



STUDENTS AND SMOKING: THE PROBLEM AND SOLUTIONS

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Abstract:

The article emphasizes the importance of combating smoking among students, analyzes the causes of the habit and its consequences, and suggests measures to reduce the level of smoking among students.

Keywords: Smoking, health promotion, healthcare, health, students, stress.

Introduction

Smoking is one of the most common bad habits among young people, especially students. During their student years, many people face high academic and social pressures, which often becomes a reason to start smoking as a way to relax or cope with stress. Despite awareness of the dangers of smoking, this habit continues to be a serious health problem for students. Let's consider why students start smoking, what consequences it has for their health, and how to combat this problem.

Reasons for smoking among students. Student years are a time of discovery, experimentation, and searching for one's identity. Many young people encounter new social circles for the first time, stress from studying, the desire to be accepted into certain groups, and other factors that can push them to smoke. The main reasons include the following:

Social pressure. In a new environment, students often want to be accepted by their friends or classmates. If smoking is common in a group, some may start smoking under pressure to fit in.

Stress and academic pressure. Exams, sessions, deadlines and pressure from teachers can cause constant stress. Smoking for many becomes a way to relieve stress and feel short-term relief.

The desire to look grown-up. Some students start smoking in an attempt to create an image of "adulthood" and independence. In popular culture, smoking is often portrayed as an attribute of maturity, which is especially attractive to young people.

Curiosity and experimentation. College age is a time of experimentation and exploration. Many people try smoking out of curiosity or a desire to try something new, without thinking about the long-term consequences.





Availability of tobacco products. In a number of countries, tobacco products are quite easily available, which increases the likelihood that students will start smoking, especially if they do not feel clearly restricted by law or others.

Harmful Effects of Smoking on Students Smoking has extremely negative effects on the body, and this is especially true for young people whose bodies are still developing. Some of the most serious effects include:

Reduced physical endurance. Nicotine and other chemicals in tobacco cause the respiratory system to become less efficient, especially during physical activity. This can be a problem for students who play sports or lead active lifestyles.

Impaired concentration and cognitive function. Research shows that regular smoking negatively affects the ability to concentrate, remember information, and solve problems. This is especially important for students who face mental stress on a daily basis.

Risk of disease. Smoking increases the risk of developing many diseases, such as lung cancer, cardiovascular disease, chronic bronchitis and other respiratory diseases. Even passive smoking can have a negative impact on the health of others.

Financial costs. For many students, smoking becomes a serious financial burden. Regular purchases of tobacco products can take up a significant portion of a student's budget, which could be used for more useful purposes, such as study materials, food, or recreation.

Nicotine addiction. Nicotine is a powerful and highly addictive drug. Students who start smoking "to relieve stress" or "for fun" can quickly become addicted, making it difficult to quit in the future.

Combating smoking among students. Despite the complexity of the problem of smoking among students, there are various measures and programs aimed at reducing the level of smoking and helping to quit the bad habit. It is important to approach this problem from different angles: both at the individual level and at the level of educational institutions.

Raising awareness. Educational campaigns on the dangers of smoking and its consequences can help students make informed healthy choices. Disseminating information through lectures, seminars, posters and social media helps to convey key facts about smoking to young people.

Creating opportunities for smoking cessation. Universities and colleges can offer students access to smoking cessation programs, including specialist counseling, psychological support and nicotine replacement therapy.





Provide alternatives to relieve stress. Many students start smoking because of stress. Creating opportunities for exercise, meditation, yoga, or other stress management techniques can be an alternative to smoking.

Smoking bans on campus. Many universities have adopted a policy of complete smoking bans on campus. This not only limits the opportunity to smoke, but also creates an environment where smoking is perceived as an undesirable behavior.

Government support. Government programs and legislative measures, such as increasing excise taxes on tobacco products, banning tobacco advertising, and restricting smoking areas, also play a key role in combating smoking among young people.

Conclusion:

Smoking among students is not only a personal problem, but also a social problem that requires a comprehensive approach. Timely prevention, information campaigns, support for quitting smoking and creating a healthy environment can help students make a choice in favor of a life without cigarettes. It is important to understand that smoking not only worsens physical and mental health, but also has long-term negative consequences on the quality of life. Student life is a time for self-development and new opportunities, and quitting smoking is one of the steps to a healthier and more successful future.

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