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Abstract:

The issue of smoking is a social scourge that has accompanied human societies since ancient times and has evolved with its development until it has become one of the most prominent current social phenomena and one of its contemporary problems, given the importance and seriousness of this phenomenon in that it affects the smoker's personal and social life in all aspects, and the psychological and social effects it leaves on the individual and society, it is also a pathological social phenomenon driven by many factors some of which are related to the individual himself and others to societal factors such as the family and the social structure as a whole, which constitutes a threat to the entity of society.

From this perspective, we are trying in this study to identify some of the effects resulting from this scourge that do not occur in isolation from our understanding of the causes that lead to smoking, as we cannot understand the problem of smoking among young people from a unilateral perspective, but rather we must understand it in a comprehensive and integrated framework by studying a sample of university students, which may give results close to the reality, will benefit researchers as well as the competent authorities to plan a better life and future for young people free of this scourge.

Keywords: smoking behaviour, youth, smoking addiction, societal factors, euphoria, reality pressure.

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Introduction:

The youth stage is referred to as the stage of adulthood and maturity, and although young people in general are healthy during this stage, there are many bad habits and behaviours that can stand in front of them without achieving proper growth, and maintaining their physical strength, and it is noted that these behaviours And bad habits, such as smoking and tobacco, are not limited to this stage only in which they spread to a large extent, but may begin with adolescence, and this is what most research and psychological and social studies have reached on the extent of the impact of biological, psychological and emotional changes that occur to young people during

adolescence, not to mention societal factors including family, cultural and peer influences that constitute and affect young people.

And to identify the smoking behaviour, which is widely spread in young people, which may endanger their health at the present time, and often shows its negative impact on their health during their advanced age, so it is the cause of the emergence of lifelong health problems such as lung cancer, whether it comes to the smoker himself or the people around him, such as his family members at home or outside the home, this is what requires us in this study to know the most important trends that young people carry about the causes and factors of smoking have and what are the consequences of this to identify the most important measures that should be taken to protect young people from health risks, in order to promote healthy practices during youth.

1 – Problematic:

The prevalence of smoking in Algerian society in 1978 was 7.7%, and within 20 years tobacco consumption tripled as this percentage reached 20.6% in 1998, and this increase continued until 2004 recording 28.6%, then decreased slightly to 27% in 2009, but in 2018, the World Health Organisation has confirmed that the prevalence rate of smoking in Algeria has decreased and became 20% of the total population (1).

Based on these statistics, smoking is a social scourge and a continuous epidemic phenomenon due to its increasing prevalence among different age groups, especially young people and adolescents, because of its symbolic value in their eyes, which is the feeling of the addicted person himself that smoking gives him a personal value regardless of the type of smoke or the method of smoking. This is what makes the young man feel his desire to show his personality, whether to his family or friends, as evidence of masculinity and freedom of action, and a symbol of getting rid of the authority of parents and pretending to deny the teachings and principles of parents and escape of daily problems.

Young smokers may acquire this habit and become addicted before they reach puberty, making them less able to quit smoking and more likely to have a smoking-related health problem. Although the adverse health consequences of smoking are not immediately apparent, it leads to short-term health problems in young people, including reduced lung function, increased asthma problems, coughs, shortness of breath, decrease in physical ability and increased susceptibility and severity of respiratory diseases.

Among the effects that also result from smoking, studies have proven that smoking is related to cancer, and accordingly a law was issued in 1965 toxicity with the »paste law« where tobacco companies are required to put a medical warning printed on each pack of cigarettes showing the health effects that result from it, for example: smoking causes cancer, smoking is harmful to health, smoking reduces your abilities, smoking causes heart disease ... ,this is recognised by the

World Health Organisation that tobacco smoking is the leading cause of disease and premature death in developed countries, and is responsible for more than 14% of all deaths in the WHO European Region in 1999.

If the first experience of smoking occurs mostly during adolescence and then quickly fall young people into the trap of dependency and then dependence and addiction to it, this behaviour has its causes and factors contributing to it as well as negative effects and phenomenon on the various organs and functions of the human body, was the goal of our research shed light on the topic by answering the following questions:

1 - What are the most important perceptions held by the university student about the causes of smoking in young people?

2 - What are the most important perceptions held by the university student about the factors leading to smoking in young people?

3 - What are the most important perceptions of the university student about the consequences of smoking in young people?

2 – Objectives of the study:

The current study aims to reveal the nature of the perceptions held by the university student about the scourge of smoking, starting with the causes and motives, and reaching the consequences of smoking in young people.

3 – The importance of the study:

The current study can be useful by identifying the perceptions held by the university student about smoking behaviour to draw the attention of those in charge and supervisors in various socialisation institutions, in order to build guidance programs and conduct awareness and awareness campaigns for this category by those interested, and this study can also be used to conduct other research complementary to the results that will be reached. Despite the previous research and studies that this topic has received, we believe it constitutes one of the current topics due to the strength of its link to the current concerns of society, and therefore the scientific importance of this study is highlighted in being an attempt to enrich research in the social field, in light of the high volume of social and educational problems in our societies in recent times that need urgent diagnosis and solutions.

4 – Study concepts:

4-1- The concept of perceptions:

Abdul Latif Mohamed Khalifa defines perceptions as 'the beliefs of the individual and his knowledge and perceptions about a particular subject or certain people,(2) which is the cognitive embodiment of trends, meaning the perception of the young man to smoke is only the result of the circumstances lived and knowledge received in his society, this knowledge organised in his mind and formed in the form of an idea, meaning or direction about the nature of that thing (3), gaining a pattern of perceptions is the one that determines his social behaviour.

Thus, we mean procedurally by visualising it as a mere reflection of reality that is intellectually evoked based on expertises and experiences, directives and impressions that the young person has been exposed to in his life about smoking.

4-2- The concept of youth:

Means the period of puberty and maturity, which is the period of time that a person goes through after adolescence and is called adulthood, has its distinct psychological and behavioural characteristics, appear through a set of manifestations in various aspects of growth, procedurally will be limited in the current research to address the segment of young university students (males) who are practicing their studies at the university level at the master's level, and their ages range between 23 – 28 years approximately.

4-3- smoking behaviour:

It is the process of bringing smoke (tobacco) to the body by means of a cigarette, pipe or other method of sucking, chewing or inhaling (4), and smoking is procedurally intended to abuse tobacco and its derivatives, whether it is done through cigarettes, cigars, pipes, hookahs, chewing, storage or any other method.

4-4- the concept of euphoria:

It is procedurally intended for that feeling left by the cigarette placed between the lips and inhaled gives a kind of pleasure, happiness, comfort and forgetfulness.

4-5- The concept of reality pressures:

What is meant procedurally are those difficulties, obstacles, and challenges facing young people that may help them grow and increase their knowledge and experience on the one hand, and on the other hand, the presence of these pressures may make things seem impossible to them and make them feel unable to do them, leading to their abstinence who do things that they have to do. Therefore, young people resort to the phenomenon of smoking as an alternative to confronting these obstacles by escaping from them and forgetting the problems and pressures they are suffering from.

5– Methodological procedures for the study:

5-1- Study methodology and techniques:

This study relied on the descriptive method was determined by the nature of the study and its objectives, as the questionnaire technique was used by interviewing a sample of master's students (males) at the University of Blida, Faculty of Literature and Languages, and it was designed based on the variables included in the study in order to become familiar with and comprehend the aspects of the subject studied. And analyse the content of her questions to arrive at an answer to the questions raised in the problem, and then to the results of this study

5-2- Study sample:

This study was conducted on a sample of students (males) in the Faculty of Literature and Languages at the University of Blida - 2 - Their number was estimated at 154 distributed among the various departments of the college as follows: 46 students in the Arabic Language Department, 39 students in the French Language Department, and 43 students in the English Language Department, and 26 students in the Italian language department. It was chosen randomly.

6– The phenomenon of smoking and a historical overview of its beginning:

The habit of smoking, according to what Al-Abbasi 1993 says, has been known since ancient times BC, and Roman soldiers used to practice it using lettuce leaves for entertainment and leisure after battles, as they contain substances that soothe the nerves, as some excavations have found. in America (antiquities) dating back to 600 years BC, including pottery pipes for smoking tobacco, magicians used to use it to reveal hidden matters and predict events and fates by using it in a perforated reed, the habit of inhaling smoke goes back to ancient times, where the ancient Egyptians and Indians In South America, they burned herbs to practice magic and religious rituals, approximately 5,000 years ago, with the inhalation of the smoke rising after burning medicinal plants by ordinary people, to escape from the reality in which they live (5). The first European to know about tobacco was Christopher Columbus in 1492 AD, when he and some Spanish sailors saw the smoke tree when they discovered the American continent, they found the Native Americans smoking this plant believing that it contains good properties, he carried it to Spain and Portugal, then its cultivation spread in various parts of the world with the tobacco plant moving from the Tobacco region in Mexico to several areas of countries. The smoke spread terribly in Europe at the end of the sixteenth century among the various classes of society due to its low price due to its wide spread and It is easy to manufacture (roll it into cigarettes), and various types of it were made, so production companies competed to promote and market it. And his situation remained like this until the reign of James I, King of Britain, who launched a war on smoking, and issued a circular in 1604 AD against smoking. In Russia, terrible decisions

were issued in 1634 AD stating that buyers, sellers, and smokers of tobacco would have their noses slit and be flogged if they returned to smoking to Siberia or be executed. (6)

6-1- Smoking (tobacco) and its components:

Tobacco smoke contains a group of toxic substances, and it contains not only nicotine, but other substances whose harm and danger exceed nicotine. A cigarette contains About four thousand chemicals, including 250 toxic substances and about 50 carcinogenic substances (7).

Some of them are natural and some are artificially added, intended to improve the taste of smoke and aid in combustion, these substances are divided into four groups (8):

6-1-1- Nicotine:

It is found only in tobacco and is a toxic alkaloid substance that is soluble in water, it is currently classified as an addictive drug after repeated smoking, it has a stimulating effect on brain activity.

6-1-2- Carbon monoxide:

It is a colorless and odorless gas, that results from the incomplete combustion of a cigarette, it prevents the transfer of oxygen through red blood cells, so it is sufficient to inhale a little from it to cause suffocation, especially in children.

6-1-3- Irritants:

Affect bronchial secretions and spasm of the airways in the lung, and most of them are artificially added substances to flavour the taste and facilitate the combustion process.

6-1-4- Tar:

Is a group of substances Up to 100, it accumulates in the form of a black, sticky, oily substance that is insoluble in water and contains about fifty carcinogenic elements with amounts to about fifty elements.

6-2 Causes and factors leading to smoking among young people:

Various conferences, studies and research in various fields have concluded in their discussions and analyses about this intractable phenomenon, which was and still is a social scourge has had negative consequences on the individual and society due to its many causes, to determine it, the researchers divided it into three main factors, which are (9):

6-2-1- Factors that help smoking, which are related to the type of smoking and how it is used:

- The type of smoking and how to use it:

Smoking is related to the quantity consumed and its type and the frequency, regularity or spacing of use, meaning every substance exists in a nature that has its own effect, when smoking any substance changes occur to the smoker during the process of absorption or inhalation and its arrival to his nervous system, and therefore one of the main factors that help the interaction of a substance with a nerve cell are its structure and the matching of its molecules with their receptors in that cell. Therefore we find that the body's reaction to any smoking and subsequent addiction to it varies from one smoking to another and according to the way in which smoking is done after repeated daily use. Smoking may be through the mouth (absorption) or through the nose (inhalation).

- Ease of obtaining it:

Frequent use is mainly related to ease of obtaining it for example: If family members are addicted to smoking and bring it into the home, then the members of this family are more likely than others to practice smoking behaviour, especially if they are without supervision or accountability.

- Society's view Smoking:

Society's view of smoking reflects the extent of its availability, use, and impact on individuals, and thus addiction to it, for example: European and Western society in general does not see blame or embarrassment in smoking trafficking, so the possibility of addiction to it becomes great, while even though our Islamic society rejects the smoking trade and its drinker, because the Holy Quran forbids it, saying: God Almighty said, "And do not let your own hands throw you into distraction by with holding." (10) And according to the words of the Messenger, may God bless him and grant him peace, "There is neither harm nor harm." (11) According to this principle, we find the words of Dr. Yusuf Al-Qaradawi in "use of tobacco (smoke) as long as it is proven that it harms the person who handles it, It is forbidden... and wasting money on things that are not beneficial in religion and the world. The Prophet, may God bless him and grant him peace, forbade wasting money, the prohibition is confirmed if he needs the money to spend for himself or his family, as smoking is a trade in our societies. like Western societies.

6-2-2- Factors that aid smoking and are related to the individual smoker himself:

Smoking and addiction to it are mainly related to the individual and his psychological structure, which in turn is subject to a group of factors, the most important of which are:

- Genetic factors:

These researchers attribute the reason for this particular point to a factor Heredity and not the environment in which the individual grew up.

- The personality of the smoker himself:

One of the reasons for smoking is the personality of the individual himself, his personality may be characterised by weakness, fragility, lack of maturity, turmoil, and constant tension.

- Love of curiosity and excitement:

Smoking out of imitation and curiosity about the smoking experience and the euphoria and pleasure it brings by repeat use.

- Bad friends and ignorance of the harms of smoking:

Rushing towards the experience of smoking, keeping up with bad friends for the love and exploration of excitement, believing that after an experience it is possible to get rid of the smoking habit whenever they want, but their ignorance of its harms makes them get used to it and then fall into addiction to it.

- Boredom and psychological emptiness:

Escaping the atmosphere of boredom and psychological emptiness that he suffers from as a result of being exposed to an emotional or family crisis.

6-2-3- Factors that contribute to smoking and are related to the smoker's environment and society:

They can be summarised in five basic factors:

- Family factors:

The smoking of one or both parents helps greatly in the tendency of children to smoke due to their subconscious belief that they are not doing anything wrong because their parents smoke in front of them. Family disintegration is also an essential factor in the tendency of children to smoke. In a study conducted by researcher McCord in 1960, he found that 97% of young people addicted to smoking belong to broken families, in addition to the parents' neglect of their children and their lack of interest in them or their problems and leaving them to their own devices, this pushes the children to resort to smoking in order to forget the problems they suffer from and to compensate for the loss of care and affection.

- Cultural and social factors:

Society's view of smoking varies according to religions and manifestations of civilisation from one society to another. For example, we find Some Western countries allow the sale of specific

smoking materials (hashish), such as the Netherlands, which allows for an increase in the number of smokers and drug trade. However, Islamic countries do not allow the sale of any quantity of hashish or addictive substances, which makes the percentage of smokers and drug users small.

- Economic factors:

With an individual's income, whether low or high, he resorts to smoking in its various forms.

- Cultural factors:

People with limited education and illiterate people in particular resort to smoking in all its forms. Because of their ignorance of the complications of smoking, as for those with a high cultural level in general, even if they practice smoking, they quickly correct themselves and quit it, and if necessary, they treat themselves with specialists in order to preserve their health and their social status, and so that they are not an example to their children and families.

In the same context there are other various factors that help the spread of all types of smoking and its spread among various classes of society, including beginners practice smoking, thinking that it is a sign of broad-mindedness and culture, there is also another group of young men who show a love of appearing and attracting attention because they believe that it is a symbol of social success and a manifestation of masculinity.

There are motives for smoking that may differ from one smoker to another, such as leniency from the parents by not prohibiting or punishing the child who smokes, the motive of pleasure from smoking repeatedly, the availability of cigarettes, the desire for adventure, and unity with the group, not to mention the negative role of corporate smoking company advertisements.

and some cinematic films that smoking is a fun and exciting activity (12)

6-3- Smoking among young people and its relation to addiction:

Researchers' opinions differed about the fact that smoking is an addiction, although some of them confirmed that it causes a slight psychological dependence, but the World Health Organisation has included tobacco among addictive substances, because it carries addictive characteristics, such as feeling an urgent desire to smoke, and it leads to the phenomenon of tolerance, and the effects of drug withdrawal appear on the smoker, such as anxiety and irritability. Here we find what the English Dr. Mile Russell said in this regard: "Cigarette smoking is, in most cases, one of the most addictive types of behaviour known to man. However, the smoker goes through stages before reaching the stage of addiction, which are:

- Smoking the first cigarette as an initial experience:

It is difficult for the smoker to stop abstains from smoking in the first experience, so the attempts continue and he gets used to it little by little and acquires the habit of smoking, his coincides especially with what the young man goes through during adolescence and the psychological changes that accompany it, so the young man takes up the smoking habit as a challenge and research about self-affirmation, seeking immediate pleasure and achieving euphoria that accompanies smoking, considering this an exercise of his freedom.

- Dependency and addiction:

Young people quickly fall into the trap of addiction, as nicotine affects the nervous system and it is difficult to get rid of the smoking habit, which shackles the individual and drives him to continue. Nicotine is an addictive drug that causes psychological dependence, the smoker feels the need to consume tobacco and imagines that doing any activity requires that from him, and he consumes it automatically and without thinking.

- Organic dependence or dependency:

The smoker needs to continually increase the amount consumed each time to obtain the same effect. Quitting smoking suddenly causes annoying symptoms such as anger for the most trivial reasons, feelings of anxiety, distress, depression, headaches, and sleep disturbance, these are the result of a decrease in the percentage of nicotine in the body, therefore, the smoker finds justifications to continue smoking, believing that tobacco has become a necessity that cannot be dispensed with in his daily reality in order to focus on his work or research about relaxation and calming the nerves.(13)

6-4- The harms of smoking and its effects on the individual and society:

Smoking has negative and clearly visible effects on the human body, whether through direct inhalation of smoke and the materials it emits or through smoke that spreads in the atmosphere of the room or place where smoking takes place, so the smoker's general body condition is damaged as a result of what it causes smoking reduces the level of vitamin B12 in the blood and tissues due to its compounds that lead to causing diseases. they can be summarized as follows (14):Smoking produces carbon monoxide gas, which reduces the blood's ability to carry oxygen and thus increases, rapid breathing and fatigue when standing, light work occasionally.

-Smoking also leads to an increased burden on the heart, which increases the number of heartbeats, constricts the blood vessels, and increases blood pressure. If the smoker is addicted to fatty foods and cholesterol, he may enter a stage of hardening arteries and the problems that follow, whether a clot or complete closure of the arteries.

-Suppressing the appetite for food, as it reduces stomach cramps and causes an increase in blood sugar. Here lies the risk of diabetes problems if the addict is overweight with accompanying glandular disorders.

-Smoking leads to the accumulation of mucus and impurities in the trachea, and tar also leads to coating of the lungs, causing Lung cancer.

-Smoking affects the stomach, increasing the incidence of stomach ulcers.

-The skin of the face is also affected and becomes dry and wrinkled, especially around the mouth and eyes due to vasoconstriction and malnutrition that affects the skin, the addicted smoker appears older than his actual age, suggesting premature aging, they become dull in color and dry.

-The eyes become irritated, dry, and red, and the teeth become contaminated and covered with a yellow-blackish film of sediment that leads to tooth decay and fragility.

-Smoking has a strong relationship with various types of cancer that affect the smoker, and the most important of these cancers that affect the respiratory system are cancer of the lip, cancer of the mouth, tongue, and pharynx, laryngeal cancer, and lung cancer.

-Family relations deteriorate due to addiction to smoking, which leads to many conflicts and quarrels between spouses because their needs and desires are not met providing the necessities of living means that children grow up in a bad environment and form psychological complexes in them and follow the path of their parents.

-As for the impact of smoking on society, it may lead to serious complications due to the various dangers it causes, such as the high rate of traffic accidents due to the lack of control of the addict to smoking in his balance, so the results are human victims and material losses. Studies and research have also shown that most crimes such as theft, murder, rape ... they occur under the influence of addiction to smoking. In addition to the high number of disasters such as fires in forests and homes or explosions in workplaces such as mines and factories because smoking addicts are not aware of these dangers (15).

Despite its harms, many young people view smoking as acceptable, and a behaviour to express entry into the adult world.

6-5- How to quit smoking:

Three methods can be relied upon to quit smoking, according to the strength of the person's will and the degree of addiction he has reached, and the extent of his tolerance for the physical, psychological and behavioural symptoms of quitting smoking, which are as follows:

-Sudden quitting: this is usually resorted to the way a smoker smokes a few cigarettes in the date for setting smoking cessation can be coincided with an occasion that is dear to his heart, to give him moral motivation so that he does not relapse.

-Gradual quitting: people who smoke heavily or dependent on it are advised to resort to this method, the risk of failure is higher here, so the smoker is advised in this case to determine a specific day in the near future in which he has completely stopped smoking, and begins to gradually reduce the number of cigarettes smoked until reaching the promised day with the last cigarette.

-Treatment with the help of smoking replacement therapy: this method is useful in alleviating the symptoms that may be severe due to stopping smoking, to the extent that the smoker cannot continue with the plan to quit smoking, the addicted to smoking is advised in this case to resort to this option, especially because this method is useful in that it gives the opportunity for the plan drawn up to quit smoking to enhance the positive points and correct the negative points from it.(16)

7- Results of the study:

After collecting the answers of the sample members and analysing them regarding the study questions, this study reached the following results:

First: Through the results of the sample members' answers, we noticed that most of the sample members smoke cigarettes, with a percentage of 83% of the sample compared to 17% who do not smoke, this represents a small percentage compared to the percentage of smokers in the sample as a whole, and with regard to the number of cigarettes consumed by the sample's smokers, the percentage was 91. 5% of them smoke more than one cigarette, while 8.5% of smokers smoke only one cigarette a day. Here it is clear that the majority of smokers are young people due to various reasons such as lack of employment, unemployment, and bad psychological pressures. This is what we will ascertain from the subsequent results:

As for the first question, which is: What are young people's perceptions regarding the causes of smoking? We concluded that the most important reasons in their belief are due to:

-Young people facing some problems and crises or being exposed to some psychological troubles or feeling frustrated, smoking here is as a compensatory behaviour for the individual smoker and an outlet to release his emotions and psychological pressures that he suffers from. This is what was expressed by the sample members by 49% considering for them, smoking represents an alternative satisfaction of various emotional needs, such as the relief of emotional tensions and anxiety resulting from the pressures of reality and what they produce certain problems are experienced by the young smoker, he may also feel an emotional deficiency that he is ashamed to

express, so he accepts a cigarette to achieve euphoria and partial satisfaction. This is what was stated by the sample members at a rate of 30.5% many psychological and social studies have shown that the individual smoker expresses his subconscious desire to destroy himself, resulting from conflicts centered around his feelings towards his family members, getting used to a cigarette is due to the individual's feeling of inferiority and his lack of desire for responsibility,

thus Isaad Abdel Azim Muhammad Al-Banna indicates that the smoker adopts thinking only about the pleasure of the moments in which he smokes and in which he achieves euphoria and immediate gratification to escape. From the pressures of daily life.

-Results also showed that friends are the main reason behind starting smoking, the group of friends represents a valuable reference for the behaviour of young people especially during the stage of adolescence that they went through, according to the saying of the Messenger of God, may God bless him and grant him peace, "A man follows the religion of his friend, so one of you should look into (17), as for invitations to smoke by friends, the percentage was estimated at 16%, which is sufficient reason to be tempted to try smoking behaviour and then get used to it.

-As for the rest of the reasons explained as follows, they cause a lesser rate of 4.5% in smoking behaviour, according to the beliefs of the sample members, the beginning of smoking is merely a curiosity on the part of the smoker, as we often find young people experimenting with smoking at an early stage of life just for fun and to spend their free time, as they They tend to have curiosity and a love of exploration that leads them to experiment and take risks without taking into account the consequences or long-term results.

Secondly: As for the second question about knowing the attitudes of the sample members regarding the factors for continuing smoking, we concluded through the results of the sample members' answers that the most important factors for the presence and spread of smoking among young people, according to their belief, are the result of several factors interfering with each other, including unemployment, emptiness, and circumstances economic, as well as multifaceted social factors, and this was confirmed by the percentage recorded at 43%, however psychological motives come at the forefront of the reasons for starting smoking according to the percentage recorded as well, which was estimated at 37%. This is what was expressed in the statements of the sample members, stating that abstaining or stopping smoking for a period of time irritates the smoker's nerves, another motive is the smoker's desire to smoke, which they believe reduces anxiety, and not smoking for a period of time leads to headaches and dizziness. In addition an individual smoker who is accustomed to smoke cigarettes finds it difficult to sleep without smoking cigarettes, among the components of the cigarette is nicotine, which is considered a narcotic substance that causes addiction and causes psychological dependence, according to what was stated in the statements of the sample members at a rate of 20%, then nicotine affects the system the nervous system especially the nervous system causes frustration and discouragement,

which leads to a lack of understanding and good comprehension, on the one hand, and on the other hand, the sample members disagree that among the motives for smoking is considering it a sign of masculinity or that a person who smokes increases girls' admiration for him.

-To answer the last question about knowing the attitudes of the sample members both smokers and non-smokers about the consequences of smoking among young people, the most important results were monitored through the answers of the sample members as follows:

- The first is that the use of smoking has caused many harms, including social and health harms, and its effects on the smokers themselves and on the society in which these smokers exist. The answers of the sample members confirmed that there was 55% agreement that smoking has health effects that may lead to cancer, not to mention heart disease, excessive smoking increases the chances of death, smoking may also cause breathing disorder and increase blood pressure, finally smoking cigarettes is the way to use of other drugs and a sum of the prevalence of crimes of all kinds according to the percentage declared by the sample members, which was estimated at 9%.

- As for what the sample members agreed upon in opposition, which is that smoking increases the appetite for food and that smoking has no negative effects, also among the objections of the study sample members is that smoking helps in the good achievement of students, according to their belief. All of these answers which were estimated at 16%, are evidence of awareness of the effects of smoking on the individual smoker, and this is due to awareness campaigns in all societal institutions including the university. Also the study sample was university students, which means that they have sufficient information about the scourge of smoking from various sources. It is consistent with the findings of Abdel Latif Muhammad Khalifa and Mustafa Suef that there is a clear belief among smokers themselves that smoking leads to many physical, psychological and social diseases (18).

- As for the responses of the sample according to their attitudes about the impact of smoking on social relations, which ranged by 20%. They agree that smoking is religiously forbidden, and then that smoking children leads to their poor relationship with parents, the existence of the conflict between achieving independence versus family dependency, the young man who smokes a cigarette wants to assert himself and strengthen the sense of autonomy especially since the youth period is the stage in which the young man tries to achieve himself, also from beliefs about the effect of smoking that it is a shame for a person to smoke in front of the elder, also they believe that smoking causes inconvenience to others, and leads to falling into many family problems. The sample members believe that smoking in public places affects social relations, and therefore smokers who smoke in those public places must be punished, which is stipulated in the instructions within the university's internal law that prohibits smoking in teaching places, to reduce the spread of the phenomenon of smoking starting in the school environment and then

the university, as our educational institutions are an educational space in which the teacher and student spend time throughout the academic year, as it is supposed to be a place in which the conditions of cleanliness and psychological and health comfort are met to prepare the academic atmosphere.

In this context, the university banned smoking inside closed spaces on campus, such as departments, laboratories, corridors, and other facilities, and considered it harmful behaviour to the health of those concerned, students and educational actors alike, resulting in serious health consequences, in addition to behaviour that harms the health of those concerned, students, and educational actors alike the good conduct of the educational process creates an atmosphere that does not help with good achievement within the departments. What they object to is that smoking is a factor in increasing a man's dignity and respect.

The sample members object to the smoking of young women, such as young men, by virtue of the fact that the study sample from the Algerian community and exactly from the state of Blida belong to conservative families adhering to their customs and traditions, they see the smoking of women as undesirable and that this phenomenon is related to men only.

8 - The most important necessary measures that must be taken to confront the phenomenon:

At its conclusion, this study concluded with a set of practical measures that should be taken to develop ways to improve the physical, psychological, and social health of young people, on the basis that the project of developing this health deserves the effort trouble means and time, and it is not the concern of the university alone, or of the family alone, nor of the youth alone, but rather it is everyone's responsibility, linked to the quality of the relationships woven between all these actors, and the nature of the capabilities available to them. Accordingly we suggest the following:

- 1- Sensitising and educating the youth group about the dangers of the scourge of smoking on them and on society, with the need to stop using it by promoting religious, health, social and moral values.
- 2- Paying attention to the youth group and diagnosing their problems while providing them with job opportunities.
- 3- State intervention to address this phenomenon by reducing its use by imposing heavy taxes on its products in order to limit its consumption or by issuing a law prohibiting it.
- 4- Supporting specialised therapeutic hospitals that treat this phenomenon and establishing new branches and departments to combat it and raising awareness of its health, psychological, and social risks.

5- Intensifying Scientific studies in the field of health, psychological and social studies are in-depth about the phenomenon of smoking and its dangers, and updating statistics on a continuous and periodic basis about the phenomenon.

6- Identifying the mechanisms, tools, methods and strategic plans assigned to reduce this phenomenon, as it in itself has contributed to the exacerbation of the same phenomenon as a result of family neglect and the lack of oversight on the part of the government.

Conclusion:

The phenomenon of smoking has taken a serious turn in recent years, as this phenomenon has become particularly widespread among young people, the most vibrant group in society, and smoking in general was not unknown to the Algerian individual, but it was not it is a dangerous phenomenon that raises terror, except for its enormous spread, in recent years, Algeria has witnessed an increase in the amount of seized narcotic substances on the one hand, and an increase in the number of addicts on the other.

As for crime rates, which are increasing day after day, they are among the inevitable results of smoking and the spread of addiction.

Accordingly, smoking should be viewed as a deviant behaviour that has psychological, social, and health damage as a social disease, and resisting and combating addiction to smoking is a social demand that must be implemented at the level of the local community, families and individuals in coordination with international and national efforts.

Building personal and community immunity is the best strategy to confront smoking on the long-term level, this requires us to put the prevention of the phenomenon of smoking at the forefront of attention by highlighting information A real and balanced approach to the phenomenon of smoking, as well as an encouragement to abstain, resist, and not submit, here we point to a reform curve with young people based on building and strengthening young people's intellectual, social and behavioural capabilities, developing their self-confidence, making them aware of their general social role, and facilitating ways for them to achieve and contribute to living in a healthy, safe and secure environment. Especially after it became clear that the vision that aimed to develop educational health in Algeria was not translated into action, but rather remained hostage to the theoretical perception.

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