

An Impact of Smoking Tobacco Among Adolescents: An Explorative Qualitative Study from Gumuz Community, Benishangul Gumuz Region of Ethiopia

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Abstract

Background: Tobacco is commonly smoked among adolescents, but is very harmful for public health. The objective of this study is to investigate the impact of smoking tobacco among Gumuz adolescents in Debatie District of Benishangul Gumuz regional state of Ethiopia. It mainly focus' on adolescents who use pipe or smokeless tobacco regularly.

Methods: The study employed qualitative research method with case study design. Purposive sampling was employed to select participants of the study for in depth interview, focused group discussion, and key informant interview data collection tools. The collected data was analyzed through thematic data analysis techniques.

Results: Smoking tobacco has a negative impact on people's economy. The economic ability of Gumuz adolescents is unable to fulfil basic needs: food, clothing and stationery materials due to the inability to save money through tobacco addiction. The result also indicated the social impact of tobacco such as addictions, an aid for alleviating stress, tiredness and fatigue, hygiene problem and limited social interaction. Principally, it has an impact on mental and physical health such as the physical change, yawning, cancer, coughing, stress, headache, diabetes, watering of their eyes and loss of appetite. It also impacts on their education from a lack of attention, failure to attend classes and a low enrolment rate in schools.

Conclusion: From the findings, it can be deduced that, the habits of smoking tobacco among Gumuz adolescents victimized for economical loses, limited social capital, hygiene and health problems. Therefore, attention should be given from this study area through conducting project and research, providing community awareness programmes and education for immediate health interventions.

Key words: Tobacco; Smoking; Impacts; Adolescents; Gumuz community

Abbreviations

NCD: Non- Communicable Disease
WHO: World Health Organizations
ETB: Ethiopia Birr
HTP: Harmful Traditional Practices
SSA: Sub Saharan Africa.

Introduction

Smoking is becoming a major global concern, particularly for youths [1]. As statistical data shows, worldwide 250 million children and adolescents are smoking tobacco, and 80% of smokers are found in low and middle income countries. Six million ado-

lescents have died due to the impact of smoking, which shows the terribleness of smoking [2]. Principally, smoking tobacco is the biggest risk factor for non-communicable diseases (NCDs) such as cancer, chronic lung disease, diabetes and cardiovascular diseases [3].

In addition, tobacco is one product other than food or water that affects the way people feel, thinks, see, and behave. Tobacco is a substance affecting the physical, mental, and emotional functioning of users due to the chemicals it contains [4]. Currently, the rate of adolescent tobacco smoking has increased in Africa, which rates 9 % of boys and 3 % of girls from the overall population of

youths. The problem is much more severe in Sub-Saharan African countries (SSA) the figure shows, 30.7 % in Madagascar and 11.2 % in Namibia [5]. It is anticipated that, the smoking prevalence in African will rise to 22% by 2030 due to the increased disposable income along with the adoption of Western lifestyles and the increase of marketing by tobacco companies [6].

A recent study reported, the prevalence of smoking cigarettes in Ethiopia is increasing among adolescents, and an increase the proportion of female smokers. In 2014, the prevalence of adolescent smokers was 17.2%, while the prevalence of ever-smoker adolescents was 28.6% [7]. Though tobacco has stated impacts on adolescents in Ethiopia; the incidence of tobacco smoking is rising considerably. Typically, they use tobacco through snuffing, chewing, and pipe [8]. Living with a smoking family, friend and smoking atmosphere aggravate the smoking tendency among youths. Parents and friends have a great role for saving children from smoking tobacco although there are parents who are not using their influences to shape children and the children's experience shared with their families [9].

A study conducted on the prevalence and associated factors of cigarette smoking among adolescents of Ethiopia has found that drinking alcohol, parent smoking, peer smoking, exposure to movies with actors smoking in their roles, limited access to anti-smoking media messages, unable to discuss about risks of smoking, and a misconception of the impact of smoking on health are factors significantly associated with the current high level of cigarettes smoking among adolescents [7, 8]. The study on the determinant factors for the use of tobacco in Eastern Ethiopia found that, adolescents smoke tobacco for enjoyment and the main predictor of smoking among adolescents is peer influence. The study found living with people who smoke was not significantly associated with adolescents smoking [9]. Another study found that, peer influence is the major factor on the case of adolescent smoking [10]. A similar study found that, the pastoral communities in Borena zone use smokeless tobacco where the proactive factors for their favorable attitude and high social pressure [11]. In Gumuz community, tobacco smoking is becoming a common habit because they are starting to smoke when adolescent, because they adopt smoking from their family, community and their friends. They believe that, smoking tobacco prevents depression, anxiety, anger, and they consider as it helps them to do any activity easily. Having this rationale and cognizance of the above study gaps, this study is intended to investigate the impact of smoking tobacco among adolescents in the Gumuz community by questioning, what are the impacts of smoking tobacco among adolescents?

Methods and Materials

Description of the Study Site

Geographically, this study is conducted in Debatie District (Woreda), which is found in Metekel Zone of Benishangul Gumuz Regional State, Ethiopia. Debatie is located 547 km West of Addis Ababa. The town consists of 29 kebeles; 2 urban and 27 rural kebeles, Geseseis is one of the kebeles found in Debatie Woreda, where the study is conducted. The Gumuz communities mostly live in Kamashi and Metekel Zones of the Benishangul-Gumuz Regional state. According to Debatie Woreda Cultural and Tourism Office, the Gumuz communities have a habit of smoking to-

bacco. The base of economic activity in the Gumuz community is dependent on shifting cultivation, hunting, and rearing animals. Currently, the Gumuz communities are involved in cultivations of teff, maize, sorghum, and tobacco.

A number of factors motivated the researchers to select Debatie as the study area. Firstly, there is a densely populated Gumuz community in the area. The researchers had the opportunities to observe the practice and impacts of smoking tobacco among the adolescents of Gumuz community. Secondly, the residents of the study area are from different nations and nationalities i.e. Amhara, Oromo, Shinasha, Gumuz and Agew. From this, the Gumuz and Shinasha communities are the natives of the area. The number of inhabitants in the study area is 90,577, 46,013 were males and 44,564 females. From the total population, 23,350 are found in urban areas and 67,227 in rural areas [11]. According to Benishangul Gumuz Communication Bureau, the number of Gumuz community in Debatie Woreda reaches 21,000. According to Debatie woreda education office, the total enrollments of students among Gumuz community is 5,400 covers 58% of the total student enrollment in the woreda. Out of the total 5,400 adolescents, 4200 are attending primary and secondary education in 2016/17 academic year. In the study area, the Gumuz community populated in Gesesei, Goncha, Serben, and Debeshewa kebeles; from these kebeles the communities have dense populations in the Gesesei kebele. It is found near to Debatie town, where smoking tobacco is widely practicing [12].

Research Approach and Design

To achieve the intended objective of this study, the researchers employed qualitative research approach with a case study research design. Qualitative methods are often used to study in detail a particular event of what has happened or is happening. The focus of qualitative research is investigating the personal experiences and meanings in their natural and context-specific settings [13]. Yin added that, case study is an empirical inquiry that investigates a contemporary phenomenon with its real life context, especially when boundaries between phenomenon and contexts are not evident [14]. Case study in the context of this research would help obtain the experiences of adolescents' smoking tobacco. Since this study is about the impact of smoking tobacco among adolescents of Gumuz communities, a close observation of community with the interviews and focus group discussions helped to collect detailed information about the experiences, feelings and impressions. Therefore, the study employed case study for the in-depth investigation about the impacts of using tobacco.

Selection of Research Participants and It Procedures

The researchers used purposive sampling techniques to get the most valuable data and the participants to provide best information. This technique allows the researchers to get a critical and informative data from the participants [15]. Accordingly, the researchers used purposive sampling to acquire detail information from the participants. Purposive selection of the research participants helped the researchers to understand clearly about the habits and consequences of smoking tobacco through using interview guides. In relation to this, Creswell also stated that purposive selection of research participants or areas helps the researcher/s to understand the problem and the research questions [16].

To identify research participants, the researchers advised the experts of Debatie woreda health office, Culture and Tourism office, teachers, and kebele officials to select participants for the in-depth interviews, key informants and focused group discussions. Participants were identified based on the researcher's judgment of their ability to sense and describe the habit of smoking tobacco among adolescents of the Gumuz community. Nine research participants were interviewed with the composition of participants based on the criteria cited as follow: adolescents who are in the school whose age 15 up to 24. These criteria are important to avoid biases from selection of adolescents. The key informants were drawn from teachers, community elders, cultural and tourism officers, and health and extension workers, they were selected based on their status and positions held. While, focused group discussions were drawn from adolescents and their parents. The total of eight adolescents was selected based on their willingness and consent. Hence, the total of nine parents selected from the family of adolescents, and they have more children. Totally, 30 participants participated in the study with the full consent and willingness of each participant, parents of adolescents, and authorities of selected offices.

Methods of Data Collections

The relevant data for this study were collected qualitatively through in-depth interviews, key informant interviews, and focus group discussions.

In-Depth Interview

The in-depth interview enabled the collection of detailed information on the issue. It gave a freedom to speak about tobacco use and its consequences among the participants of the study. It helped the researchers to understand the feelings and meanings expressed by the study participants verbally and non-verbally on the issue. The interactive nature of in-depth interviews allows flexibility to cover issues under discussion, probe, and explore the participants' reasons, personal issues, attitudes, intentions, emotions, feelings, opinions and beliefs [17]. The researchers used in-depth interview in order to understand the attitudes and reasons of habits and the impacts of smoking among adolescents. The numbers of participants for in-depth interview were nine since the data was saturated. The interviewers identified a convenient place to feel free and safe as no third person listened to them during the interview. The duration of each interview averaged 45 minutes. Gumuz and Amharic languages were used as mediums of communication because of its suitability to the study population, semi structured questions were agreed to guide the interviews before the researchers met the study participants.

Focus Group Discussion

Focus groups are used for generating information on collective views, and the meanings that lie behind those views. They are also useful in generating a rich understanding of participants' experiences and beliefs [18, 19]. Researchers used focus group discussions in order to triangulate the information obtained from the in-depth interview participants help to share common sense on the study. The focus group discussions were arranged in two groups, with equal number of females and males, which helped the researchers to get valuable information from primary sources with direct relation to the issue. In the first focus group discussion,

8 participants were adolescents who smoked tobacco, while the second focus group discussion was held with 9 parents of adolescents. Guiding questions for FGDs were prepared by focusing on the impacts on the adolescents. The focus group discussion helped to enrich the data obtained through in-depth interviews and key informant interviews.

Key Informant Interview

Key informants are important sources of information because they are particularly knowledgeable about the topic under investigation, their insights and experience can be useful in understanding and explaining behaviors. The researchers conducted key informant interviews with a community elder, a health extension worker, a teacher, and a cultural and tourism officer. One representative from each profession were selected based on their position i.e. their total number is four. The informants gave special knowledge for the study. In order to find the smoker student attitude, the researchers used the teacher as an informant; some of the participants were attending their lessons. In order to have a general overview on health status of adolescents in the Gumuz community, the researchers used health extension workers. Cultural and tourism officer gave a general overview about the habits of smoking among Gumuz community, and community elders gave special knowledge on the case the Gumuz adolescents to smoke tobacco. i.e., the type of question addressed in the interviews was how the adolescents forced to smoke tobacco and its consequences on them.

Process of Data Collection

The selected participants were aware of the objective of the study. The data collection took place after the researchers visited the study area more frequently and made close relationship with the community. In the gathering of data, the researchers have certain procedures first prepare an interview guide in English; translated into Amharic and Gumuz languages. Then, the researchers went into the study area and met with kebele administrative leaders, and assigned the facilitators. The facilitators helped the researchers in the time of selecting participants for in depth interviews, FGDs and key informants and make convenient and agreed times for interview sessions.

During the data collection procedures, the researchers took notes, and used a mobile phone to record the responses of the study participants to check the points missed during taking notes. The researchers created a comfortable condition in which to share their lived experiences freely. Nobody intervened in the interview except the researcher (interviewer) and the participants (interviewees). The time and place of interviews were arranged based on the interests of each participant to avoid any inconvenience; the places near a tree, around their homes, schools and the participant's place of enjoyment. Some of the study participant's smoke tobacco during interview sessions but the researchers asked them to wait until the end of interviews.

Method of Data Analysis Techniques

Before the data was analyzed, we listened to the tape-recorded interviews. Researchers transcribed the recorded data from the in-depth interviews, focus group discussions, and key informant interviews into Amharic verbatim; then translated into English. Some of the local terms were italicized and described. We re-read

all the transcribed texts, and listened to the audio-recording to fully comprehend and get closer to the data. The next procedure was the initial noting or what was involved in the focusing of the texts, recording and identifying significant phrases or statements related to the participant's experience, writing personal thoughts and feelings, and making margin notes or coding for specific themes. The other important step was developing the emerging themes. The main activities done under these steps were reading the transcribed texts again, listing each non-repetitive and non-overlapping statement, classifying significant statements into meaning units, and clustering them into larger themes.

The next task was searching for connections across main emergent themes. The main emergent themes listed, their patterns examined, and related themes clustered together to create super-ordinate themes with new codes related to the objectives of the study and the research questions. The data gathered in each instrument (In-depth interview, FGD and Key informants) were analyzed together and the results concluded. Detailed description and direct quotes is the core of qualitative work which should be used to provide readers with an image of the researcher setting and understanding in to people's outlooks and thinking. Considering this, the researchers used direct quotes in the analysis of the data. Overlapping and repetitive expressions were checked and deleted. Lastly, thematic data analysis was employed to analyze the collected qualitative data.

Ensuring Data Trustworthiness and Validity of the Study

Trustworthiness is an important issue in research. Researchers show the value of their research projects when they explain trustworthiness [19]. Trustworthiness refers to the methodological procedures, sources of data, and the linkage between the views of research participants and the researchers' interpretation. The transcription of Amharic and Gumuz languages was transcribed into the English language without losing the central ideas. In ensuring trustworthiness, the following strategies were employed. First, to attain credibility of the study, adolescents were encouraged to explain their habits of smoking tobacco and its impacts on them. In depth interview, key informant interview and FGDs were employed to substantiate and triangulate the data. This was done in both in-depth interviews and focus group discussions, and resulted in the congruence of the data collected in both ways. Identifying and describing categories of interview responses, providing a sound description of the data, member checking, and obtaining feedback from research supervisors were procedures employed to enhance the credibility of the study.

Ethical Issues

Ethical issues were considered throughout the research process. The researchers introduced to the study participants and clarified the objective of the study. They used a voice recorder with informed consent of participants. No study participants were obligated to speak something about the issue without his/her willingness. The researchers told to the participants their identity would not be revealed in anyway. Participants were informed to refuse to answer any question they do not want to answer for their own personal reasons. Participants were treated in an ethical manner; their dignity and autonomy were respected. The principle of confidentiality was maintained by altering identifying information

about the participants, and using pseudonyms (False names) in the research report. The recorded audios, transcribed texts, and field notes were stored properly to maintain their security and confidentiality. Sources were duly acknowledged, and results of study findings presented genuinely.

Result and Discussions

Results

The Impacts of Smoking Tobacco (Pipe and Smokeless) in the Gumuz Community

From the findings of the study, smoking tobacco has (economic, health (psychological, physical and mental health), social and educational) negative impacts on the adolescents of Gumuz community. The problems caused by smoking tobacco are discussed as follows:

Economic Impacts

Smoking tobacco has a negative impact on people's economy. The economy of the Gumuz communities is dependent on agriculture, selling of woods and rearing of animals, which is temporary means of income. With this income, the communities lead a primitive way of lives and shelter in small caves, wearing rent clothes and they are undernourished. However, the communities are the most users of tobacco with their limited income. In market days, 90% of tobacco buyers are adolescents. One of the interviewee disclosed in the following manner: *"Adolescents in the Gumuz communities are spending lots of money to their tobacco need. They get the money from their parents. But if the money they got from their parents is not sufficient for their need of tobacco, they sell fire wood and charcoal to get money for buying tobacco"*.

The finding revealed, they prefer to spend the money to get tobacco than for food and saving for future. Hence, they eat little but they smoke tobacco more because they give priority for smoking tobacco. As the participants of focus group discussion with adolescent's parents stated: *"When we have little money in our pocket, we go to the market to buy tobacco, rather than caring for fulfilling other basic needs (food and cloth)"*.

This clearly showed that, parents are not careful to fulfil their children needs because they use their limited money for buying of tobacco. Even, if they have little money, they don't care to satisfy their children's basic needs. Wakei stated the situation as follows: *"I use to sell charcoal, woods, and 'tirar' on the market day, especially on Saturday in Debatie town. When I get money sometimes, I cover the cost of tobacco for my families than considering our basic needs"*.

The in-depth interviewees confirmed that most of the Gumuz communities including adolescents waste their time of smoking tobacco rather than engaging on productive work, which would have a positive impact on their financial status. Focus group discussion with adolescents also affirmed that smoking with Gaya is a good means to spend their time. They spent most of the working time for smoking Gaya. They also have a problem of saving money since they spend the money for buying tobacco. As a result, they could not save money and they get difficulties to fulfil their personal needs.

Unable to Save Money

The adolescents in Gumuz communities do not worry about saving. If they have extra money, they spend it on that day and the most cause for spending their money is tobacco and alcohol. When they smoke tobacco, they are forced to drink alcohol. They face difficulty to manage their money. Some of the interviewees acknowledged the importance of saving money to improve their lives. However, they rarely save money since they have no safe place (they are unaware of modern saving institutions) to keep their money, and if one has additional money to their families will force them to spend it for buying tobacco. Therefore, they live only on satisfying their habits on smoking tobacco. One of the focus group discussants stated that: *"We lead a family having more than 5 children; to lead the family, we need income, which we gain from selling of agricultural products, but the amount of income is limited, and we cannot satisfy the needs of our children"*.

One study participant, Bawdeh, explained how he failed to save money repeatedly and he described his experience as follows: *"I used to save some money especially in the time of harvesting tobacco, which I earn money from selling tobacco and practice from the harvested one. However, during the summer season I lost much amount of money for buying smoking tobacco. After that time, I didn't think to save money at all"*. Wakei also elaborated that: *"I am dependent on my parents' income to all costs of school materials, food and cloths covered by my parents although my parents face difficulties to cover every need because they do not have deposited money"*. Yemikish and Wakei also confirmed that on Saturday, they sell wood and charcoal, and spend all the money from that day for buying tobacco; they cannot save money.

Financial Constraint to Fulfil Basic Needs

For satisfying their basic needs such as food, clothing, shelter and costs of health; their economic power is limited. Have an income from different activities including traditional mining, selling of fuel wood and charcoal, labour work, selling of agricultural products and other similar activities these are done by adolescents. However, their income from both agriculture and non-farm activities is very low. Most income gaining activities are the satisfying of daily needs (to supplement food gaps) includes buying of personal items above all they give priority for buying of tobacco. Focus group discussion with parents confirmed that, they need much of money for tobacco usage and they estimated as the cost reaches around 3600 ETB per year, since they spent 10 birr every day in average. They confirmed that, priority is given to buy tobacco rather than fulfilling other basic needs. Therefore, parents face difficulty to cover the cost of personal needs, and pay for their buying tobacco. Wakei, an in-depth interviewee participant stated, how he suffered from the problem of money. He stated in the following ways: *"I want to wear a smart jeans and shoes, and want to eat delicious food such as pasta (for him pasta is delicious food), but my parents didn't have the potential to satisfy my needs since they spend the earned money for buying tobacco especially pipe less tobacco"*. Yakut also confirmed that: *"Especially on Saturday, I sell fire wood and charcoal. From the money I earned, I spend 40 birr to buy tobacco for my families, and the rest of money used for buying bread and salt"*.

Adolescents in the Gumuz community, especially female adoles-

cents sell fire wood and charcoal on market days with the income they get. They buy tobacco, Arkei (local beer), and bread for their families. Focus group discussions with adolescents also revealed that: *"When they have money on one day, they spent much amount of money for buying of tobacco, and they do not care to other personal needs than priority to tobacco"*.

A key informant confirmed that, parents buy their food, cloth and school material children. In addition, to cover the gap of income of the families, children sell wood and Tirar (a material made of wicker used for fencing compound of house in rural areas and rarely in urban areas), in the market and the money is used for buying tobacco and Areki (Local beer).

Social Impacts /Consequences Tobacco Addiction

The in-depth interviewees highlighted other perceived benefits of smoking, including it serves as an aid for alleviating stress, tiredness and fatigue. It also helps them to refocus their thoughts and concentrate better during study or work related sessions. "Smoke-breaks" are also seen as a way to get a break without being perceived as shirking from work. Tobacco used adolescents confirmed that, due to the habit of smoking tobacco, they cannot do anything without using tobacco. They developed a habit of using tobacco for only initiating their mind. In relation to this, Wakei also stated that: *"When I face bad mood, I smoke. My parents both work hard and nobody takes care of me. At the school, my classmates did not like me. I do not know what to do. I just go from day to day without any plan or dream"*. They do not care about the consequences of using tobacco. Wakei and Bawdeh, explained how they are dependent on tobacco to do any task.

"We are smoking Gaya to do any work well. Otherwise, it is difficult for us to perform any kind of activity". *We smoke tobacco after they perform different activities because tobacco helps them to get relief from pain; even it helps them to forget issues than worry them. We feel alright only after we use tobacco otherwise we feel discomfort"*. Study participants experience mood swing in the process of tobacco smoking. They feel good through the process of smoking Gaya, and enjoy the time of sharing of smoking Gaya. Wakei and Ali shared common feeling in the following manner: *"We don't like the mood swing; we experience whenever we smoke Gaya more times and taking snuff continuously. Always we are eager to smoke Gaya especially in the morning, because smoking makes a bright face at the day. We laugh with silly thing, but finally when we get sober while we start feeling tired and depressed. Tobacco is like spice for our life. If we don't smoke, we don't even want to talk anybody because of our headache, but when we smoke at the time that we are in need of tobacco, we feel good"*.

Yechulei, another study participant confirmed that, smoking helps him to be free from bad mood and fear of obtaining tobacco and put them under a lot of stress that caused him to smoke. Similarly, other participant from FGD with adolescents stated that: *"Smoking tobacco makes to hate sitting and talking with their friends from the prevailing they discuss about day to day living conditions. When they discuss with their family live, they take Gaya to create good mood when they talk with their friends. When they, site alone, they smoke tobacco to be free from fear and tension"*. The study

found that adolescents smoke tobacco in group to be free from depression. Menayehu stipulated that if he does not smoke, he faces difficulties to open his eyes and is uninterested to communicate with his friends. Generally, the Gumuz communities including adolescents are dependent on tobacco. When they smoke tobacco, they become active to do any activity. So, link every activity with smoking tobacco and they look tobacco is their life.

Limited Social Capital/ Social Interaction

Social capital (social network, affiliation and social interaction) is important to exchange ideas between the people who live near us. To make good interaction with groups of communities, it needs psychological readiness. However, due to the bad smell created by smoking tobacco and less attention for their hygiene; adolescent's interaction and social relation with other nation communities is limited. The findings of the study confirmed, the Gumuz communities have less interaction with other communities when they eat food and marriage relationship. A key informant (health extension worker) confirmed that:

"Smoking tobacco creates a bad smell on their body and most of other people who are belongs to other nations are not interested to interact with the Gumuz community due to the bad smell of the tobacco".

An in-depth interview participant Ali Gazei stated that: *"I was born in Gesei Kebele. I am grade six, and attending my primary education in Debati primary school. In the school, there are students from Shinasha, Amhara, and Agew nations. Before I go to school, I smoke tobacco and when I go to school, I smell a smell of tobacco to my classmates. Such bad smell of tobacco caused other students to refuse sitting with mine though they have not considered our bad smell to classmates, because i grew up with people who have similar smell and habit with him. However, students who are belongs to other nations refuse to interact with mine and that makes me to irritate and my interaction with my classmates is limited".* Similarly, Yechulei confirmed: *"I was going by car from Gesei to Debati. Before I go to car, I smoked tobacco before I sit on the seat of the car with the driver from Gelgel Belese and other nation members in the car. However, when I was sat with a female passenger, she became aggressive with me, and she told me that I smelled bad to her".*

Adolescent in focus group discussion confirmed that: *"They do not like to play with other nations. They play and make intimacy with friends and other community members who are belongs to the Gumuz nation. Other students who are from other nations do not practice smoking tobacco with Gumuz students. If a student does not practice smoking tobacco, the Gumuz ignore from their group and even those who are non-smokers do not want to have relationship".*

Health Impacts

In the case of smoking tobacco, yawning, headache, withdrawal symptom, watering of their eyes and loss of appetite are the feelings of the adolescents if they don't use tobacco. The study participants have no previous knowledge on their drawbacks or effects of smoking tobacco on their health. Wakei stated that, smoking tobacco bring health problems: *"I have practiced tobacco for many*

years, now I am very sick. I saw the older generation, my grandmother and my mother; they practice tobacco but they did not have any disease, even their teeth stayed very strong until they passed away". A FGD participant also described, the health impacts of smoking tobacco Gaya and snuff smoking having bad breath develop wrinkles on their face, getting lung cancer, and having a bad cough are the most common health consequences of smoking tobacco. However, they perceive smoking tobacco prevents disease which may face them.

Coughing

Coughing is a disease in which the air is expelled from the lungs noisily. Scientifically, the disease comes due to different problems: one is that due to smoking tobacco. However, the Gumuz communities do not understand the problem of coughing which comes due to smoking. The in-depth interviewee, Minayehu told that: *"I am not going into hospitals and clinics, because I practice smoking tobacco that makes me free from any disease, but I always cough".*

Ali Gazei confirmed that: *"When i faced headache and unable to open my eyes, i practice smoking tobacco, since I feel free from disease including headache and from my difficulty shown, but i disclosed that I am coughing continuously".*

The interviewees of the study perceive smoking tobacco through Gaya and snuff as less harmful cannot cause any diseases. But, one of the interviewee confirmed that:

"When I pipe Gaya, my intestine is contracted and trouble to breathe on my lung and I feel illness on my heart. When I practice smoking through Gaya, it makes me free, but when piping through Gaya in my mouth, my lung becomes contracted and relaxed, on the moment I coughing repeatedly. Hence, I am much victimized and smoking caused a problem on my overall health". The findings of the study deduced, the study participants do not sense the health impact of smoking tobacco. They think smoking has no health impact rather they believe, it helps users to be safe from any disease. However, they confirmed that, they cough and such symptoms are the impact of using tobacco. Even though they are experiencing the impacts of smoking tobacco, they are not using any treatment mechanism to be safe from the damage of using tobacco.

Tiredness

Tiredness is explained the need of rest or sleep or weakened and more or less active by exertion. The Gumuz adolescents acknowledge, they became tired and sweated within a short time in the work place. An in-depth interview participant, Wasei stated that: *"I always practice smoking tobacco in work times; I become tired and sweated in short time".* Yakut, strengthen the information given by Wasei stated as follows: *"I always smoke tobacco when I become tired. Because if I go to my parents' garden, I stay on work for short time and I become tired".* FGD's with adolescents revealed that, when they practice smoke tobacco, they become tired during work time, mostly they stay in the work place at least for two hours and after that, they become tired and sweaty. Key informants (from cultural tourism officer) also added that: *"Most of the time, Gumuz communities including adolescents, cannot stay for long time in their work place. Because they become tired and sweated with in short time; they plough small piece of land out of*

their vast farm land”.

The findings of the study showed, tobacco users become tired in their work place. When they become tired, they stop working and they take rest in the shadows of trees and small huts constructed in their farmland for rest during work time.

Headache

Many of the adolescents who participated in the study used tobacco and experienced frequent headaches. Strong headaches and sleeplessness are the withdrawal symptoms and side effects of smoking tobacco as stipulated by key informants (health extension worker). *“If they smoke tobacco, they drink much amount of Arekei (Local beer) and the sum of tobacco and alcohol creates a physical problem on tobacco users such as Vomit, increasing sexual drive, here and there movement, and unconsciousness. It also creates hang-over and severe headache during and after they sober. The withdrawal symptom of users is shaking of hands and body”.*

The in-depth interviewee also elaborated that: *“I smoked tobacco because I think smoking stimulates drinking Arekei (local beer). When I wake up in the morning, I caught with a headache”.* Another in-depth interview participant elaborated as follows: *“I used snuff continuously throughout the day. Then I feel free from headache. But, in the morning, I cover my head with pieces of cloth because I face a bad headache.”*

As clearly stated by the study participants, headache is a common health problem of smoking tobacco, which is always experienced by adolescents. Participants of the focus group discussion elaborated that: *“They caught a headache, and surprisingly when they caught a headache, they practice smoking which causes another headache in the coming day. The habit of Gumuz community, smoking tobacco is inherited by the adolescents, which causes for a negative side effect on their health (social, reproductive, physical and psychological health)”.* The result of the study shows; they are currently experiencing physical or functional problem due to prolonged use of tobacco.

Impacts on Education: Lack of Attention to Attend Classes

There is a low school enrolment rate of Gumuz children and even this limited number of students does not worry about their learning. After they registered at the beginning of the semester some of the students drop out of school, and the remaining students are not attentive in the classroom. Students did not attend classes regularly; instead they do engage in collecting fire woods and preparing charcoal for money to buy tobacco according to an interview with a key informant (from teacher) stipulated.

Adolescents in FGDs shared their points: *“They become bored when they go to school, because they become depressed when the teacher teaches in the class”.* In-depth interview participants supported the key informant’s idea: *“Before students go to school, they practice smoking to participate actively and to be motivated in the classroom. However, if they do not smoke tobacco before they go to school, they cannot participate actively in the classroom”.* In-depth interviewees pointed out that: *“When students went school, they are mood less and passive to follow their lesson.*

This affects their academic performance of students because of lack of concentration for the lesson. They also failed to do homework and assignments since they lose their time for other income generating activities to fulfil their basic needs”.

One of the key informants (primary school teacher) stated that: *“Gumuz students missed classes due to lacked of concentration and quarreled with students and teachers, and had limited participation in group and individual assignments. They cannot attend class especially in the 4th and 5th periods; if they do not smoke tobacco in their break time, and they become depressed to follow the lesson”.*

Similarly, adolescents who participated in FGD pointed out: *“He/she smoked or snuffed tobacco when teachers teach and order them to form group in the class to do class works, they are less attentive and passive to make group discussions”.* The finding of the study has shown, adolescents in Gumuz community give less concentration to their education, because their attention becomes interrupted by the addiction of smoking tobacco (pipe less or smokeless). Have this rationale, they do not want to study and their academic performance is not good. They confirmed that, they do not want to continue studying after high school grade level; since most participants had part-time jobs for income gaining to meet their need of tobacco. This in turn caused for shortage of time and lack of interest to do home works and assignments for their learning processes. One of the interview participants confirmed that: *“Before going to school, I always smoke tobacco and follow the lesson in the class. If my teacher gives assignments and homework to be done in my home; I am not interested to do because smoking makes me feel excited”.*

In addition, FGD participant added that: *“Because they are tired after turning from school, their teacher ordered them to do homework, and assignments in the class. They start practicing smoking tobacco, drink Arekei (Local beer) to relax them and slept than focusing on their education and doing their homework and assignments”.*

From the focus group discussion, a participant (with parents) disclosed that: *“My children go to school every day, but I do not see when they do their homework and assignments. They always want to practice smoking tobacco and they lack motivation to do homework and assignments. I do not follow my children to do their assignment and homework, simply forced to practice smoking”.*

A key informant (teacher) in Gesessi primary school pointed out that: *“They always give home works and assignments to the student. Gumuz students are not careful for their home works and assignments, because the students have not an interest to do and forget the given assignments and home works”.*

From the discussion, it can be deduced that, even if their teacher gives them home works and assignments; they are always motivated to smoke tobacco to recover from their tiredness and to become free. This implies that, using tobacco leads not only has health impacts for adolescents but also a problem on education to the society.

Discussions

Impacts of Smoking or Using Tobacco (Pipe and Smokeless) Among Adolescents

The result of this study shows that smoking tobacco brings a public health, economic, educational and psychological problems. Hygiene problems and limited social capital are also impacts of smoking tobacco on Gumuz adolescents in the study area.

Adolescents in the Gumuz communities spend lots of money buying tobacco and covering related expenses including local alcoholic drinks like Areki. They spend at least 40 ETB for tobacco and Arkei (local beer). They get the money from their parents, and from selling firewood and charcoal. Additionally, adolescents waste their time on smoking tobacco rather than engaging on productive works, which has negative impacts on their financial status. The culture of saving in the Gumuz communities especially in male adolescents is very limited; even though when they get much more money, they spent it for buying tobacco and local alcoholic drinks. When they smoke tobacco, they are initiated to drink alcohol. So, they face difficulties to manage their money the Gumuz adolescents faced difficulties for satisfying their basic needs, including food, clothes, education materials and the costs of health services.

As the findings of the study point out, women are more likely to be impacted by the burden of caring for family members with tobacco-related diseases, and income spent on tobacco products instead of necessities such as food, healthcare and education, adversely affects women and children's health and well-being [4]. More than 10% of expenditure in poor households in Egypt is spent on cigarettes and other forms of tobacco, which caused the government for extra expenditure to cure tobacco related diseases [20]. They found that economically, the costs of smoking to smokers and their families include money spent on buying tobacco, which could have been used on food, clothing and shelter, and other important things. As smoking causes the death of many in their working years, a lot of families are deprived of many years of income. Smokers also lose a lot of their income through illness. In the event of a smoker's premature death, a partner, children or elderly parents can be left without a means of sustenance [21]. The Gumuz adolescents confirmed that, they developed a habit of using tobacco can only initiate their mind. Due to this rationale, they are becoming dependant on tobacco, and when they smoke tobacco, they become active to do any activity. They link every activity with smoking tobacco and they look tobacco is their life. In addition to this, they do not sense the bad smell of smoking tobacco on their body, which in turn makes a challenge on their interaction with other society [21, 22].

Another study found that, mental health problems such as depression, developmental lags, apathy, withdrawal and other psychosocial dysfunctions frequently are linked to smoking tobacco among adolescents [23]. As they smoke tobacco, youths are at higher risk than non-users for mental health problems, including depression, ethics or conduct problems, personality disorders and suicidal thoughts [8]. Adolescents, who were more worried and nervous having troubles in regulating anger, feeling sad and lonely were more likely to have tried smoking [24].

Most of the Gumuz adolescents are not aware about the health

effects of using tobacco rather they are perceived that smoking tobacco makes free from disease though many of the adolescents confirmed that, smoking tobacco causes health problems. They do not sense coughing, becoming sweated and tired and headache as the consequences of using tobacco. But on this study, smoking tobacco causes health problems include coughing, tiredness and headache.

In line with the above point, some of the adolescents do not consider the health impacts of smoking. They have a mistaken belief as the water pipes are less harmful and less addictive than cigarettes [25]. Laboratory experiment proved that, smoking tobacco via water pipe is linked to the same adverse health conditions as cigarettes [26]. Smoking tobacco can cause many chronic diseases, acute respiratory diseases, such as pneumonia and influenza and a number of persistent respiratory symptoms such as wheezing and cough [27]. A study also revealed that, inhaling tobacco smoke causes numerous immediate responses within the heart and its blood vessels. Within one minute of starting to smoke, the heart rate begins rise. This is mainly attributable to nicotine, the chief addictive substance in cigarettes [28]. Similarly, the study by Surgeon General indicated that, tobacco brings different health problems on the smoker adolescents such as cough and phlegm production, an increased number and severity of respiratory illnesses, decrement of physical fitness, an unfavourable lipid profile and potential retardation in the rate of lung growth and reduced level of Maximum lung function [29].

Adolescents in Gumuz community do not continue their education throughout the year. Most of the time, they dropout from school and the remaining students do not follow their lesson attentively because they join with part-time jobs to fulfil their need of buying tobacco. So, to gain an income they drop out from school and engage themselves in income earning activities, which enables them to buy tobacco. Even adolescent learners do not follow their classes attentively, if they stay much time without smoking tobacco, they feel depressed and their eyes become blurred. As a result, they have less concentration to follow the lesson and they ignore to do home works, studying and assignments.

The findings of numerous studies confirm that, unable to pass to the next grade level, absenteeism from class, and dropping out of school or university are problems associated with use of adolescents who are tobacco smoking [30]. Additionally, low level of commitment to education and higher absence rates appear to be related to alcohol and tobacco use among adolescents in university and college. Principally, cognitive and behavioural problems experienced by alcohol and tobacco user youths may interfere with their academic performance and encounter obstacles to learn with their classmates [31]. A study on the linkage between school achievement and smoking behaviour stipulated, the better students do academically, the less likely they are to smoke. While, poor academic result predicts strongly increased tobacco use at a later date and difficulties in quitting smoking [32, 33].

Limitations of the Study

The study was conducted in a single *Kebele* (*Small administration unit in the study area*), in Debatie Woreda (District). As a result, it may not represent and generalize the impact of tobacco smoking

in other areas of the Gumuz community. The study used qualitative approach to investigate the impacts of smoking tobacco where it difficult to show numerical data, and difficult to generalize the impact of smoking tobacco on adolescents. Exploring the possible confounds and conducting a thorough investigation into the construct validity of information given by participants is difficult and should require additional research to improve the public health of the general society.

Conclusion and Recommendations

The use of tobacco by the Gumuz adolescent leads to habitual and severe public health problems. The findings of the study clearly show that, the wide use of tobacco both by pipe and smokeless influenced adolescents to practice smoking. The result demonstrated that, adolescents start using tobacco in their early age. The Gumuz adolescents have different situations of using tobacco. Firstly, they use tobacco in the form of snuff and Gaya (Daweya). Similarly, they use tobacco, in time of negotiation; mourning, weeding, and teamwork are the most common situations that the Gumuz communities including adolescents use to use tobacco. Therefore, smoking tobacco brings an economic, health, educational and psychological consequences, hygiene problems and limited social interaction, and lack of attention to attend classes.

As a way forward, advocacy activity concentrating on awareness creation and behavioural change programmes should be implemented at school and out school among Gumuz adolescents. They help to assist in creating know how for the Gumuz adolescents resist their cultural influences and in creating knowledge about the situation and addressing the associated effect to the community. Awareness creation sessions for school community members mainly for teachers, Gumuz community leaders, and member of parent committees', religious institutions and civic society organizations should be introduced intensively. In addition to this, advocacy or lobbying through multimedia, distributing posters and community mobilization programs should be undertaken to prevent the problem in the study area.

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