

NICOTINE DEPENDENCY OF ADULT MALE SMOKERS AND IT'S SOCIO-ECONOMIC DETERMINANTS: A STUDY IN BUKIT GOH, KUANTAN, PAHANG

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INTRODUCTION

- Most smokers become dependent both physically and psychologically within a few years of daily smoking because of its major chemical component of nicotine in tobacco¹.
- Nicotine dependence (ND) is occurred at any time which affects on successful quit smoking².
- Thus, health care providers should know ND level of candidates of quit smoking program.

OBJECTIVE

To measure the prevalence of nicotine dependence among adult male smokers and influences of socio-economic characteristics on it

METHODS

- A cross-sectional descriptive and analytical study was conducted at FELDA Bukit Goh, Kuantan, Pahang in February 2015.
- A total 182 adult male current smokers aged 18 years and above who were recruited purposively from (185) house-holds using two stages sampling method.
- Smoking and nicotine dependence status of the participants were assessed using a self-administered questionnaire in which consisted of modified smoking and tobacco use questions used in National Health Interview Survey³ and validated Malay version of Fagerstrom Test for Nicotine Dependence (FTND-M) assessment questionnaires⁴ with Cronbach's alpha of 0.67.

- ND level are categorized into low, moderate and high. A score of 0-4 indicates that the subject has a low nicotine dependence. For moderate nicotine dependence level, the score is 5- 7, followed by a score of 8-10 which denotes high nicotine dependence.
- Fishers' exact test, ANOVA and median test were applied to infer association between nicotine dependency and socio-economic (SE) variables.

RESULTS

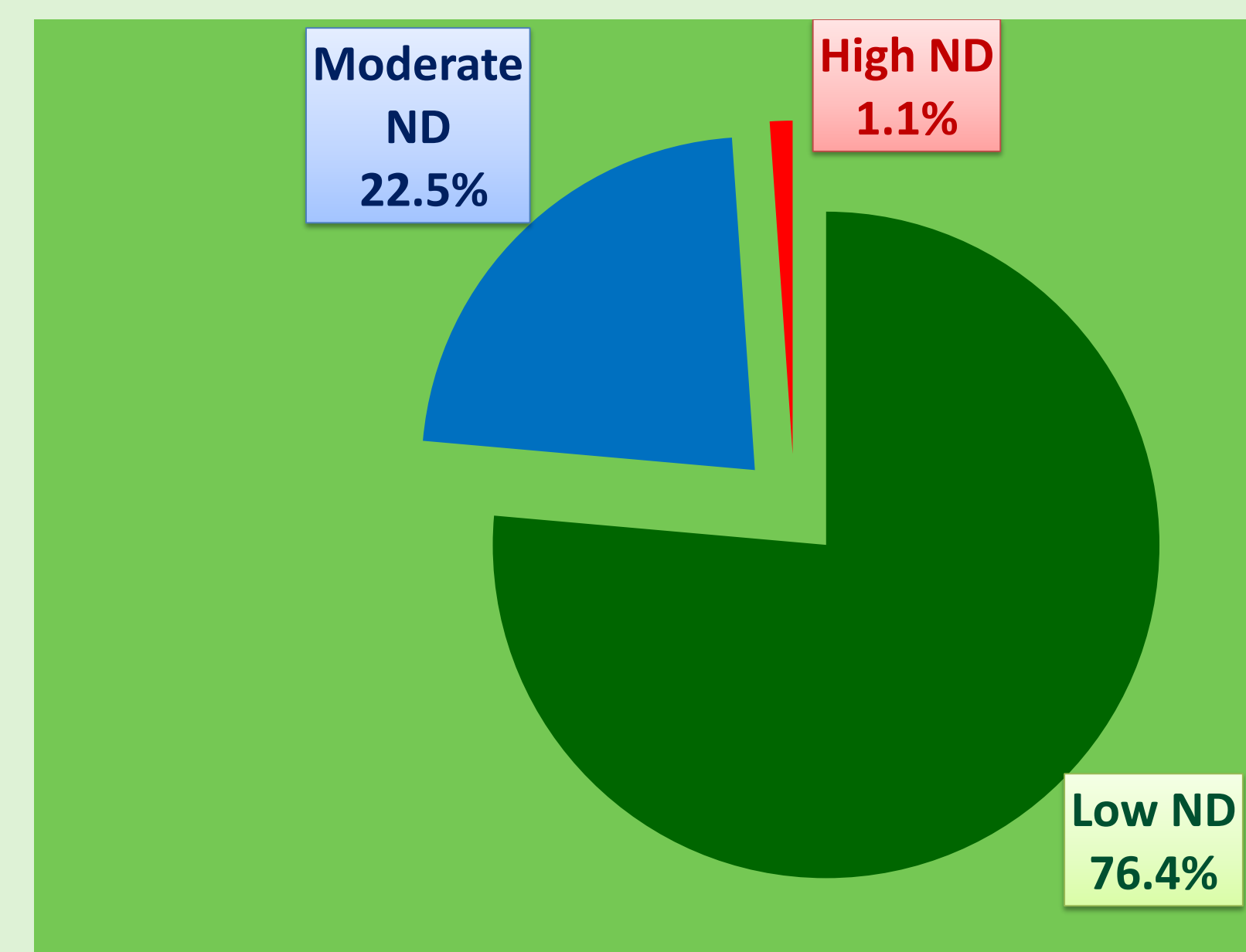


Fig1. Prevalence of Nicotine Dependence among adult male smokers (n=182)



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RESULTS

Table1: Prevalence and Association of Socio-economic status with Nicotine Dependence among adult male smokers (n=182)

Socio-economic status	Nicotine Dependence Level			p-value
	Low (n=139) n (%)	Moderate (n=41) n (%)	High (n=2) n (%)	
Age groups				
18-20 years	11 (7.9)	2 (4.9)	0	0.521
21-30 years	34 (24.5)	7 (17.1)	1(50.0)	
31-40 years	37 (26.6)	10 (24.4)	0	
41-50 years	31 (22.3)	15 (36.6)	0	
51-60 years	5 (3.6)	3 (7.3)	0	
≥ 61 years	21 (15.1)	4 (9.8)	1(50.0)	
Education level				
Primary	24 (17.3)	7 (17.1)	0	0.553
Secondary	94 (67.6)	30 (73.2)	1(50.0)	
Tertiary	21 (15.1)	4 (9.8)	1(50.0)	
Occupation				
Government	7 (5.0)	2 (4.9)	0	0.353
Private sector	50 (36.0)	13 (31.7)	1(50.0)	
Self Employed	70 (50.4)	24 (58.5)	0	
Retired/Student/Unemployed	12 (8.6)	2 (4.9)	1(50.0)	
Household monthly income				
Less than RM1000	40 (28.8)	6 (14.6)	1 (50.0)	0.381
RM 1000 to RM 3000	77 (55.4)	28 (68.3)	1 (50.0)	
>3000 RM	22 (15.8)	7 (17.1)	0	
Marital status				
Single	40 (28.8)	7 (17.1)	1(50.0)	0.548
Married	91 (65.5)	32 (78.0)	1(50.0)	
Divorced/Separated	8 (5.8)	2 (4.9)	0	

DISCUSSION & CONCLUSION

- Although low ND was noticed among the smokers aged 31-40 years old with secondary education, self-employed, moderate monthly family income (1000-3000 RM) and married person, these findings were no statistically significant.
- High prevalence of low ND among the current smokers under study is a favorable condition to obtain successful smoking cessation among these groups.
- Thus, level of ND should be assessed among current smokers who wants to join the quit smoking program to provide tailored nicotine replacement therapy.

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