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Tahmina Sabir
Ahmad Muneer Wahidi

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Tahmina Sabir
Ahmad Muneer Wahidi

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Abstract

This research focuses on the tendency of Kabul Polytechnic University youth toward tobacco use (smoking) and its social determination because tobacco addiction tendency among youths is considered one of the harmful social problems in different countries, including Afghanistan. Considering the general conditions of Afghan society, especially inadequate cultural, recreational and economic harms in Kabul province, caused youths to use drag more than other age groups. This research is explanatory, descriptive-analytical, and conducted using a survey method. The statistical population of this research was youth between the ages of 18 and 35 in Kabul who were students of Kabul Polytechnic University. A total of 153 participants answered the questionnaires completed by the statistical community (Kabul Polytechnic Students). Therefore, the correlation statistical and SPSS method was used to analyze the survey data. So, based on the SPSS analysis, the findings of this research showed that there is a meaningful and positive relationship between not having leisure facilities, feeling insecure, having inappropriate friends, the abnormality and normalization of drug use in Kabul city, and domestic tensions and the tendency of young people in Kabul city to use drugs. Income, employment and literacy also affect the youths toward using drugs. However, marital status, household size, and residential status had no significant relationship with drug addiction. Therefore, it is concluded that various social factors influence drug addiction. Public and private institutions and organizations can reduce the tendency to drugs among youths by facilitating and providing educational, awareness-raising, recreational-entertainment services, creating employment and reducing the atmosphere of insecurity.

Keywords: *Tendency, Drugs, Students, Abnormality or Deviance*

1. Introduction

In today's world, drugs, which are used as a tragic tragedy, have affected the biological, psychological, social and spiritual aspects of many people's lives in Kabul, Afghanistan. The problem of drug use tendency is a problem that affects the enormous majority of the country and is increasingly becoming a victim in almost all societies, especially in Kabul Province. Exploring the state of tendency in our country shows that the majority of youths have experienced drug use at least once; the risk of using it even threatens our schools and educational system. Therefore, what seems necessary is the effort to secure the educational system. The solutions of this work help the professors and educational officials to confront the increasing trend of addiction in schools and universities and

deliver an environment free of this tendency of drug abuse and youth with enthusiasm to society. In addition, Tobacco use is one of the highest threats to public health in the world. According to the International Journal of Advanced Research (2018), the World Health Organization (WHO) pointed out that it is nearly about 6 million tobacco users' deaths each year, which is about 7% of all deaths. The number of deaths is increasing so fast, especially in developing countries where the number of tobacco users has been increasing. In addition, tobacco addiction starts early in life, and every day, 80-100 youths become regular smokers. However, nevertheless, of the universal associations against tobacco, tobacco companies still are suitable controllers of the tobacco market.

They produce over one trillion sticks over a billion smokers and influence ever-increasing people, especially the young, to start smoking every year. World Health Organization (WHO) has developed the Global Youths Tobacco Survey to track tobacco use among youths across countries using a standard methodology. They have intended to enhance the capacity of countries to design, implement and evaluate tobacco control and prevention policies and programs. In Afghanistan, the Ministry of Higher Education (MOPH) conducted the Global Youth Tobacco Survey in coordination and support of the World Health Organization in 2004 and 2010. Therefore, as tobacco is a global problem and is concerned for tobacco-related diseases such as immunization, malaria control and child health programs, it is clear that children and young people are now more at risk than ever before, and they should be the primary focus for preventive strategies. As a Kabul Polytechnic University lecturer, we have seen our students who use tobacco (cigarettes), and their tendency increases day by day. So, this study aims to find the percentage of students and solutions for decreasing the amount of cigarette use in the University Environment.

1.1 Problem statement

In recent years, due to the rapid social changes, high-risk behaviours of Kabul Polytechnic students' including the tendency to use tobacco (cigarette), have been considered by teachers as one of the most important problems in the University Environment.

Tobacco has the most dangerous effects, which are as follows:

1. Cigarette habit is the need to use drugs, which, in case of non-use, creates certain situations that are sometimes unbearable for the person with an addiction.
2. It is possible to increase cigarette use to create the same state and quality as when using it for the first time.
3. Physical and psychological reliance on cigarettes leads to obtaining them.

Along with malnutrition and environmental pollution, addiction is one of the major problems of human societies, which, unfortunately, pandemics all industrial and non-industrial societies. Examining the social, cultural, economic, political and medical causes of addiction and the factors affecting the approach of different classes to tobacco (cigarette) is one of the important topics of social medicine. It will provide the necessary information for medical and social decisions about this vast group.

1.2 Need Assessment

This research is necessary and very serious because, in today's society, most teenagers and youths are more interested in using tobacco, especially cigarettes. In order to know

the causes and find solutions to the issue, a study is needed, and the correct result can be obtained to reduce this issue.

1.3 The Importance of Research

This research was conducted using a field and survey approach, explaining the causes of youths' tendency to use tobacco (cigarettes) and related factors at Kabul Polytechnic University. It can be important both theoretically and practically.

1.4 Theoretical

There has not been enough scientific research on the factors affecting the tendency to smoke and related factors in Afghanistan. Therefore, there is a relatively large knowledge gap in this field and a lack of reliable, scientific, and methodical information, so that the present research will add to this knowledge gap.

1.5 Practical

The importance of this research from a practical point of view is that educational organizations can use the results of this research. So, professors and responsible organizations taking basic measures for preventing using tobacco (cigarettes) can improve and increase their understanding of the causes and factors of youth's tendency to use it and related factors.

1.6 Research Questions

1- Main Question

1. What are the primary social determinants of tobacco (cigarette) use among male university students aged 18-25 in Kabul?

2. Sub-questions

1. What social factors influence the tendency toward tobacco use among students at Kabul Polytechnic University?

2. How do peer influence, economic statutes, and access to recreational facilities impact tobacco use tendencies in the Afghan context?

3. What are the main barriers to preventing tobacco use tendencies among Afghan youth?

1.7 Research Objectives

1. To identify the key social factors associated with tobacco use tendencies among University students in Kabul.
2. To assess the prevalence of tobacco use tendencies among Kabul Polytechnic University students.
3. To propose targeted interventions to reduce youth susceptibility to tobacco use.

1.8 Theoretical Foundations

Tobacco products are used in low- and middle-income countries for about 80% of their life. According to the World Health Organization (2022), tobacco is one of the biggest health threats in the world and kills more than 8 million people each year. According to this report, more than 7 million deaths are directly related to the drug's use. Tobacco drug

use is the most significant cause of various diseases such as lung cancer, stroke, neurological disorders, diabetes and many other illnesses (Rodu, Godshall WT, 2006).

World Health Organization (2022) claimed that in response to the tobacco tendency, an important worldwide effort has been engaged in reducing tobacco prevalence over the last two decades, specifically since the World Health Organization adopted the Framework Convention on Tobacco Control in 2003. This was the first public health treaty from a global perspective, promoting smoke-free regulations and establishing the application of a national tobacco control program based on MPOWER policies. To recognize the impact of tobacco smoking, in 2015, the 2030 Agenda for Sustainable Development included more substantial tobacco control as a global development goal (United Nations, 2015).

To support the above perspective, Nicotine is the addictive factor of tobacco drugs with brief to no blood effects, which poses no risk of breathing disorders such as enduring disruptive lung disease or cancer (R. W, 2022). This correlates to the modern smoking cessation strategy known as Tobacco Harm Reduction (THR), which tries to reduce the health risks associated with tobacco use by encouraging the use of alternative nicotine products such as e-cigarettes, snus, etc (Harm Reduct J; 2018 as cited 2022 January 16). ST products, NRT, and e-cigarettes would result in reduced or no exposure to carcinogens and other harmful substances while still supplying Nicotine (Harvard T.H, 2022). THR is a public health strategy that aims to reduce the health risks associated with tobacco use in individuals and society. To add more, Nitzkin JL (2014) also claimed that tobacco smoking is recognized as a primary cause of illness and death, and smoking cessation is critical to public health. Also, however, he mentioned that smoking/tobacco abstinence is challenging, and even approved smoking cessation therapies have a low success rate.

Therefore, according to the accepted scientific definition, addiction is a person's physical and psychological dependence on a tobacco drug or stimulant. Today, in academic circles, they use the word "dependency" instead of the word "addiction" and call "addict" a "dependent" person (Colombia, 2012, as cited in Shaghaiq Kayalha, 2022).

Furthermore, from the medical point of view, addiction or dependence is a type of syndrome or clinical syndrome that appears in the behavioural, cognitive and physiological states of the user after medicine use. The degree of dependence is small and has intensity and weakness, but in any case, dependence is a morbid or diseased behavior. So, an addicted or dependent person is sick, and society's behaviour towards such a person should be organized based on the scientific fact that he/she should be treated (American Psychiatric Association, 2013, as cited in Shaghaiq Kayalha, 2022). In addition, another definition is the state of intermittent and gradual intoxication, in which sufferers are forced to add some time to their daily consumption in order to get used to the amounts they are addicted to or with drugs. Urgent psychological and physical need to use alcohol or other narcotic drugs that the person will power to consume and quit is out of control. A person becomes psychologically, physically and physiologically dependent on the drug and tries to increase the amount of the drug (Dignehart 5 and Hall, 2012, as cited in Shaghaiq Kayalha, 2022).

2. Literature Review

Much effort was put into presenting the review related to the current research topic in this research. Fortunately, however, I could find some information related to tobacco (smoking) in Afghanistan, but unfortunately, no quantitative (survey) or qualitative

research related to this topic was found; therefore, to know the results of other people's research related to this topic, external research is enough. We hope this research will become the foundation and platform for other and more comprehensive research.

The products of the drugs are used in low and middle-income countries for about 80% of their life. According to the World Health Organization (2022), tobacco is one of the biggest health threats in the world and kills more than 8 million people each year. According to this report, more than 7 million deaths are directly related to the drug's use. Tobacco drug use is the biggest cause of various diseases such as lung cancer, stroke, neurological disorders, diabetes and many other illnesses (Rodu, Godshall WT, 2006).

Jan Shahlouet al (2015) conducted a descriptive and correlational study with the participation of 431 Shahid Beheshti University of Medical Sciences students in Iran. The data was collected using the questionnaire of risk factors and tobacco drug users and youth riskiness scale. Findings and multivariable regression analysis have shown that tobacco drug use by friends and perceived availability after individual factors (attitude towards drugs, sensation seeking and impulsivity) are the best predictors of students' tendency to use drugs. According to previous results, a significant relationship has been observed between real and perceived access to tobacco drug use by youths. The tendency of youths to engage in risky behaviours such as tobacco and alcohol use has increased in disorderly neighbourhoods where these substances are easily accessible (Firouzi, Seyyed Mohammad, 2022).

According to the study of Bostani and Khaje Daulatabad (2013), as cited in Shaghaig Kayalha, 2022, the tendency and suffering of addiction among the students of Bahnar University of Kerman under the influence of facilitating platforms such as observation, socializing, neighbourhood and place of consumption before entering, they were loaded to the university and Self-identity, modelling, and the normalization of the mentality of tobacco use in such contexts have played a significant role in their addiction. Fasai and Jahandar (2018), as cited in Shaghaig Kayalha, 2022 in their study on women who have an addiction, concluded that excitement seeking, curiosity, dependency, violence, protest and resistance, isolation and freedom from pressure are the most important causes of their tendency to addiction of using drugs (Siddiq, 2020, p. 162).

Consideration of the fact, today, the concept of addiction has expanded beyond tobacco use and includes many repetitive behaviours. They have conducted a study to investigate the public understanding of the types of addiction related to tobacco and behavioural addictions. For this purpose, they collected the required data through an online questionnaire from 4000 residents of Alberta (Tej et al., 2015, as cited in Shaghaig Kayalha, 2022).

The questions were devoted to the perception of addiction susceptibility, the prevalence of problems with four substances (alcohol, tobacco, marijuana, and cocaine) and six behaviours (problem gambling, eating, shopping, sexual behaviour, video games, and work). The results showed that the respondents intrinsically understood tobacco addiction compared to behavioural addictions, and the two factors of addiction aptitude and personality defect are two important distinguishing features of judging tobacco addiction and behavioural. Also, the results showed that the general public considers addiction to have a complex biological-psychological-social cause. However, as mentioned, they have a different understanding of these two types of addiction under study (Dr. Habib Ahmadi, Ali Arabi, 2016. P. 14).

For developing ideas regarding tobacco use and its tendencies, there are different reports from Kabul, Afghanistan, by different sources. The first of them is the idea that many forms of tobacco, commonly cigarettes, chelam, chewing tobacco, and snuff out, in varying proportions in the different regions of Afghanistan, are used. The Afghanistan Demographic and Health Survey 2015, published in 2017, offers awareness of tobacco consumption nationwide and allows a complete study of some of its patterns.

To add, men are the primary consumers of tobacco products in Afghanistan: 48 per cent of men ages 15–49 who have ever been married use tobacco, compared with only 6 per cent of women in the same group. Almost 22 per cent of men in this group smoke cigarettes, compared to 1 per cent of women. A 2010 survey on tobacco use in Kabul found that 72 per cent of male smokers began smoking before the age of 20, suggesting that youth should be a focus of campaigns to prevent smoking (André Medici et al., 2018).

In addition, according to André Medici et al. (2018), there are no national data on tobacco use among youths under fifteen and adults under fifty years of age and older. This gap prevents a complete estimation of the tobacco use profile in the country, requiring further data collection and analysis. In Afghanistan, higher development, learning, and income are associated with lower tobacco consumption and a partiality of cigarettes. However, there is minimal grade in cigarette smoking across the income groups, from 19% in the lower to 24% in the top quintile.

Thus, tobacco-associated daily losses have different weights in the total burden of disease at different stages of the life cycle in Afghanistan. In the ages of 15, the virtual expected losses are lower, but they increase with age, acquiring higher weight in the age group 50-69 and then decreasing in the age group of 70. This means that generational differences in the forms of tobacco used may decrease or even disappear as younger generations grow older. As development increases, cigarettes could be the main tobacco product used in the country in the coming years. Almost 60 per cent of male smokers consumed 10 or more cigarettes per day in 2015, an indication of addiction (IHME, 2018).

Finally, based on the GYTS (2017) research reports in Kabul, there are some highlights regarding tobacco use:

Table 1

Tobacco Use	
<input type="checkbox"/>	8.3% of students, 10.1% of boys, and 5.6% of girls currently use any tobacco products.
<input type="checkbox"/>	6.3% of students, 8.0% of boys, and 3.7% of girls currently smoke tobacco.
<input type="checkbox"/>	2.9% of students, 4.3% of boys, and 1.0% of girls currently smoke cigarettes.
<input type="checkbox"/>	4.1% of students, 4.8% of boys, and 3.3% of girls used smokeless tobacco.
Secondhand Smoke	
<input type="checkbox"/>	25.3% of students were exposed to tobacco smoke at home.
<input type="checkbox"/>	35.3% of students were exposed to tobacco smoke inside enclosed public places.
Media	
<input type="checkbox"/>	Almost 8 in 10 (79.4%) students noticed anti-tobacco messages in the media.
<input type="checkbox"/>	Almost 2 in 10 (19.4%) students noticed tobacco advertisements or promotions when visiting points of sale.
<input type="checkbox"/>	More than 1 in 10 (11.6%) students had something with a tobacco brand logo on it.

Knowledge & Attitudes

- 46.8% of students thought other people's tobacco smoking was harmful to them.
- 72.4% of students favoured prohibiting smoking inside enclosed public places.

Source: Created by the authors

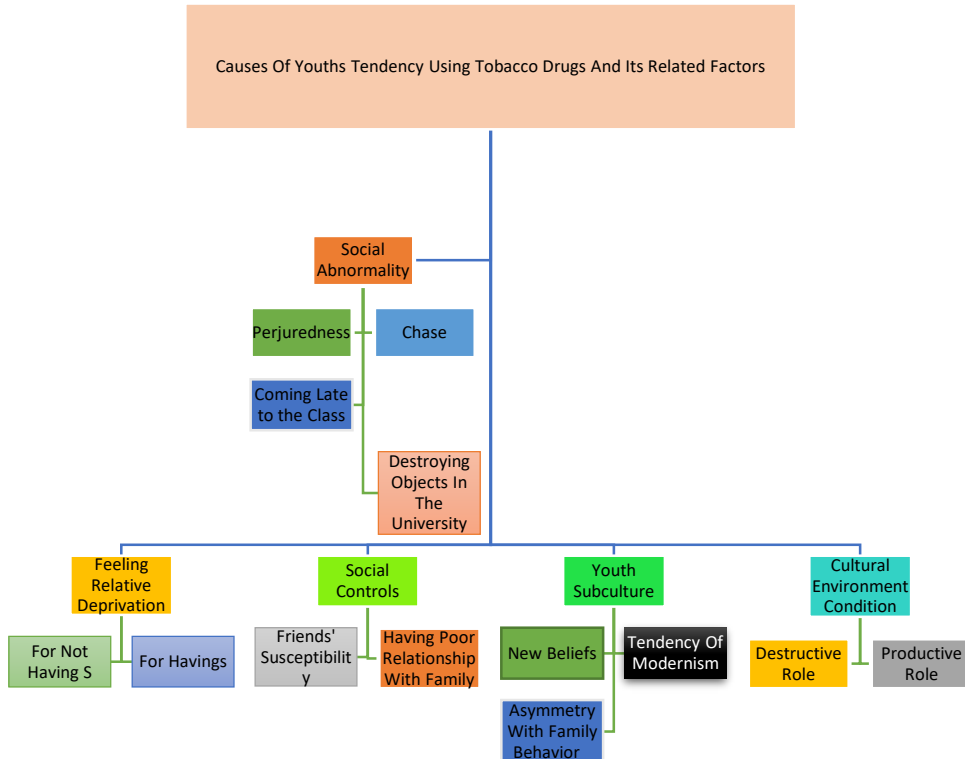
2.1 Research hypotheses

Therefore, to examine these cases, the following hypotheses have been set:

1. Students may have lower socioeconomic status, income, or education.
2. Friends' behaviours may affect students to increase their tobacco use.
3. Lack of confidence in their self-esteem or learning.
- 4- Genetic factors may cause students to increase their tendency to use tobacco.
- 2 Social stress factors may cause students to increase their tendency toward tobacco.
- 3 Personal and environmental factors can cause students to develop tendencies toward tobacco, especially smoking behaviour.
- 4 Youth subcultures may cause them to develop a tendency toward cigarettes.
- 5 Feeling relative deprivation might increase the use of tobacco smoking.

The following diagram shows why youths use tobacco, especially cigarettes, at Kabul Polytechnic University.

Figure 1



Source: Created by the authors

Table 2

Variable	Theoretical definition	Practical Definition
Anomy	Social abnormality: "Social abnormality is a disordered state of insecurity that casts a shadow over a large part of the population and potentially creates a crisis." According to Durkheim, "abnormality" means imbalance (inequality) and incomplete compliance with norms in the direction of social development. Which penetrates the levels involved in the process of change (Mazaheri, 2016, p. 4)	Operational definition: measurable operational examples of the dependent variable of behavioural abnormality include cheating, coming to class late, lying, damaging objects in the university, bringing an unauthorized compact disc to the university, carrying a knife, fighting with other students, frequent absences, and Respect for professors and other students. Students are asked how often they have done these things in the academic year.
Social Control	Social control theories consider deviant behaviour as weak commitment and major institutions in society, and their main idea is that from there, the mechanism of applying formal and informal control by subordinate institutions becomes weak to choose options. Anti-social and risky, they feel free (Saadati, 2022)	In my opinion, in social control, people's behaviours and ideas are controlled by internal and external forces. Weak family relationships and little social control cause the most deviant behaviour of teenagers. For this reason, most young people become addicted to tobacco drugs and cause problems for themselves and other members of society .
Youth's Subculture	Youth subculture is an important interdisciplinary topic in urban sociology, social deviations and youth cultural studies (Bakak, 2016, pp. 41-41). Also, Rasool (2000, p.56) defined youth subculture as follows: Youth subculture is based on a distinct style or way of behaviour and interests of youths as appearance, clothing style, hairstyle, jewellery and ornaments on the body and unique gestures that have the way of walking and use of all kinds of drugs and alcohol. Moreover, tobacco pointed out that it is prevalent among a part of the youth of every country.	The majority of society's population is comprised of youths, and what we witness in the heart of society is the difference in their thoughts, attitudes, and appearances from those of their fathers and mothers. Friends tend to think that such behaviours are called youth subcultures. Moreover, this type of behaviour has made families and society feel danger. For example, some youths have a desire to be with gangs, and most of them have a habit of using tobacco.
Social Environmental Condition	The social environment, social context, sociocultural context or milieu refers to the immediate physical and social setting in which people live, or something happens or develops. It includes the culture in which the individual was educated or lives and the people and institutions with whom they interact.	In my opinion, environmental and social conditions are surrounded by many factors that, in their way, affect humans' actions and behaviour. According to the conditions and circumstances, these factors can have a constructive or destructive role. For example, crime, which is an environmental phenomenon, occurs if environmental factors play a destructive role.

Feeling of Relative Deprivation	The feeling of relative deprivation is the activists' perception of the existence of a difference between their value expectations and their value ability. Giddens (2016) compared "the feeling of relative deprivation to the difference between a person's existing level of living and his desired level of living, which he usually compares with the existing level of living of another person" (p. 83).	As I think about the feelings of relative deprivation, I can say that when there are obstacles in people's way to achieve their goals, they feel relative deprivation. The feeling of relative deprivation is the difference between what people have and what they want.
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Source: Created by the authors

3. Research Methodology

In choosing the type of research method, the researcher must specify which method to be chosen to accurately, quickly and easily help answer the hypothesis and research questions. The current research is field research. In fact, in this article, the method of conducting the research, the sampling method, the selection of the sample size, the operationalization of the research variables and the evaluation of the validity and dynamics of the questionnaire as a tool for collecting information, which is also called the method under four general headings, including the subject of observation, how to observe, and the method of data analysis, and the details related to the research process are explained under the mentioned heading.

3.1 Type of Research

The method used in this research is descriptive-analytical purpose, nature of quantitative data, case study (Kabul Polytechnic University) and means of collecting survey information through student questionnaires.

3.2 Research Topic

Dependent variable: In this research, the causes of youth's tendency to smoke and related factors are the dependent variable.

Independent variables: social abnormality, the feeling of relative deprivation, environmental and social conditions, youth subculture and social control are considered independent variables.

3.3 Tools of Data Collections

Library and field methods (questionnaires) have been used to collect information about the subjects related to the study of this research. In the questionnaire conducted in this research, the questions were presented in written form, and the respondents answered them.

The reliability of the questionnaire was measured using Cronbach's alpha coefficient, and the value of this coefficient for each variable is higher than 0.60 as the minimum acceptable level.

Table 3
Cronbach's Alpha Coefficient Chart 1-1

No	Variable Names	Variables	Cronbach's Alpha Coefficient	Questions numbers
1	Causes of Tobacco Drug and its Related Factors	Dependent	0.782	7
2	Social abnormality	Independent	0,745	7
3	Social Control	Independent	0.802	7
4	Youths Subculture	Independent	0.791	7
5	Social Environmental Condition	Independent	0.775	7
6	Feeling Deprivation	Independent	0.863	5

Source: Created by the authors

3.4 Statistical Population

For having a statistical population from Kabul Polytechnic University, however, we have shared the questionnaire with most students, but 153 students have answered the questionnaire. Based on the data gathered from the students' study, the sample of this research is 153 students. In order to determine the initial sample size, preliminary research was conducted, in which 40 questions were distributed to the members of the statistical community with the desired sampling method.

While we collected questionnaires from students, based on the information from these 40 questions, I used SPSS to find the percentage. First, we labelled the questions, and then I used the valued column to find the answers. After finding the answers, we went to the analyze option, clicked descriptive statistic, and selected frequency for changing the question's labels to the variables. In the next stage, I clicked the statistics and then selected (mean, Std Deviation and Variance and continued). Therefore, the variance and sampling error were determined: the variance was 0.888, and the sampling error was 0.14899. Thus, using the Sharp-Cochran formula, the number of samples in this research is 153. It is specified below:

$$s^2=0.888$$

$$De=0, 14899$$

$$n=1,96^2 \times s^2 / d^2 \quad n=3.84 \times 0.888 / 0.14899^2 \quad n=3.40992 / 0.0221980201 \quad n= 153$$

4. Analysis

To analyze the data of this research, which is quantitative research (survey), SPSS software was used for the correlation analysis to determine the exact percentage of the participants who answered the prepared questions. Each of the questions and options in the questionnaire were coded, and then the codes selected by the respondents were inserted into the data bank, and the data table was made according to the SPSS program.

5. Findings

For finding and analyzing data, first, I have determined the gender, status, ethnicity, religion, housing, monthly income, education degree and Kabul Polytechnic students' jobs to know better which social factors affect their behaviour to increase tendencies towards tobacco smoking.

There are demographic descriptions of sample members

1 Gender

Table 4

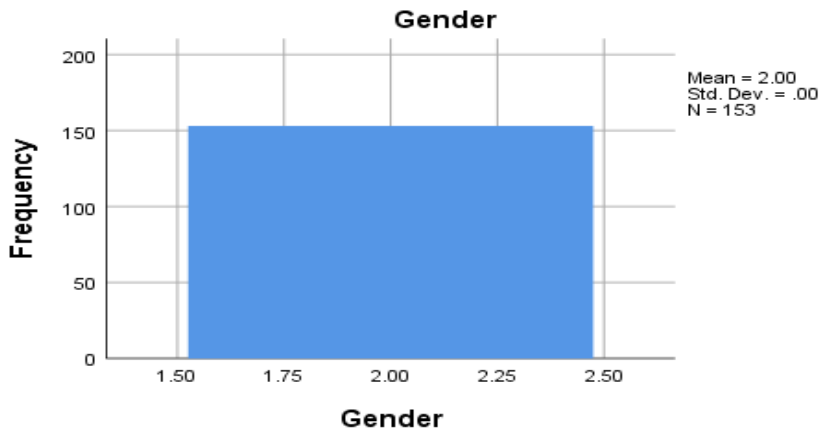
Description of Demographic Characteristics (Gender of Respondents)

Gender	Numbers	Per cent
Male	153	100%
Female	0	0%
Total	153	100%

Source: Created by the authors

The above table shows the number of respondents by gender. The table shows that the total number of respondents is 153, of which 153 are men, and the percentage is 100% men.

Figure 2



Source: Created by the authors

The total number of respondents is 153, and all are men, the percentage of which is 100%.

2. Status

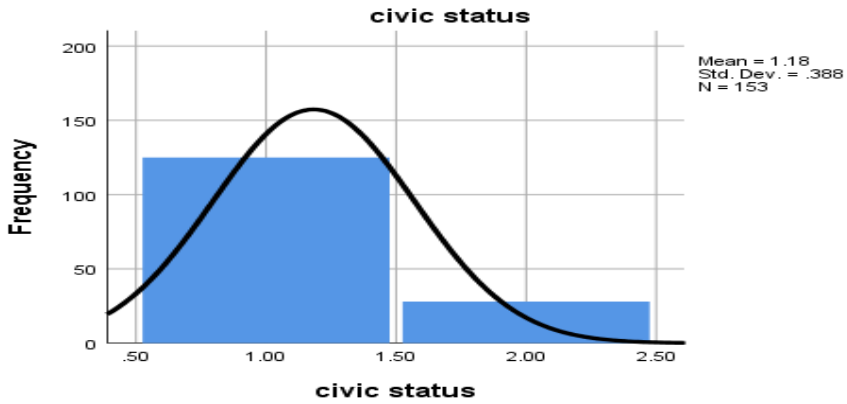
Table 5

Description of the Sample According to Civil Status

Status	Numbers	Per cent
Singular	125	81.7%
Married	28	18.3%
Divorce	0	0
Total	153	100 %

Source: Created by the authors

Figure 3



Source: Created by the authors

As mentioned in the civil status table. There are 125 respondents, 81.7% of the total set of single respondents and 28 people, who are 18.3%, are married.

3. Ethnicity

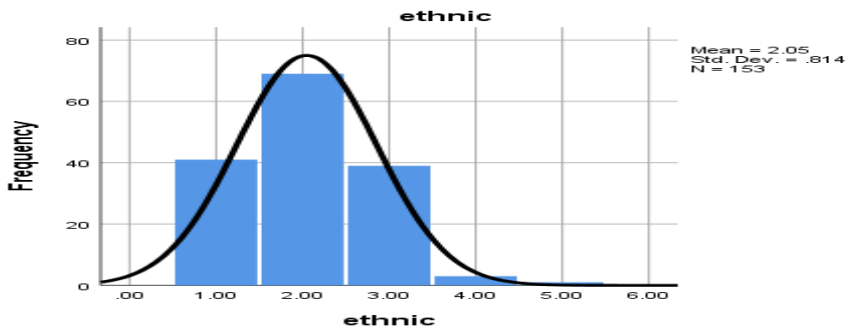
Table 6

Description of Sample Members According to Ethnicity

Ethnic	Numbers	Per cent
Pashtun	41	26.8%
Tajik	69	45.1%
Hazara	39	25.5%
Uzbek	3	22%
Others	1	0.7%
Total	153	100%

Source: Created by the authors

Figure 4



Source: Created by the authors

4. Religion

Table 7

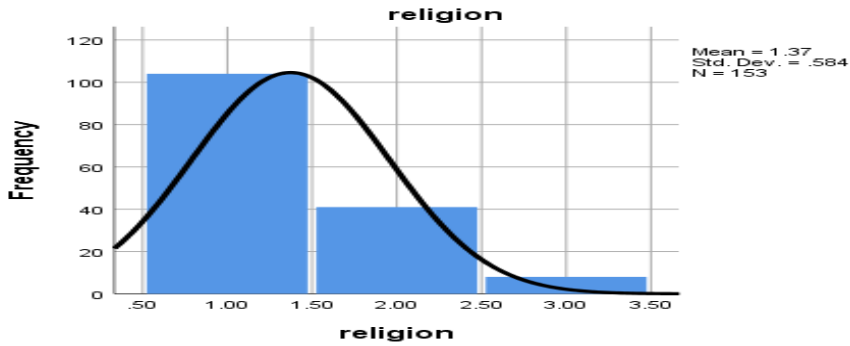
Description of Sample Members by Religion

Religion	Numbers	Per cent
Sunnis	104	68%
Shia	41	26.8%
Other Religions	8	5.2%
Total	153	100%

Source: Created by the authors

The above table shows the number of respondents based on religion; out of the total number of respondents, there are 104 Sunnis, whose percentage is 68%; 41 Shia people, whose percentage is 26.8%; and 8 other religions, whose percentage is 5.2%. The number of respondents is 153.

Figure 5



Source: Created by the authors

5. House/Home

Table 8

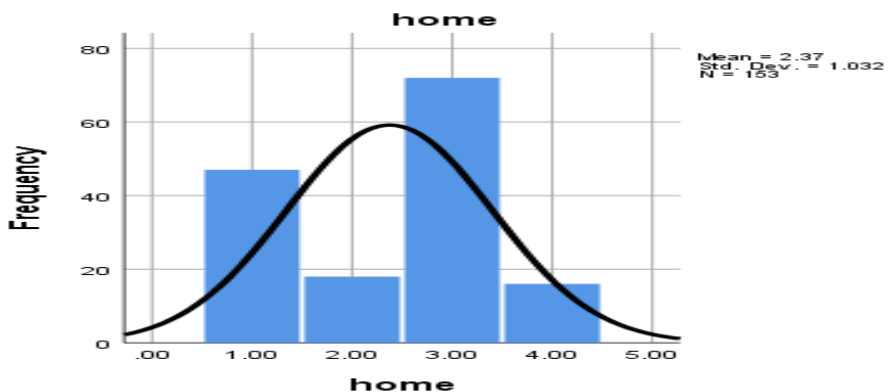
Description of sample members according to house/home

Home /House	Numbers	Per cent
Rental	47	30.7%
Rented	18	11.8%
Private	72	47.1%
Other Places	16	10.5%
Total	153	100%

Source: Created by the authors

The above table shows the number of respondents based on their housing. Out of the total number of respondents, 47 people live in rental houses, which is 30.7%, 18 people live in a rented house, which is 11.8%, and 72 people, which is 47.1%, live in their own house. It is from all the respondents, and there are 16 people from other places, which is 10.5% and a total of 153 people, whose percentage is 100%.

Figure 6



Source: Created by the authors

6. Monthly income

Table 9

Description of Sample Members According to Monthly Income

Monthly Income	Numbers	Per cent
Less than 10000	68	44.4%
Between 10000 to 20000 Afghanis	72	47.1%
Between 21000 to 30000 Afghanis	13	8.5%
Total	153	100%

Source: Created by the authors

According to the above table, the number of respondents based on their monthly income is as follows: 68 people have a monthly income of less than 10,000 Afghanis, which is 44.4%. 72 people answered that their income is between 10,000 and 20,000 Afghanis, which is 47.1%, and 13 other people among the respondents answered that their monthly income is between 21 and 30 thousand Afghanis, which is 8.5% of the respondents.

Figure 7



Source: Created by the authors

7. Age

Table 10

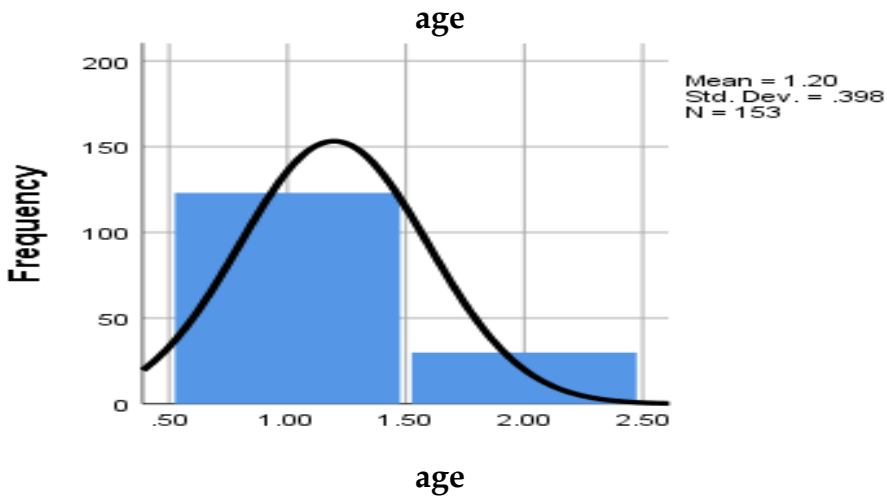
Description of Sample Members According to Age

Age	Number	Per cent
20-25	123	80.4%
26-30	30	19.6%
31-35	0	0%
Total	153	100%

Source: Created by the authors

The above table shows the number of respondents based on their age. Among the total number of respondents, there are 123 between the ages of 20 and 25, which is 80.4%. The number of people between the ages of 26 and 30 is 30, which is 19.6%, and those between the ages of 31 and 35. It has made up 0% of the 153 tons, whose percentage is 100%.

Figure 8



Source: Created by the authors

8. Education Degree

Table 11

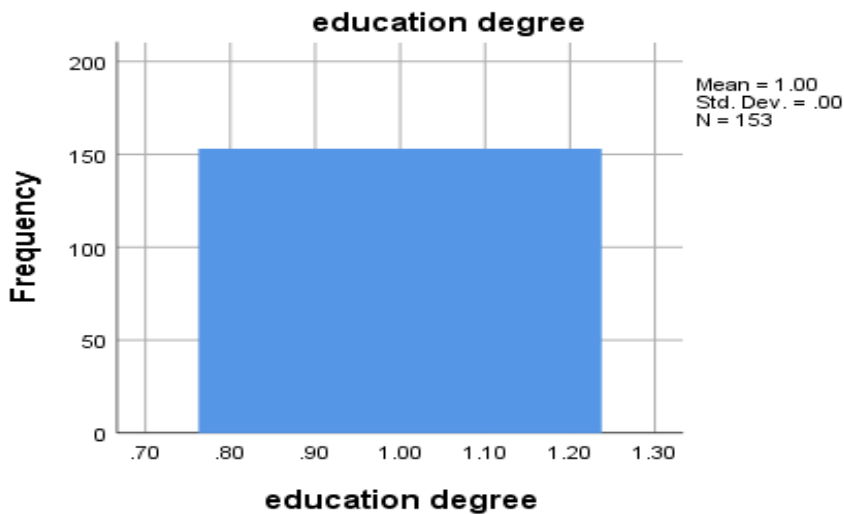
Description of Sample Members According to Educational Level

Education degree	Total	Percentage
Bachelor	153	100%
Master	0	0%
Total	153	100%

Source: Created by the authors

As is stated in the education degree table the whole respondent 153 people, which are 100% of the total set of respondents, have a bachelor's degree.

Figure 9



Source: Created by the authors

9. Job

Table 12

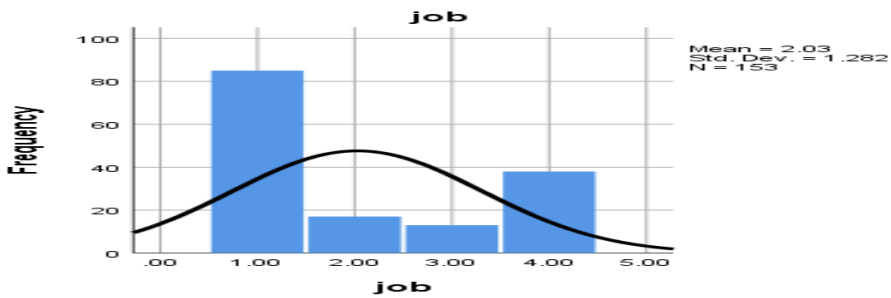
Description of the Sample Members According to Job

Job	Numbers	Per cent
Students	85	55.6%
Government employee	17	11.1%
Teacher	13	8.5%
Unemployed	38	24.8%
Total	153	100%

Source: Created by the authors

The part that can be seen in the above table is the job of the respondents, which is 85 students and make up 55.6% of the respondents; 17 are government employees, which is 11.1%; 13 are teachers and make up 8.5%, and unemployed are 38 people, which makes 24.8% of the respondents.

Figure 10



Source: Created by the authors

14- Description and Analysis of the Main Research Variables

The main variables in this research are the causes of smoking tendency and its related factors, social abnormality, social control, environmental and social conditions, youth subculture and feelings of relative deprivation at Kabul Polytechnic University. A quantitative index was created for each variable, and the items related to each variable were created using the computer command in the SPSS software, which describes the central and dispersion statistics of each of the mentioned indexes.

The description of the dependent variable is a quantitative index analysis of the causes of smoking tendencies and related factors.

Table 13

Description of the Dependent Variable of the Quantitative Index of the Causes of the Tendency of Young People to Smoke

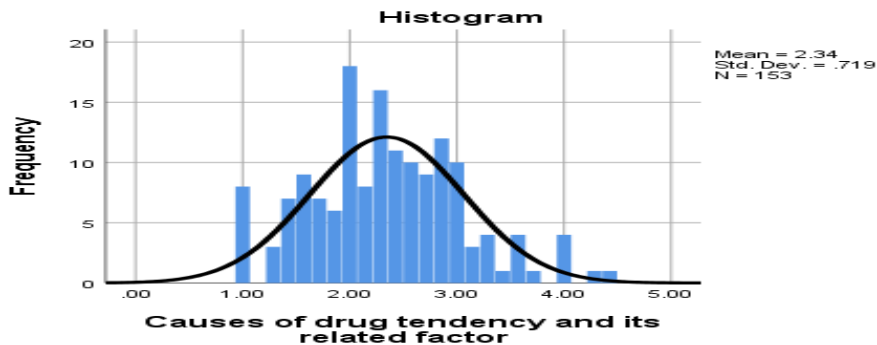
Respondents Numbers	Valid	153
Unanswered		0
Average	2.3445	
standard Deviation	0.71944	
Variance	0.518	
Skewness	0.355	
Stretch	0.109	
Lowest Amount	1.00	
Highest Amount	4.43	

Source: Created by the authors

According to the table, it can be seen that in the index of the causes of smoking tendency and its related factors, the average statistic is 2.3445. In a continuum of 1 to 4.43, the role of the above factor in examining the causes of smoking tendency and its related factors has been raised by the respondents. The skewness statistic is positive, and the dispersion of the investigation of the causes of the tendency to smoke and its related factors has been investigated. It is 0.355, which shows that the majority of the respondents' opinions are above the average value; that is, because of the statistics drawn in this research, it was 0.109, which shows the dispersion among the sample members. Moreover, because the highest value is higher than the average, that is, 4.43, it means that the tendency to smoke is high.

Figure 11

Quantitative Index Diagrams of the Causes of Youth's Tendency to Smoke



Source: Created by the authors

5. Discussion about the Findings

This research has been done as a survey with a sample size of 153 people from different ethnicities and religions. A simple random sampling method and a questionnaire tool have been used, which include three variables that include the causes of smoking tendencies and factors related to getting a sense of relaxation, surfing with injured people, going to their houses, feeling relieved of stress, too much money, a sense of personality and greatness, social abnormality, still the youth subculture has a more significant effect on the tendency to use tobacco drugs. The other three variables have a lower tendency. The data we have gathered based on the students' tobacco smoking tendencies will not cover the overall impact on the Kabul Polytechnic University students and the whole Kabul University students. So, there is still a gap to work more and find the other university students' perspectives regarding smoking tendencies to decrease the amount of smoking all over the Kabul province, especially in four major Universities and other institutions.

5.1 Conclusion

The present research explored the causes of youth's tendency to use tobacco and related factors at Kabul Polytechnic University from 2022 to 2024. This research investigated the causes and factors that cause youths to smoke. In this study, the reasons which cause students to increase their tendencies toward tobacco smoking are their social abnormalities, the youth's subculture, their families and friends, social control and their feeling of relative deprivation. Furthermore, different recommendations were offered

through which Kabul Polytechnic University can decrease students' smoking tendencies by setting policies, holding conferences about the harmfulness of tobacco smoking, talking with the students and staff individually or in a group, etc.

5.2 Recommendations

1. We recommend that Kabul Polytechnic University organize a conference regarding the harms of using tobacco, especially cigarettes.
2. Kabul Polytechnic University must Develop and enforce a strict policy on tobacco use.
3. Kabul Polytechnic University has to hire a counsellor to counsel students.
4. University must develop requirements for students and all its staff to have access to programs to help them quit using tobacco.
5. The university needs procedures for communicating the policy to students, staff, parents and the community.

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About the Authors

Ms. Tahmina Sabir, Lecturer, Kabul Polytechnic University, Kabul, Afghanistan. <tahmeena.sabir@yahoo.com>

Mr. Ahmad Muneer Wahidi, Lecturer, Kabul Polytechnic University, Kabul, Afghanistan. <muneer.keu@gmail.com>