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## **NICOTINE AND TOBACCO ADDICTION AND ITS INFLUENCE ON STUDENT HEALTH**

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**Introduction:** Smoking is one of the main reasons of chronic heart, blood vessels, lungs, digestive organs diseases including oncological pathology. It also affects your teeth and skin. Smoking is one of death factors in Belarus being the cause of every fifth death among people aged 35+. Most of the smokers get into the harmful habit while being a student. This fact makes it very important to inform this social group about the harm of smoking. As it is better not to begin smoking because in future you will have to make a lot of efforts to get rid of this bad habit.

**Aims:** This study was developed to explore the awareness rate of the harm of smoking among Belarusian students, to get the statistics about the nicotine addiction expansion among students and to find out the ways of increasing the motivation of being healthy among younger generation in Belarus.

**Materials and methods.** Different domestic and foreign literature including Internet websites were analyzed. Data were collected through focus groups. Eighty-eight 16 and 25 year old students were interviewed at BSMU and other universities.

**Results and discussion.** The questioned students show high awareness of the diseases caused by smoking. Nevertheless, most respondents do not know the nicotine addiction symptoms and do not understand that they are already in nicotine “slavery”. They suppose they can easily quit smoking. The results of our survey confirm this fact. The inform about the harm of smoking is not interesting for most of the respondents. According to statistical findings most of the respondents know about the health effects of tobacco. 15,6% of students smoke systematically. However, the cigarettes share decreases due to increasing use of electronic cigarettes and steam generators.

**Conclusion:** With deeper understanding of the existing problem, we are better positioned to develop strategies for destabilizing the pervasiveness of smoking.