

## FACTORS INFLUENCING TOBACCO CHEWING BEHAVIOUR AND THE LIFESTYLE EXPERIENCE AMONG ADOLESCENTS - A LITERATURE REVIEW

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### ABSTRACT

*Background: The demographic most prone to begin using tobacco products is teenagers. Most adult tobacco users started taking the drug while they were young or in their teens, as is now widely known. According to recent WHO surveys, schoolchildren in India are increasingly consuming tobacco products, and most of them start using the drugs at a young age. Adolescents who are late in their adolescence, from 16 to 19, are especially vulnerable to the negative consequences of maturing, peer pressure, popularity, and accessibility. Methodology: In order to assess the factors influencing tobacco chewing behaviour and the lifestyle experience among adolescents, this study carried out an extensive literature review. To ensure relevance and current information, the literature search focused on articles published after 2015 using the PubMed, Google Scholar, and MEDLINE databases. Studies that were gathered from the designated databases and had easily accessible information on tobacco chewing behaviour were included. Articles that were too short or repeated were not included. The goal was to make it simple to find pertinent literature that supported the topic of tobacco chewing behaviour among adolescent. Results: Seven out of 356 articles were selected which met the inclusion and exclusion criteria. Individual publications were scored based on a variety of criteria, including the degree of systematic errors, transferability, and precision. This review includes only seven articles that met the cut-off for medium and high quality. The study's objectives, study population, research topic, methodology, and results are the pertinent details taken from the papers.*

**Keywords:** Tobacco chewing behaviour, Adolescents, Factors affecting, Lifestyle experience.

## INTRODUCTION

Due to higher vulnerability of adolescents, tobacco addiction can be seen among them. Many adolescents develop this habit out of curiosity. They also get influenced by their friends (peer group), family and other people around them. Some adolescents taste the tobacco for once and gradually develop the habit of tobacco chewing. Negative family relations, mental illness and easy availability of tobacco products are the factors influencing tobacco chewing behaviour. Addictions that develop throughout adolescence are likely to persist into adulthood. Today's adolescents are subjected to an increasing number of changing lifestyles that negatively impact their health. The community and parents don't know how to deal with these kinds of circumstances. Preventing youth tobacco use appears to be the most effective way to prevent noncommunicable diseases in the modern world. Adolescents are adopting similar behaviors across national boundaries. Obtaining high-quality, empirically validated data on tobacco smoking trends that enable both intra- and inter-country comparisons is essential to reducing this impact in India and other developing countries.

## DESIGN

A Literature Review

## OBJECTIVES

The aim of this study was to conduct a comprehensive review of the literature to:

1. Facilitate easy access to relevant literature reviews.
2. Ensure that the reviewed materials are directly related to the study's topic and will support future research efforts.

## INCLUSIVE AND EXCLUSIVE CRITERIA

Inclusive:

- Only reviews published after 2015 have been selected for inclusion.
- The research was sourced from Google Scholar, MEDLINE, and PubMed.
- The review covers the entire article on tobacco chewing behaviour.

Exclusive:

- The brief article is no longer accessible.
- Duplicate articles have been removed.

## METHOD

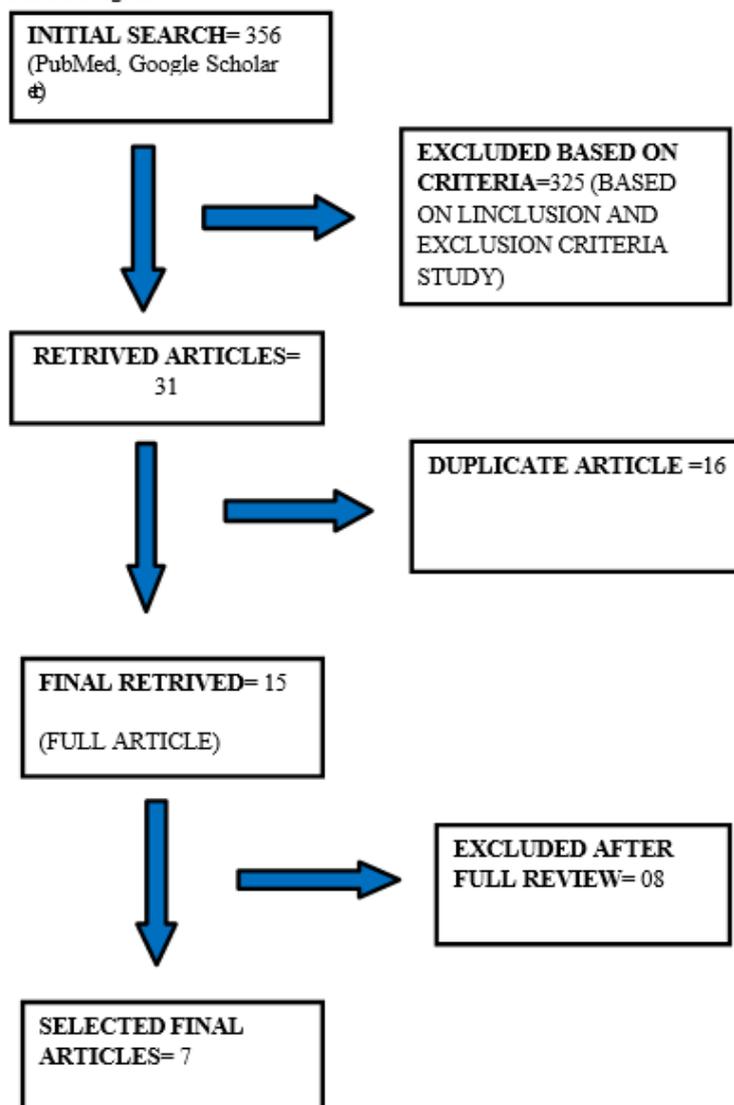
There was a scoping review. Relevant studies were found by searching four databases: Web of Science, PubMed, Medline, and google scholar. Studies evaluating at least three complementary feeding indicators that were available in full text and published in English between 2015 and 2024 on complementary feeding practices and associated factors were chosen for review. Seven articles that met the requirements were chosen, extracted, and subjected to descriptive and content analysis.

Literature search:

The following electronic bibliographic databases were consulted for literature reviews: MEDLINE, Google Scholar, and PubMed, web of science. The search included all works published up until February 2024.

Figure: 1 Flow Chart

Study Selection Progress:



Study no	Author detail with year of publication	Title of the study	Study design	Study sample	Major findings
1	Mahnaz Solhi, Fardin Mehrabian, Seyed Saeed Hashemi Nazari, Et.al (2022)	Investigating the reasons for using smokeless tobacco	Qualitative study based on grounded theory approach	30 users of smokeless tobacco	The data analysis revealed two themes, each with multiple subcategories: the setting of consumption and the requirement for effective supervision. Among the contextual elements that the participants commonly noted, the potential for consuming was the first primary category. Its subcategories included family consumption, individual and collective beliefs, and consumption culture. The profitable market, weak monitoring, and simple access were the three subcategories that comprised the second primary category.
2	Jessica Liu, Divya Ramamurthi, Bonnie Halpern-Felsher (2021)	A qualitative analysis of the appeal of different tobacco products	Qualitative study	25 individuals	The interviews revealed three main themes: 1) Social context and conditions for using, such as using and sharing with others and lowering boredom; 2) significance of tastes, smells, and smoke tricks; 3) misconceptions and disinformation about the risks associated with goods; and 4) accessibility of products. The results revealed the reasons behind the participants' preference for some tobacco products, particularly e-cigarettes, over others.
3	Nattinee Jitnarin, Walker S. C. Poston, Sara A. Jahnke, Et.al (2021)	Perceptions, barriers, and motivators supporting smokeless tobacco cessation	Qualitative study	23 individuals	Individuals talked about the social and environmental obstacles that prevent people from quitting smoking long-term tobacco use (SLT). These barriers include the lack of support from health and other service providers, the lack of enforcement of tobacco policies pertaining to SLT use, and intrapersonal barriers like SLT use habits and their dependency, concerns about withdrawal symptoms.

4	Akanksha Goyal, Ashish Sharma, Sunita Agarwal, Et.al (2020)	Determinants of Tobacco Use among Children of a Rural Village in India	Cross sectional, exploratory study with qualitative approach	439 individuals	In the thematic analysis, a number of themes came to light, including parents' and children's tobacco use and behaviours, the health and societal consequences of tobacco use, and the causes for adolescents' tobacco usage. It has been discovered that parental, peer, and sibling pressure all play significant roles in a adolescents' decision to start smoking.
5	Himanshu A Gupte, Marina D'Costa, Leni Chaudhuri	“Why do Adolescents Initiate and Continue Using Tobacco and Areca Nut?”	Qualitative Study	166 teenagers	Initiation was impacted by curiosity, ease of access to tobacco products, and normalization of tobacco use. The use of areca nuts preceded the use of tobacco. The tracing of tobacco use pathways aided in the understanding of the causes of beginning, factors that contribute to continued use, and experiences that held significance for the adolescent users. Adolescent experiences have a significant impact on how tobacco use develops.
6	Gaurav Goyal, Basavaraj T Bhagawati (2016)	Knowledge, Attitude and Practice of Chewing Gutka, Areca Nut, Snuff and Tobacco Smoking Among the Young Population in the Northern India Population	Descriptive study	1522 adolescents	Out of 1500 pupils, 1050 completed the questionnaire. 227 participants in all concurred that they use tobacco products. Of them, 196 (86.34%) were males and 31 (13.65%) were females who concurred with tobacco product consumption. Out of the 196, 150 boys (76.5%) smoke one to five times a day, and 46 (23.4%) chew gutkha and areca nut one to five times a day. Of the thirty-one girls, twenty-five (80.6%) smoke one to five times a day, and six (19.4%) chew gutkha and areca nut one to five times a day. Of the 740 participants, 530 were male and 210 were female, and all of them were fully aware of the harmful long-term repercussions of tobacco use. The study came to the conclusion that young people in North India lack knowledge, attitudes, and practises about smoking tobacco, consuming areca nut, and gutka.
7	Maria Roditis, Kevin Delucchi, David Cash, Et.al (2016)	Adolescents' Perceptions of Health Risks, Social Risks, and Benefits Differ Across Tobacco Products	Descriptive study	722 high school students	Teenagers generally ranked cigarettes as the most dangerous, followed by chewing tobacco and cigars, and e-cigarettes and hookahs as the least dangerous. Adolescents ranked chewing tobacco and cigars as least likely to provide these advantages, while hookah, cigarettes, and e-cigarettes were ranked as most likely to help them look cool or fit in. Age and tobacco usage had interaction effects, with older



					teenagers and those with tobacco experience having reduced risk perceptions. Gender or race/ethnicity did not significantly affect the interaction effects.
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## RESULT AND DISCUSSION

Seven out of 356 articles were selected which met the inclusion and exclusion criteria. Individual publications were scored based on a variety of criteria, including the degree of systematic errors, transferability, and precision. This review includes only seven articles that met the cut-off for medium and high quality. The study's objectives, study population, research topic, methodology, and results are the pertinent details taken from the papers.

## CONCLUSION

The reviewed studies provide a comprehensive understanding of the factors influencing tobacco use, particularly among adolescents and users of smokeless tobacco. Family habits, peer pressure, cultural norms, and social environments play a significant role in both the initiation and continuation of tobacco use. Adolescents are especially vulnerable to social modeling and normalization of tobacco consumption. Easy access to tobacco products, lack of regulation or enforcement, and the appeal of flavors (especially in e-cigarettes) contribute significantly to increased usage, particularly among youth. Usage patterns, risk perception, and motivations differ by age and gender. Older teens and those with prior use tend to underestimate the risks associated with tobacco products.

## IMPLICATION TO NURSING PRACTICE

Nurses are in a unique position to prevent, detect, and reduce tobacco use through education, advocacy, support, and evidence-based care. Strengthening nursing roles in tobacco control can significantly contribute to long-term public health improvement and reduction in tobacco-related morbidity and mortality.

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