SELF-EFFICACY TOWARDS TEMPTATION TO SMOKE: A COMPARATIVE STUDY FOR SMOKER UNIVERSITY/COLLEGE STUDENTS LIVING IN DORMITORIES

- **Piroska Szalay**
- **Attila Szkalák**
- **Kornél Sipos**

Semmelweis University Faculty of Physical Education and Sport Sciences, Budapest, Hungary

Abstract

Self-efficacy towards temptation to smoke (SETS) scale (*Sipos* et al., 1993) was answered by smoker male and female university/college students living in dormitories. The aim of the study was to detect gender differences, and/or institutional/professional differences (medical school, schools of pharmacology, -physical education, -teacher training and/or technical college) in health risk behavior as smoking habits. Light, medium and heavy smokers were distinguished according to self-reports.

The hypotheses are: No1 there is gender difference in SETS scores; No2 SETS scores correlate inversely with years of smoking; No3 professional characteristics of institutions mirrored in SETS scores and cigarettes/day. Sample contains of 315 smoker subjects [145, males; 170 females; average age for males: 21.85 (SD=3.02) and for females 21.3 (SD=2.45)].

Method/measures: SETS characterizes from 10 to 40 points the self-efficacy temptation to smoke. The higher scores show higher self-efficacy towards temptation to smoke. Means, SDs, Cronbach-alphas were calculated for males and females, and for the different university /college groups. Independent T-test, Pearson correlation, and ANOVA were used.

Results: Gender difference was not find in SETS scores, but the number of the cigarettes per day was significantly higher for males than females ($t=2.416$, $df=313$, $p < 0.016$). According to ANOVA, the starting age of smoking was significantly higher for medical / pharmaceutical students and students of economy than the teacher training- and technical college students' same data. Further statistically significant differences occurred for males and females of the institutions with different professional orientation.

Key-words: self-efficacy towards temptation to smoke, smoker university/college students.

Introduction

Smoking is a huge burden for the societies all over the world; not only for the person his/herself, but for the surrounding people in the family and at the workplace, for the health care system, therefore we can say that smoking is one of the most serious health problems for the society. „The smoking is the most significant, but avoidable risk factor of human beings' early death" *WHO* (1990). Smoking causes the early death of 3.5 million people on Earth. In every 10 seconds someone dies due to this harmful passion – in Hungary somebody dies in every 20 minutes. According to the forecasts about 10 million people will die because of the negative effects of smoking by 2025. We have chosen this research topic because more and more people take cigarettes to handle stressful situations in our country, one third of the Hungarian adult population smoke and especially young people are not aware of the later dangerous effects of smoking. Therefore we have examined self-efficacy towards temptation to smoke with students studying at different colleges or universities living in dormitories.

Hypotheses

1. Males smoke more cigarettes per day than women.
2. There is significant difference in self-efficacy towards temptation to smoke (SETS) between males and females.
3. Professional characteristics or institutions influence the number of cigarettes smoked per day.

Methods, sample

We have examined four groups of students:

• medical students (SE)	n = 100 (males/females)
• PE students (TF)	n = 40 (males/females)
• technical students (KF, Kecskemét)	n = 75 (males/females)
• agricultural students (SZIU, Gödöllő)	n = 100 (males/females)
	N = 315 (males/females)

SE = Semmelweis University, Budapest; TF = Semmelweis University Faculty of Physical Education, Budapest; KF = College of Kecskemét; SZIU = Szent István University.

To collect data from the examined students, we applied self-efficacy questionnaire (*Sipos* et al., 1993) and the received questionnaire scores were

analysed. SETS scale characterizes the smoking habits from 10 to 40 points. The higher scores showed higher self-efficacy towards temptation to smoke.

Independent T-test, Pearson correlation and ANOVA were used for statistical analysis of data.

Results

Table 1: Group statistics: Comparison of men and women with two-tailed T-test

Variables	Sex	N	Mean	Std. Deviation	Std. Error Mean
Age	men	145	21.8483	3.02382	0.25111
	women	170	21.3	2.44671	0.18765
Age of starting of smoking	men	145	16.8828	2.52901	0.21002
	women	170	17.1882	2.04097	0.15653
Cigarettes per day	men	145	11.3*	6.66238	0.55328
	women	170	9.5412	6.41384	0.49192
Self-efficacy towards temptation to smoke	men	145	23.4828	4.92739	0.4092
	women	170	23.6	6.74418	0.51726

* $p < 0.016$; $t=2.416$; $df=313$

There are not any significant differences in self-efficacy towards temptation to smoke between men and women. We have found significant difference only in the cigarettes smoked daily. Men smoke significantly more cigarettes daily than women (Table 1, Figure 1).

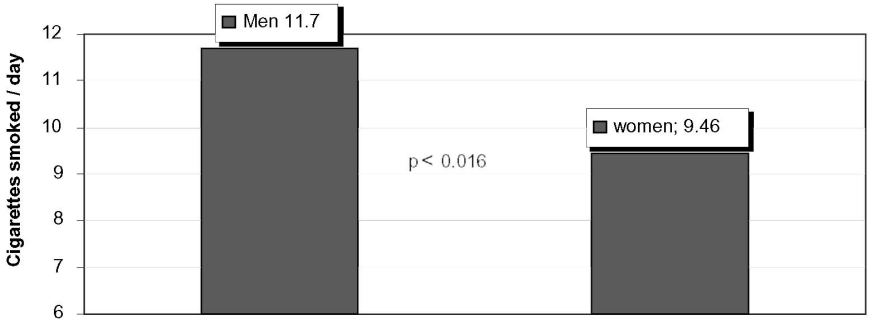

Figure 1: Comparison of smoking habits in men and women

Although men smoke significantly more cigarettes per day than women, we haven't detected any significant differences in SETS between men and women (Table 1).

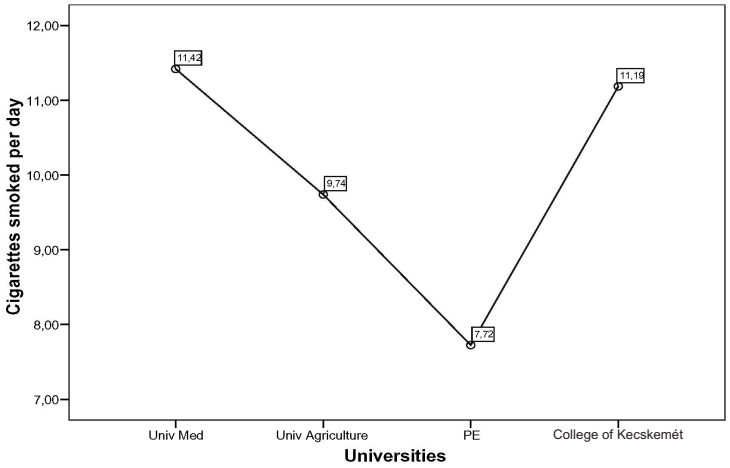

Figure 2: Daily smoking habits among university students

The type of institution has a big influence on the smoking habits of students. We received the best results among PE students, who smoked the least cigarettes per day, probably due to their regular physical activities (Figure 2). The PE students smoke significantly less cigarettes than the students of medical university ($p<0.006$) and the students of College of Kecskemét ($p<0.033$).

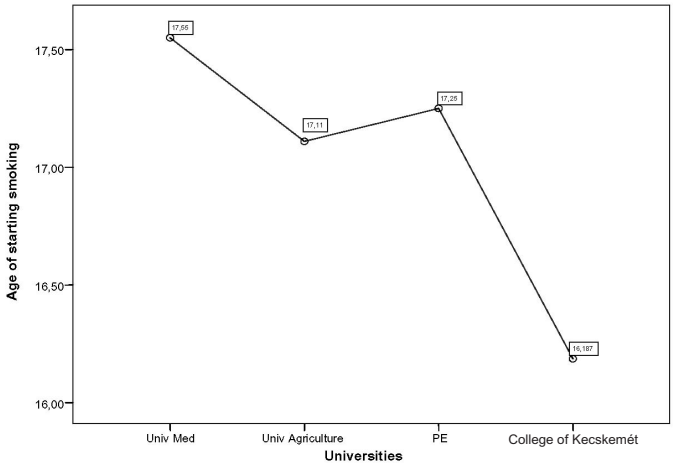

Figure 3: Age of starting of smoking

As it is seen in Figure 3 above, agriculture college students start smoking in a very early age (16). The difference between college and university students is significant ($p<0.000$).

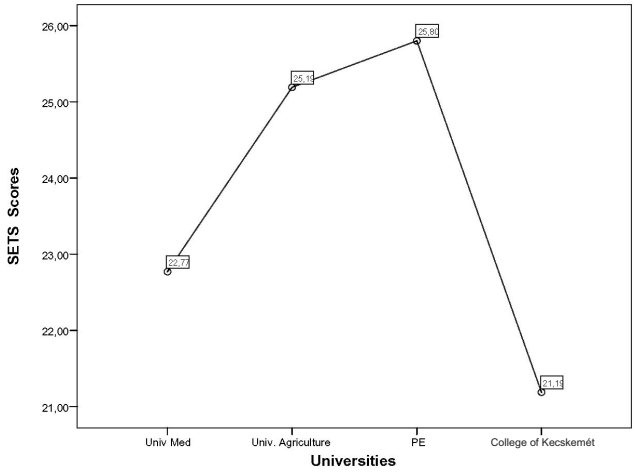

Figure 4: Comparison of SETS scores among students of different universities

According to our results, there are significant differences in SETS scores among students of different universities. We have found significant differences between students at PE and Univ. Med./Med. Dent./Univ. Pharm. ($p<0.026$), at PE and College of Kecskemét ($p<0.000$), at Szent István University and Med./Med. Dent./Univ. Pharm. ($p<0.016$), at Szent István University and College of Kecskemét ($p<0.000$) (Figure 4).

Summary

Our results prove unambiguously that the students from Kecskemét show the most unfavorable result that is they started smoking at the earliest age and do not stop doing it during their studies at the college. We think that these results are partly due to their socioeconomic background and the level of their former education, since most of them come from secondary technical schools *(Szalay Tóth* and *Kudar*, 2003). Although the medical students started to smoke in the older age, but they smoke almost the same amount of cigarettes per day as students from Kecskemét. The unfavourable smoking habits of medical/pharmaceutical students originate probably from the high university requirements, and the stressfulness of preparation for medical profession. The PE students show the most favourable SETS results in our examination. Probably the regular physical activities may protect them against bad habits (*Assmann,* 1995; *Vingender*, 2003; *Urbán*, 2007).

References

Assmann Anna (Ed.) (1995): *Adolescents' health status, health behaviour* (in Hungarian).Új Aranyhíd Kft., Budapest

Sipos, K., Fuchs, R., Wegner, M., & Schwarzer, R. (1993): *The Hungarian version of Self-Efficacy Towards Physical Exercise.* (in Hungarian) Hungarian University of Physical Education, Budapest. (manuscript)

Szalay, P., Tóth, L., Kudar, K. (2003): *A study on self-efficacy towards physical exercise and towards the temptation to smoke in Hungarian university student samples and health education teachers' sample.* 24 th International Conference of Stress and Anxiety Research Society. Lisbon, Portugal, 10-12 July. Abtracts, 217.

Urbán Róbert (2007): *Health psychology of smoking.* (in Hungarian) Nyitott Könyvműhely, Budapest.

Vingender István (2003): *Social context of drug use.* (in Hungarian) Semmelweis Egyetem Eü. Főisk. Kar, Budapest.

World No-Tobacco Day. *WHO*, 31. May 1990.

http://intranet.sote.hu/ webjogtar – Complex Jogtár: 1999. évi XLII. törvény a nem dohányzók védelméről

www.dohanyzas.lap.hu