the educational policlinic “Jose Ramon Leon Acosta” for the realization of the study. To these, they have explained the importance of the investigation. The data were used by the specialists of the health and with investigative ends, fulfilling the principle of the confidentiality of the data.

Collection of the Information

To begin the development of the investigation was carried out a bibliographical revision of the topic making a meticulous analysis of the most excellent aspects in the Cuban means at the international level. It was used as a technical, documental revision that included individual clinical histories and was applied to a questionnaire to obtain information concerning the level of tobacco consumption in adolescents from before.

Statistical Prosecution

The information was stored in a file of data in SPSS version 21.0 and it is presented in statistical charts; for the description, it was calculated the arithmetic stocking, standard deviation, absolute frequencies, and percents. In the analysis, it was used nonparametric tests such as Squared Chi for adjustment of kindness and independence of factors. One worked with significance levels of 5%.

RESULTS

Table 1 shows ages that are located 12 years and more, 14 adolescent patients are of the male sex (77.7%) and 4 of the female sex (22.2%). In the analysis of the total of adolescent patients the sex male prevailed with 14 cases (77.7%), the female one represents 4 women (22.2%), standing out the group of 12 years-15 years, for the two groups (77.7%).

Table 1 Analysis of sex and age

Ages	Female		Male		Total	
	Count	%	Count	%	Count	%
12 years-15 years	2	11.1	11	61.1	14	77.7
16 years -19 years	2	11.1	3	16.6	4	22.2
Total	4	22.2	14	77.7	18	100

Before the intervention, the basic consumption of tobacco addiction are not high (56%), what is translated into possible changes in lifestyles (Figure 1).

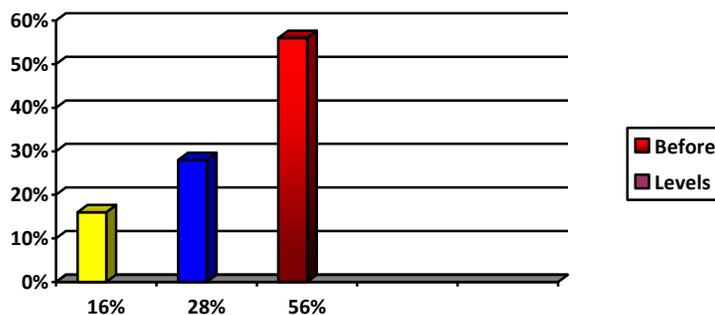


Figure 1 Levels of consumption of tobacco in adolescents from a before

DISCUSSION

The results of this investigation belonged together since the world and national tendency every time it increases addiction at an early age. It coincides with a study carried out according to authors and with other investigations starting from authors on tobacco in adolescents in a community in Spain, where it was reported that the half age of

beginning this habit, is located at 13 years of age. A study in this respect offered by another investigator outlines that the early beginning of the habit of smoking brings future problems in health and it is the entrance door for the consumption of alcohol or other drugs [7-9].

Due to the early age in which this addiction appears, was carried out this investigation where was appreciated that the committed ages in the study are from 12 years to 15 years being predominantly the masculine sex, coinciding with arguing that the biggest prevalence in tobacco is among the adolescents of the masculine sex, standing out the enormous risk that has of smoking the adolescents whose family makes it and the fateful consequences that bring the habit of smoking for its future life [10,11].

In Cuba, the differences among the indexes of masculine and feminine adolescents' consumption are not marked, according to that referred in the National Program of Control of the Tobacco of the Ministry of Public Health outlined however doesn't behave equally it forms study presently, where the masculine sex prevails on the feminine one [12].

Despite the present behavior patterns in these adolescents and the permissive habit of some parents and tutors, the way of obtaining cigarettes is through friends or contemporaries, followed by traveling salespersons. This coincides with that found by other authors, although it is important to point out that in the study, a group of them obtains it in the schools and the practice of its habit is recurrent, which is possible for the lack of professors demands that facilitates the cigarette to the student in many of the cases [13-15]. This belongs together with other studies like the one carried out in Argentina [16,17].

On the other hand, other studies for they reflect the place of the smoking adolescents' more frequent consumption (50.9%) between friends' houses and parties and 40.4% in their houses [18].

According to the authors, they outline that it is known the influence that has the example of the parents to adopt attitudes, by what becomes precise to surround the adolescents with positive examples that redound in the prevention of tobacco, to reinforce the attitudes that go against the adoption of the habit of smoking, and where the family plays a fundamental list, behaving as another factor of risk for the consumption of the tobacco in these precocious ages of the life [19,20].

In connection with the accessibility to the consumption of cigarettes stood out that despite the prohibition of the sale of cigarettes to those smaller than age in Cuba, 61% of the interviewed active smokers acquires the cigarettes through the state stores or for traveling salespersons, without discarding that the road easier of obtaining it is by means.

CONCLUSION

The male sex prevailed in the study, where the stadium average of beginning to present addiction to tobacco is in adolescents. The magnitude of the population's aging doesn't have precedents; it is a process without limits in humanity's history, and the number of grown-ups increases exponentially in complex and uncertain socioeconomic joints. The development of professional competitions that offer attention to adolescents to guarantee the quality and excellence in the attention of health will allow potential an appropriate lifestyle and prevent that becomes a crisis factor for the sanitary structure. The obtained results are notably positive on the cost of their implementation in the current socioeconomic assisting to the focus psychologic and social in health, about the improvement of the lifestyle of this group.

DECLARATIONS

Conflict of Interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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