

Frequency of Sheesha Smoking Among the People of Karachi

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ABSTRACT

Objective: To assess the frequency of Sheesha Smoking among People of Karachi.

Study Design: Cross sectional study

Place and Duration of Study: This study was conducted at the Sheesha bars, hospitals and different places in Karachi from November 2017 to March 2018.

Materials and Methods: 264 people had taken part in this study, n=264. A self administered structured questionnaire after an informed verbal consent was distributed and got filled. A pilot study was conducted to assess the validity of questionnaire. Data was analyzed using SPSS version 20 with 95% confidence interval, margin of error was taken as 5% and P-value 0.05 was considered significant.

Results: 264 Sheesha smokers participated in the study. Amongst all the 74.2% were students, 22.7% were employed while 2.3% of people owned shop. 85.6 were males while 14.4 were females. The highest number of people started Sheesha smoking in 15-20 year of age with the value of 60.6%. 83.7% people were introduced to Sheesha through their friends. Most of the people accepted that the flavor of Shisha attracted them a lot and 52.7% of them had been smoking Shisha for more than one year. The highest number of people took money from their parents for Sheesha smoking. Research showed that 64.6% people smoked Sheesha for fun. Most of them accepted that Sheesha affected their mood and 71.6% knew its hazardous effects on health and 56.8% of them were trying to give up their habit.

Conclusion: The study concluded that the trend of Sheesha smoking is increasing at high rate. Most of the people who are indulged in this activity are young people who are our future but due to unawareness of its hazardous effects, people starts smoking Shisha, they use it for fun with friends and spend more than an hour in smoking. The trend is also getting popular among families. The society as well as Government must take steps to stop this menace from spreading and spoiling our youth.

Key Words: Shisha, Frequency, Awareness, Hazards, Effects, Routine, Life

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INTRODUCTION

Sheesha Smoking is a way of smoking tobacco, sometimes mixed with fruit or molasses sugar through a bowl and hose or tube. The tube ends in a mouthpiece from which the smoker inhales the smoke. It has been claimed that more than 100 million people worldwide smoke Shisha daily. It is a common practice in the Middle East, Turkey, India, Pakistan, Bangladesh and some Parts of China. Estimates showed that tobacco related deaths are expected to rise from 5.4 million in 2005 to 6.4 million in 2015 and 8.3 million in 2030¹⁰. Tobacco is used in different forms and among these smoking Sheesha is gaining immense popularity mainly because of youth appeal^{13,14}.

Social acceptability, poor knowledge of sheesha smoking health related hazards and certain socio demographics are favoring the increasing current trend of shisha use among adolescents in Al Hassan, Saudi Arabia.¹⁸

Despite perceptions among young adults that Sheesha smoking is safer than cigarette smoking. Studies to date do not support these perceptions. In 2005, the WHO advisory panel on Sheesha smoking pioneered in putting forth a set of recommendations to help countries to plan strategies against this practice¹¹. It was strongly recommended that Sheesha should be subjected to the same regulations as cigarette and other tobacco products. Unfortunately Pakistan failed to implement any of those recommendations.

Literature showed that in Pakistan, the information regarding Sheesha smoking is scarce and very few studies have been carried out to determine the prevalence of Sheesha smoking¹². The purpose to carry out this research is to highlight the growing trend of Sheesha smoking in peoples of different age groups despite its harmful effects which include diseases like pulmonary diseases causing shortness of breath, stroke, heart diseases and cancer.

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There is high frequency of tobacco usage in the form of cigarettes, chewable tobacco and snuff tobacco among Sheesha smokers of Pakistan²⁰. The highest frequency is for cigarette smoking.¹⁹ The rise in Sheesha smoking as a trendy social habit appears to be occurring despite emerging scientific evidence of its potential health risks.⁴ Socializing, relaxation, pleasure and entertainment were the main motives for Sheesha use. While Sheesha users were aware of the health hazards of Sheesha smoking, they perceived it as less harmful, less addictive and more socially acceptable than cigarette smoking and were confident about their ability to quit.¹⁶

MATERIALS AND METHODS

A cross-sectional study was conducted on a sample size of 264 people, n=264. The sample was taken through non probability purposive sampling from individuals using public cafe, Shisha bar and shopping malls with in a study period of five months from November 2017 to March 2018. A structured self-administered

questioner was constructed for interview. An informed verbal consent was taken from the people. To ensure the validity of the questioner a pilot study was conducted and the structured questioner was distributed and got filled. The questioner consisted of personal questions like gender, field of work, smoking habits (shisha, cigarette, pipe and cigar), age of onset, frequency, duration, place of smoking and diseases developed due to Shisha smoking. The response was entered and analyzed using SPSS version 20 with 95% confidence interval and margin of error 5% and p-value of 0.05 was considered as statistically significant.

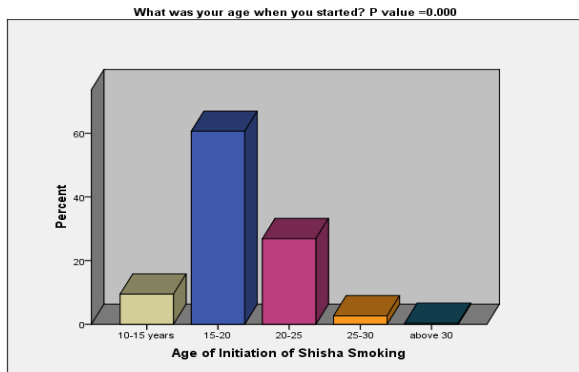
RESULTS

A total of 264 Sheesha smokers of different age groups belonging to different fields from Karachi filled the questionnaires. The mean age of people who smoke Sheesha was 21.5 ± 3.55 (Range: 16-38 years). Amongst all the participants 74.2% were students, 22.7% were employed while 2.3% of people owned shop. And 85.6 were males while 14.4 were females.

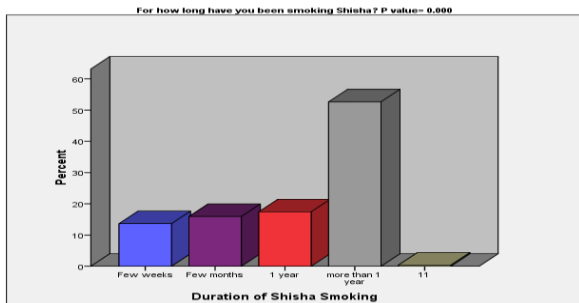
Table No. 1: Questionnaire

S No	Questions	Percentage %	Mean	CI 95% (Lower - Upper)	P-value
1	What was your age when you started?		2.239	2.16-2.32	0.000
	10-15yrs	9.5			
	15-20yrs	60.6			
	20-25yrs	26.9			
	25-30yrs	2.7			
	Above 30yrs	0.4			
2	For how long have you been smoking Shisha?		3.125	2.98-3.27	0.000
	Few weeks	13.6			
	Few months	15.9			
	1 year	17.4			
	More than 1 year	52.7			
3	How often do you smoke Shisha?		3.496	3.32-3.67	0.015
	Daily	12.9			
	Weekly	20.5			
	Fortnightly	6.1			
	Monthly	25.4			
	Occasionally	35.2			
4	In what mood do you smoke the Shisha?		2.125	2.05-2.21	0.018
	Depressed	16.7			
	Happy	54.9			
	Other	27.7			
5	From whom do you get the money for Shisha smoking?		2.288	2.13-2.44	0.029
	Parents	46.2			
	Siblings	4.9			
	Friends	22.7			
	Other	26.1			
6	How Shisha smoking is affecting your daily performance?		2.909	2.77-3.05	0.001
	Affecting studies	19.3			
	Low performance in office	12.1			
	Can't Exercise/walk for a long period	31.4			

The percentage of people who started smoking Sheesha in 10-15 years was 9.5% and those who started in 15-20 years was 60.6% while 26.9% started at 20-25 years of age, 2.7% were those who started smoking Sheesha in 25-30 years and 0.4% being those who started to smoke Sheesha when they were above 30 years (p value 0.000). Research showed 83.7% people were introduced to Sheesha by their friends while 5.7% indicated that they were introduced by their family and 7.2 % said that they got to know about it through social media, 1.5% were those people who got introduced to Shisha smoking by electronic media, on the other hand 1.9% by some other source (p value 0.028). There were 17.4% of people who had been smoking Shisha for a year, 15.9% were those who had been smoking it for few months and 13.6% were indulged in it for few weeks and the rate of those who had been smoking Shisha for more than a year was 52.7% (p value 0.000). Majority of the people did not smoke Sheesha daily or weekly -- 12.9% were in the habit of smoking Shisha daily, 20.5% used to smoke weekly, 6.1% were in the habit of smoking it fortnightly and 25.4% indicated that they smoke Shisha monthly and 35.2% were those who smoke occasionally (p value 0.015).



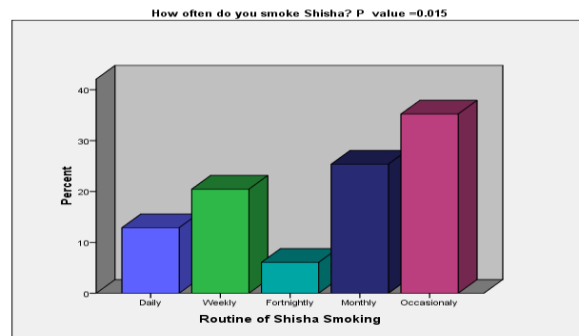
Graph No.1: Relationship of age of initiation of Sheesha Smoking to percentage



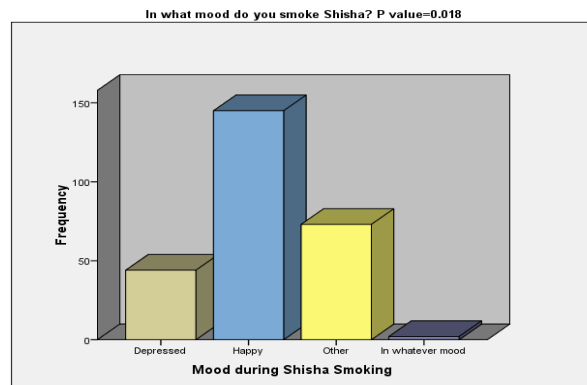
Graph No.2: Relationship of Duration since Sheesha smoking to percentage of smokers

The percentage of people of different age groups who spent more than 1 hour in Shisha smoking was 28.8%, those who spent 1 hour was 26.1%, while those who utilized half an hour was 20.5% and 23.1% were those who spent even less than half an hour (p value 0.393).

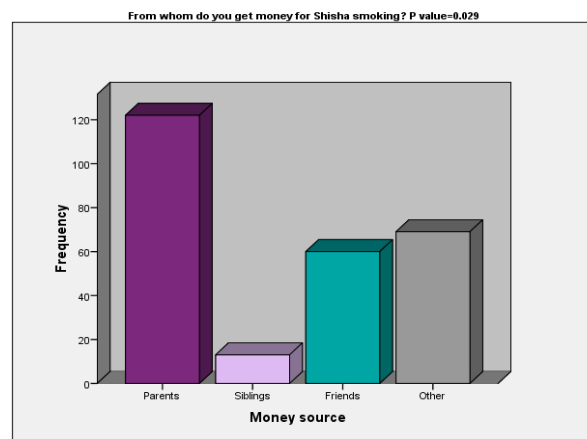
16.7 % of people smoked Shisha when they were depressed and those who indicated that they smoked Shisha in happy mood were 54.9% while others who could not figure out that in what mood they smoke Shisha were 27.7% (p value 0.018). The people who said that they took money from their parents for Shisha smoking was 46.2% while 4.9% were those who borrowed money from their siblings to smoke Shisha, the people who took money from their friends for Shisha smoking was 22.7% and 26.1 % had other source (p value 0.029).



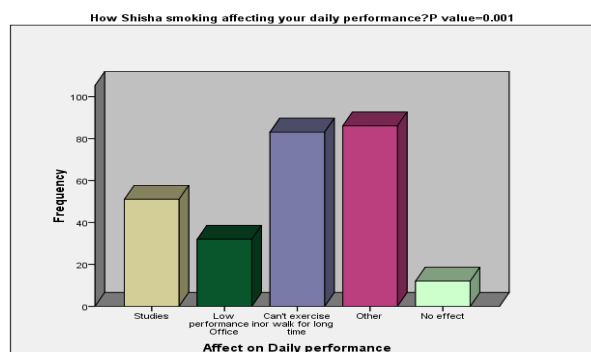
Graph No.3: Relationship of percentage of Sheesha smoker s to the Routine.



Graph No.4: Relationship of Frequency to Mood during Sheesha Smoking.



Graph No.5: Relationship of Money source to Frequency.



Graph No.6: Relationship of Effect on Daily Performance to Frequency.

Among those who indicated that they smoke Shisha to feel relaxed were 12.9%, 8% people were those who smoked Sheesha to get rid of tension while 1.9% confessed that they smoked Shisha when their parents had a fight while people who indulged in Shisha smoking just for fun were 64.6% (p value 0.153).

The people who knew that Shisha smoking is hazardous to health were 71.6% while 15.5 didn't even consider it harmful (p value 0.756). Among all the participants, 19.3% accepted that Shisha smoking was affecting their studies while those who said that their performance had become poor in office after Shisha smoking was 12.1%, 31.4% said that Shisha smoking has affected them by their inability to exercise and walk for longer periods while others were 32.6% (p value 0.001). People who thought that Shisha smoking has less nicotine content than cigarettes were 30.7% while those who didn't think so were 42.8% (p value 0.70). 29.2% of the people felt ashamed of this habit while rest i.e. 70.5% didn't consider it act of shame. (P value =0.082)

The research indicated that 26.5% of the participants were also indulged in other addiction while 73.5% just smoked Sheesha. (P value=0.028).

DISCUSSION

With a population of 14.9 million recorded in the 2017 Census of Pakistan¹⁷, we have confined our data to 264 Shisha smokers, covering major areas of Karachi like Defence, Clifton, Gulshan and Saddar etc. The fact behind collection of data from these areas was because of easy approach and availability of shisha to people through Cafes, Bars etc.

The study conducted on 264 Shisha smokers of all districts of Karachi. The Study resulted that 60.6% people started smoking Shisha before the age of 20 years. These figures showed similar tendency of age as the other studies reported from Middle Eastern Countries. A study done in Oman stated the same fact of Shisha smoking that 88% people were at mean age of 15 years⁵. Another study done in Karachi showed the same correspondence of age that was 22.1% in their study found to be little Higher than adolescents in Pakistan³.

This little rise in age from adolescents to young adults might be due to more independence with age and incorrect perceptions. These include the popular belief that the nicotine content in shisha is lower as compared to that in cigarettes and that the water used in this form of tobacco intake filters out all the hazardous chemicals such as carbon monoxide, nicotine and tar¹².

52.7% responders of this study showed that they have been smoking Shisha for more than one year and this frequency is increasing day by day.

Despite fact of this ongoing trend of shisha smoking, our study showed only 12.9% of people smoked Shisha daily, this indicates that most of people don't prefer to smoke on daily basis. However, 35.2% people smoked shisha occasionally and it was mood dependence which led them to have occasional smoking. Our study showed that 50.4% of people intended to have Shisha smoking in their happy mood. This figure showed a much correspondence to other study that was conducted on students of Karachi⁶. More than half of people of our study stated that they used to have shisha smoking just for fun and this idea is more preferable by young adults. This idea was strengthened by survey in Pakistan university students which stated that most of young students tend to smoke shisha for pleasure-seeking and fun⁷.

Shisha smoking definitely demands huge amount of money because of ongoing trend of assimilating, fascinating and furnishing life style - Such Shisha Bars also try to be more attractive and beautiful that also advocates a big amount of money. To pay off this amount by young adults which are definitely unemployed and depended upon their parents. Our study showed that 46.2% got money from their parents to have shisha smoking.

Shisha smoking has very harmful and profound adverse effects on our body and health which in turn leads to negative effects on our daily performance. Our study enlightened us that 31.4% people could not Exercise or walk for a long period of time, 19.3% had effects on studies, and 12.1% showed lower performance in their office and 32.6% showed other adverse effects on their health.

CONCLUSION

The research concluded that most of the Shisha smokers were around 20-25 years of age and many started smoking Shisha by the age of 20 years. The research concluded that most of the smokers were though aware of its hazardous effects and had some effects on their routine life but smoked for fun and in happy mood. Most of the people got introduced to Shisha by their friends but family was also found as source in familiarizing this. Most people didn't smoke Shisha regularly but it was mood dependent.

Author's Contribution:

Concept & Design of Study: Tafazzul H. Zaidi
 Drafting: Tariq Kamal Jafri
 Data Analysis: Kiran Mehtab
 Revisiting Critically: Tafazzul H. Zaidi, Tariq Kamal Jafri
 Final Approval of version: Tafazzul H. Zaidi

Conflict of Interest: The study has no conflict of interest to declare by any author.

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