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ORIGINAL ARTICLE

Impact of Smoking on Academic Performance Among Students; A Case Study in Pakistan and Turkey

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ABSTRACT

The data for this study was collected from two universities in Pakistan and North Cyprus. The researchers selected University of Agriculture Faisalabad in Pakistan and Cyprus international university in North Cyprus (Turkey). There is no right or wrong with smoking. On a busy day, navigating a lecture hall with smoke practically pouring out in all directions could cause some psychological damage. For some people, this is sufficient justification for subpar performance; for everyone, it is a sure sign of a limited life span. Unfortunately, foreigners who up until this point had not smoked actively or passively may experience a more significant cultural shock in a place where unrestricted smoking is a part of life. The possible impacts of smoking on students' academic performance at Cyprus International University and University of Agriculture Faisalabad are clarified by this study. By advocating the establishment of smoking zones for improved outdoor air quality in the institution, findings, and recommendations are generated using data gathered for quantitative empirical research.

Keywords: Academic, Education, Health, and Smoking

INTRODUCTION

Chronic illness mortality is primarily attributed to tobacco use worldwide. There are over 1.3 billion smokers around the globe, and 80% of them reside in developing nations [S1]. There are currently 5 million tobacco-related deaths per year worldwide, projected to increase to 10 million by 2025. The fact that about 7 million of these will come from poorer nations is equally concerning. Overall, the economic impact of tobacco use's mortality and morbidity is $200 billion annually. According to World Health Organization (WHO) statistics, 12 percent of women and 47 percent of men smoke globally. In wealthy countries, 42 percent of males smoke compared to 24 percent of women, but in developing countries, 48 percent of men and 7 percent of women smoke [S2]. Not only in wealthy nations but also in developing nations, smoking cigarettes and other tobacco products is a severe public health concern among students. Students in school between the ages of 13 and 15 were the primary focus of the GYTS, which was done in three cities in Pakistan [S3].

Cyprus, a country in Eastern Europe's Mediterranean region, has the highest cigarette consumption rates in the entire globe [S4].

Literature review: Students' usage of tobacco products has been linked to several issues. These are the ideas that smoking improves one's appearance, satisfies boredom, and helps to reduce tension [S5].

In both industrialized and developing regions, cigarette smoking patterns are currently shifting. Due to strict public health measures, smoking has reduced or remains stable in most industrialized nations. Still, it is steadily increasing in developing regions due to extensive advertising and marketing of cigarettes and other tobacco products [S6].

Around 1.3 billion people smoke regularly worldwide, and 8,200 to 9,900 young people start smoking every day, potentially developing a quick nicotine addiction. The interval between high school and college is crucial for establishing healthy routines and lifestyle choices. Therefore, it is critical to comprehend the variables that could affect their smoking behavior [S7].

Summary of Cigarettes History: The pre-Columbian peoples of the Americas were the first to use tobacco, the main ingredient in cigarettes. Native Americans reportedly grew the plant and used it for clear ceremonial and presumed medical benefits while smoking it in pipes [S8].

Christopher Columbus was credited with bringing tobacco to Europe on his voyage, but it was not until the middle of the 16th century that it became widely available. After the cigarette had been incorporated into society over nearly six centuries, it was considered that most people favored it to the point where people had the right and freedom to exercise their freedom to smoke whenever and wherever they pleased. Therefore, the first response of essential public service providers to address the "special" needs of those who detest cigarette smoke was to integrate non-smoking zones rather than having smoking zones planned into a building or urban design, as is currently the standard practice in developed countries.

Cigarette Smoke's Impact on the Environment: Cigarette smoke's impacts on human health are well known, but its effects on the atmosphere have also been demonstrated and established over time [S9].

These can range from severe ecological effects to cigarette butts polluting the environment. More significant are the effects of deforestation, including its involvement in setting off fires and producing industrial poisons. Methanol, nicotine, ammonia, hydrochloric acid, and ammonia are harmful compounds that are very deadly to animals [S10]. It is important to note that more nutrients are used in growing tobacco plants than in most other crops.

In addition, a significant amount of paper is required in its manufacturing process for packaging, which has an impact on other animals like fish and birds. Less than 1% of the world's land area is thought to be used for tobacco plantations, whereas the corresponding effect of the same tobacco on deforestation is believed to be between 2% and 4% [S11].

The Government's View of Public Smoke: The European Strategy for Tobacco Control has classified the tobacco control approaches of member states according to their comprehensiveness, sustainability, progressiveness, length, history of implementation, and impact on reducing smoking prevalence, according to a World Health Organization report on the European Strategy for Smoking [S12]. Even though Northern Cyprus is not an EU member, this study nonetheless views its government's reaction to cigarette smoke under the above standards as a universal benchmark that may be applied in all nations (especially in Europe). They concluded that "policy implications suggest that government and the media must broadcast correct information about the danger of smoking to greater parts of the community to win support for policies that affect the health of Second Hand Smoke "SHS" in these nations [S13].

Cigarette Smoking at Cyprus International University: One hundred students were randomly chosen to receive questionnaires, making up roughly 1% of the 18,000 students.

Together information about how they perceive the influence of smoking on academic achievement, designated smoking places and smoke-free areas on campus, how other students see smokers and nonsmokers, and any potential effects of smoking on academic performance.

First-hand smokers make up 24.1% of respondents, while second-hand smokers make up 75.9%. According to 68.6% of smokers and nonsmokers, smoking zones should be established at school, while only 30.4% oppose the idea. Additionally, it may be assumed that passive smokers would not mind the long-term repercussions of sharing public and private settings with active smokers as long as the status quo persists. A sizable portion of the respondents appears to have become accustomed to the smell of cigarette smoke, either consciously or unconsciously.

Smoking Areas and Areas Designated as Smoke-Free within the CIU Campus: Furthermore, although smoking zones have not been precisely defined architecturally, every block has ashtrays available at each entry, making them technically designated smoking areas despite the lack of alternate exits for non-smokers or people with smoke allergies. Additionally, the questionnaires' results indicate that most non-smokers do not feel comfortable because it makes them more prone to concentration loss. Additionally, once used for relaxation, the courtyard is now primarily used as a smoking area, depriving non-smokers of the same luxury of an open recreation area and proximity to the classrooms.

Table 1:

Questions	Response %		Observation
Users of cigarettes in CIU as a percentage	FHS 24.1%	SHS 75.9%.	Far fewer students smoke actively. Despite this, it might be claimed that the SHS would have naturally chosen cleaner outdoor air quality, which is demonstrated by the desire of the majority of students for clearly marked smoking zones.
level of discomfort caused by cigarette smoke as perceived	Comfort 68.6%	Discomfort 30.4%	Surprisingly, just around one-third of the respondents say that cigarette smoke pollution makes them feel uncomfortable. Since most students have become accustomed to it and see no possible damage, one could argue that educational factors are at play.
How many respondents are in favor of establishing smoking areas?	Favor 70%	Against 30%	This comprises various students who smoke cigarettes in the five buildings being watched. As shown above, a significantly higher percentage of respondents prefer to have clearly defined locations only for smoking, even though most do not smoke or find cigarette smoke distracting.

Of the original 25.1 percent of respondents, 49.6 percent confessed to being an addicted smoker. Further, it is clear from the survey that most smokers in CIU are not fundamentally addicted because they do not become forgetful, depressed, or experience bodily pain like a headache when they are deprived of cigarettes. They also do not become hostile or aggressive. On the other hand, the non-smoking students, who make up the vast majority of 62 out of the 100 respondents (60%), had a completely different set of replies to the questions asked the first-hand smokers (particularly in favor of a smoking zone). These reactions include the fact that smoking irritates the eyes, nose, and throat and makes you grumpy and difficult to concentrate. In addition, compared to current first-hand smokers, more second-hand smokers have previously received medical attention for a condition connected to smoking.

Cigarette Smoking at University of Agriculture Faisalabad: Data were collected from one hundred students, randomly selected from various faculties of the universities. Information on their perceptions of the impact of smoking on academic performance designated smoking areas and smoke-free zones on campus were collected. Other information sought includes data on how other students perceive smokers and smoking, and any potential effects of smoking on academic performance were also collected.

The result indicated that second-hand smokers make up 59.9% of responses, compared to first-hand smokers who make up 40.1% of the total. The result indicated that in every 3 students at least one is smoker. Most of the respondent (80.6%) opined that smoking zones at schools should be implemented, while only 19.4% disagree. Furthermore, if the current situation continues, it can be expected that, passive smokers won't mind the long-term effects of cohabiting with active smokers in public and private spaces. It demonstrates that a sizable portion of the respondents had become accustomed to the smell of cigarette smoke, either consciously or unconsciously.

Smoking Areas and Areas Designated as Smoke-Free within the University of Agriculture Faisalabad: Additionally, every block has ashtrays available at each doorway, making them technically designated smoking areas despite the lack of alternate exits for non-smokers or those with smoke allergies. This is true even though smoking zones have not been properly delineated architecturally. A majority of non-smokers do not feel comfortable since it increases their tendency for attention loss, according to the results of the study. Additionally, the courtyard, which was once utilized for amusement, is now mostly used as a smoking area, depriving non-smokers of the same luxury of an open recreation area and near proximity to the classrooms.

Table 2:

Questions	Response %	Observation	
Users of cigarettes in UAF as a percentage	FHS 40.1%	SHS 59.9%.	A large group of students smokes Passively. Despite this, One could argue that the SHS would have naturally picked an environment with cleaner outside air quality, which may be seen from the fact that the majority of students want smoking areas that are clearly defined.
level of discomfort caused by cigarette smoke as perceived.	Comfort 80.6%	Discomfort 19.4%	Many respondents say that cigarette smoke pollution makes them uncomfortable. Since the majority of students are used to it and see no harm.
How many respondents are in favor of establishing smoking areas?	Favor 80%	Against 20%	Even though the vast majority of respondents don't smoke or find cigarette smoke to be annoying, a much higher number of respondents prefer to have clearly defined areas that are just for smoking.

Of the original 30.1 percent of respondents, 60.6 percent of respondents confessed to smoking addiction. Additionally, the survey results demonstrate that the majority of smokers in UAF are not fundamentally addicted because they do not lose their memory, get depressed, or suffer from physical discomfort like a headache when they had deprived of smoking. Furthermore, they do not exhibit hostility or aggression. On the other hand, the majority of non-smoking students, Participants answered the questions posed to the first-hand smokers in a radically different way, making up the majority of 80 out of the 100 respondents (80 percent) (particularly in favor of a smoking zone). Smoking causes a variety of adverse effects, such as irritation of the eyes, nose, and throat, as well as irritability and difficulty concentrating. Furthermore, more second-hand smokers than current first-hand

smokers had previously sought medical assistance for a smoking-related disease.

CONCLUSION

Although sustainable design and technology is a broad field with several subfields, each of which is exhaustive on its own, the involvement of architects as designers in coordinating each subfield is inevitable. Thus, choosing the suitable form, shape, and function of architectural spaces is crucial to maximizing productivity for the intended users.

However, in light of the substantial body of literature already in existence, it would be appropriate to suggest that while efforts are made to promote all aspects of fundamental human rights, such as the right to smoke or not, the most excellent care should be taken not to jeopardize the overall wellbeing of others who (by right) choose not to smoke cigarettes.

In conclusion, it is strongly advised that the management of CIU and UAF make an effort to adequately provide for the safety of its non-smoking student population by creating smoking zones. Furthermore, it is essential to note that further research is required to understand why so many students see cigarette smoke as harmless. By doing this, all students (no matter how few they may be) will presumably have an advantage in improving their academic performance and achieving a healthier overall mental, psychological, and emotional condition.

Since 70% of cigarette smokers reported that they had at some point made an effort to stop smoking but had failed,

This demonstrates that finding a successful method for reorienting such individuals would be a fresh idea for the school and would allow more pupils to avoid the health risks of smoking.

Trash cans by each entrance to academic buildings in the universities are essential due to the necessity and significance of sanity and sanitation; however, posting signs prohibiting smoking in those locations will undoubtedly go a long way in preventing the abuse and misuse of such architectural space.

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