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Knowledge, Attitude and Practice of Shisha Smoking among Undergraduates in a Private Tertiary Institution in Nigeria: A Cross-Sectional Study

Connaissance, Attitude et Pratique de la Shisha chez les Étudiants d'un Établissement d'Enseignement Supérieur Privé au Nigeria - Étude Transversale

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ABSTRACT

BACKGROUND: Shisha smoking is a growing health concern in most countries and this habit of smoking tobacco is on the increase in Nigeria. It is on the rise among youths along with proliferation of clubs, bars and hotels all over the country. The increased use in Nigeria can be attributed to easy access to tobacco products.

OBJECTIVE: To determine the prevalence of Shisha smoking and evaluate the knowledge, attitude and practice of Shisha smoking among university undergraduates at a private university in Nigeria.

METHODS: In 2021, a cross-sectional online study was carried out among university students at Babcock University, Ilishan-Remo, Ogun State, Nigeria, using a self-administered questionnaire.

RESULTS: Overall, a total of 446 students took part in the study (115 males, 321 females) with mean age of 19.7 ± 2.9 . The prevalence of Shisha smoking amongst the study respondents was 4.6%. About 25.0% of those that smoked shisha stated that they have been trying to quit with none of them seeking professional help. The mean knowledge score was 6.1 ± 2.6 . The knowledge of shisha was highest among females and year 6 students. A little over half of the study respondents did not know that Shisha smoking was associated with cancers (52.8%) or that Shisha contained tobacco (58.3%). On the average, the study participants had very good attitude towards Shisha smoking with an average attitude score of 3.4 ± 0.4 . The best attitude score was seen in females and year 6 students. The difference was not statistically significant. ($p > 0.05$)

CONCLUSION: The habit of shisha smoking occurs among youths who may be unaware of the tobacco content and increasing evidences of possible health risks. The findings in this study may help in formulating policies which are geared towards combating this growing menace in our schools and the society at large. **WAJM 2023; 40(8): 814–819.**

Keywords: Shisha, Waterpipe, Hookah, Knowledge, Attitudes, Practices, Undergraduates.

RÉSUMÉ

CONTEXTE: La consommation de shisha est un problème de santé croissant dans la plupart des pays et cette habitude de fumer du tabac est en augmentation au Nigeria. Elle est en augmentation chez les jeunes, parallèlement à la prolifération des clubs, des bars et des hôtels dans tout le pays. L'augmentation de la consommation au Nigeria peut être attribuée à la facilité d'accès aux produits du tabac.

OBJECTIF: Déterminer la prévalence de la consommation de shisha et évaluer les connaissances, l'attitude et la pratique de la consommation de shisha chez les étudiants de premier cycle d'une université privée au Nigeria.

MÉTHODES: En 2021, une étude transversale en ligne a été menée auprès des étudiants de l'université Babcock, Ilishan-Remo, État d'Ogun, Nigeria, à l'aide d'un questionnaire auto-administré.

RÉSULTATS: Au total, 446 étudiants ont participé à l'étude (115 hommes, 321 femmes) avec un âge moyen de $19,7 \pm 2,9$. La prévalence de la consommation de shisha parmi les répondants à l'étude était de 4,6 %. Environ 25,0 % de ceux qui fumaient la shisha ont déclaré qu'ils essayaient d'arrêter, mais aucun d'entre eux n'a cherché d'aide professionnelle. Le score moyen des connaissances était de $6,1 \pm 2,6$. La connaissance de la shisha était la plus élevée chez les femmes et les élèves de 6^e année. Un peu plus de la moitié des répondants à l'étude ne savaient pas que fumer la shisha était associé à des cancers (52,8 %) ou que la shisha contenait du tabac (58,3 %). En moyenne, les participants à l'étude avaient une très bonne attitude à l'égard de la Shisha, avec un score moyen de $3,4 \pm 0,4$. Le meilleur score d'attitude a été observé chez les femmes et les élèves de 6^e année. La différence n'était pas statistiquement significative. ($p > 0.05$)

CONCLUSION: L'habitude de fumer la shisha est répandue chez les jeunes qui peuvent ne pas être conscients de la teneur en tabac et des preuves de plus en plus nombreuses des risques possibles pour la santé. Les résultats de cette étude peuvent aider à formuler des politiques visant à lutter contre cette menace croissante dans nos écoles et dans la société en général. **WAJM 2023; 40(8): 814–819.**

Mots-clés: Shisha, pipe à eau, narguilé, connaissances, attitudes, pratiques, étudiants de premier cycle.

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