



Sociology of Education

The Effect of Awareness Training on the Harms of Smoking Based on the Cognitivism Theory on Raising the Level of Awareness of Female Health Activists

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Research Paper

Abstract

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Purpose: The purpose of the present study was to investigate the effect of awareness training on the harms of smoking based on the cognitivism theory on raising the awareness of female health activists about smoking and its negative consequences.

Methodology: The present study was a semi-experimental project with a pre-test/post-test design on a group of subjects. The statistical population included women active in the field of health in 22 districts of the Tehran Municipality during 2018 and 2019 (with a total of 862 people). The sample size included 456 women who were selected by purposive sampling from among the participants in a workshop, which was held in one session in each district for three hours. The data collection tool was a researcher-made questionnaire to evaluate the awareness of the harms of tobacco products, which was adjusted using face validity, and the reliability of the questionnaire was determined through Cronbach's alpha, which was at an acceptable rate of 0.755. Due to the non-normality of the distribution of the statistical population according to the Kolmogorov-Smirnov test, the Mann-Whitney U test was used to compare the pre-test and post-test changes by the SPSS software (SPSS Inc., SPSS version 26).

Findings: Findings showed that after the educational intervention, there were significant differences between the following indicators: awareness of the effects of second-hand smoke on fetuses, infants, children, and pregnant women, the harms of smoking for men and women, hookah compared to cigarettes, tobacco-induced cancers, and the average awareness of second- and third-hand tobacco smoke ($p < 0.05$). No significant difference was observed in the index of awareness of hookah and cigarette second-hand smoke ($p = 0.621$).

Conclusion: The educational intervention about tobacco use and its harms improved women's awareness of the harms of tobacco, and health professionals can use the mentioned intervention method.



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Detailed abstract

Purpose: Health is considered a development indicator and an important factor in the economic growth of societies. But today, people's health is facing a challenge called smoking. The development of medical science has proven the relationship between smoking and many diseases. According to statistics, it can be said that smoking kills more than 8 million people in the world every year. More than 7 million of these deaths are caused by direct tobacco use, while about 1.2 million of them are non-smokers who are exposed to secondhand smoke. Almost half of children regularly breathe air polluted by tobacco smoke in public places. Smoking is the leading cause of lung cancer, responsible for more than two-thirds of lung cancer deaths worldwide. Smokers are 22 times more likely to develop lung cancer than non-smokers, and non-smokers exposed to second-hand smoke at home or at work have a 30 percent higher risk of developing lung cancer. And by not smoking, 90% of lung cancers can be prevented. A study by Stanford researchers shows that exposure to nicotine can cause adverse effects on human fetal development at the level of individual cells. Smoking during pregnancy can also lead to an increased risk of miscarriage, growth restriction and premature birth. The complications of this work do not stop here; Because researchers believe that mothers' smoking can also cause the baby to suffer from neurological and behavioral, cardiovascular, respiratory, endocrine and metabolic diseases in the future. However, statistics in 2018 show that 13.7% of all adults, including 15.6% of men and 12% of women, smoke. And this requires an all-out effort to prevent and fight against smoking. Because health is a multi-dimensional problem that its different dimensions affect each other; This means that physical disorders cause mental disorders and mental disorders also cause physical disorders and both of these cause social disorders. In the present study, the aim was to determine the effect of awareness training on the harms of smoking based on cognitive theory on improving the level of awareness of active women in the health field.

Methodology: The present study was a semi-experimental type with a single-group pre-test-post-test design. The statistical population of the research was 862 women active in the field of health in the municipalities of 22 regions during the years 2018 and 2019 in the city of Tehran. Considering that one of the criteria for entering the research was the active participation of the audience, the sample size was 456 people based on the voluntary participation of the statistical population. The sample people were selected in a targeted way from among the people participating in the training. That is, the questionnaire was distributed to all participants. One of the criteria for entering the study was to: a) be active women in the field of health in the municipality of 22 regions and a member of Sarai Mahalat. These people included the directors of the tobacco prevention center, the directors of the health center, the directors of the mother and child center, and the directors of the youth center. Therefore, men, ordinary citizens and employees of other districts who attended the training workshop were excluded and not analyzed. b) He has participated in a training workshop related to raising awareness of the side effects of smoking and related issues. Based on this, among the respondents, samples that were not proportional to the purpose of the research (answering by ordinary citizens, questionnaires with an unacceptable number of answers, etc.) were excluded. Out of 456 people who participated in the pre-test, 314 people participated in the post-test, and compared to the pre-test, a number of people dropped. Before the educational intervention, the questionnaires were distributed between the target sample and then the target group in a 3-hour training workshop in a question-and-answer manner. After the test, the effectiveness of the educational intervention was measured. Due to the fact that every week a training workshop was held at a certain time in the health center of one of the municipal areas, the subjects were selected from one group and at one point in time. In data collection, in addition to the demographic information form including the type of responsibility, the amount of service history, and the amount of education, researcher-made questionnaires were used. In the second part, there are questions about people's level of awareness, which on a Likert scale, the audience's awareness about secondary and third-hand smoke (2 items), the side effects of smoking in women (4 items), the side effects of smoking in men (2 items), the side effects of second-hand smoke Infants and pregnant women (6 items), hookah compared to cigarettes (3 items) and cancers caused by smoking (3 items) were evaluated. For scoring, the items were aligned and scored on a 5-point Likert scale from completely disagree to completely agree and from 1 to 5 and added together. Finally, the comparison of pre-test and post-test and the

significance of its changes were measured through the Yeoman-Whitney test. The reliability of the questionnaire was determined through Cronbach's alpha, which was 0.755 for the main scales of the questionnaire, which is a reliable level. The validity of the questionnaire was based on face validity, which was evaluated and finally approved by a group of experts in the field of tobacco at the Research Center of Population Against Tobacco Use. In the data analysis section, Yeoman-Whitney test was used to compare pre-test and post-test changes, and T-test was not used. This is because the distribution of the statistical population was non-normal according to the Kolmogorov-Smirnov test. Comparison of qualitative questions was done through frequency and relative frequency. The data was entered into the computer in SPSS statistical software version 26 and was described and analyzed with relevant tests.

Findings: Findings showed that after the educational intervention, there were significant differences between the following indicators: awareness of the effects of second-hand smoke on fetuses, infants, children, and pregnant women, the harms of smoking for men and women, hookah compared to cigarettes, tobacco-induced cancers, and the average awareness of second- and third-hand tobacco smoke ($p < 0.05$). No significant difference was observed in the index of awareness of hookah and cigarette second-hand smoke ($p = 0.621$).

Conclusion: The educational intervention of awareness of the harms of smoking based on cognitive theory improved the level of women's awareness of the harms of smoking, and the aforementioned intervention method can be used by health professionals. One of the valuable activities of the municipality is the establishment of health houses in the neighborhood centers, which can be used to educate and institutionalize the issues of health, wellness and smoking cessation, which are examples of a healthy lifestyle in families. Improving the awareness and knowledge of active women in the field of municipal health and using their capacities as facilitators can lead to the development of public education and the reduction of health-threatening risk factors at the community level. Therefore, municipal planning is suggested in order to provide the necessary training and according to the updated content about tobacco, periodically and in the form of training and question and answer programs.