

Self-Efficacy for Smoking Cessation and Knowledge about Smoking Consequences among Adolescents

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ABSTRACT

Background: The world's population in 2020, 22.3% consumed tobacco: 36.7% of males and 7.8% of women. 15.9% of those 15 years of age and above daily smoked tobacco throughout Organization for Economic Cooperation and Development (OECD) nations in 2021.

Methods: A descriptive correlation conducted from 10th November 2023 to 20th June 2024, study aimed to identify if participants' age, family's socioeconomic status, and knowledge about smoking consequences can predict their Self-Efficacy for smoking cessation. The study included a convenience sample of 400 high school students. The study instrument is composed of students' sociodemographic sheet, Family's Socioeconomic Status Scale, The Smoking: Self-Efficacy/Temptation Scale, and The Knowledge about the Consequences of Smoking Scale. Data were collected using a self-reported instrument for the period from February 15th, 2024, to March 4th, 2024.

Results: The study results revealed that family's socioeconomic status positively predicts students' Self-Efficacy for smoking cessation. On the other hand, knowledge about the consequences of smoking negatively predicts students' Self-Efficacy for smoking cessation. There is a statistically significant difference in Self-Efficacy for smoking cessation among family's socioeconomic status groups.

Conclusion: The student researcher concluded that the better the socioeconomic status the family has, the greater the Self-Efficacy students enjoy. The broader the knowledge the students have, the greater the Self-Efficacy for smoking cessation they enjoy.

Keywords: Adolescents, Knowledge, Smoking Consequences, Self-Efficacy, Smoking Cessation.

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