

Abstract

Introduction: To reduce risks, tobacco manufacturers have started to diversify their products. Nicotine can now be obtained from smokeless tobacco products, including oral tobacco and nicotine e.g in pre-filled sachets (snus, nicotine sachets). Students of Faculty of Education belong to a group of young people who can be approached by these products, and at the same time, as future teachers, they should be informed about these products.

Objectives: The aim of the work was to find out the experience of students of the Faculty of Education, *Charles University* with the use of oral forms of tobacco and nicotine.

Methods: Quantitative research was used to obtain the data. The research has been done using an anonymous online questionnaire survey in the Survio.com platform. Students were approached by e-mail, which is used by all students of a particular and a student Facebook account. The data obtained was processed in Excel. The questionnaire was divided into four parts. The first part of the questionnaire collected basic information on respondents (age, field of study, year), the second part questionnaire examined the experience of the prevalence of tobacco and nicotine use, the third part examined the experience of nicotine pouches and the last part examined the experience with oral tobacco use.

Results: The research involved 493 respondents, of which 86.0% were women. During the last 30 days, 63.9% of respondents did not use any of the listed tobacco or nicotine products. The most common tobacco product used by respondents in the last 30 days was cigarettes. 7.5% of respondents had taken nicotine pouches at some point in their lives. 16.7% of respondents who experience taking nicotine pouches take them every day. The most common motive for using nicotine pouches was curiosity. Other reasons were the stimulating effects of the bags, the absence of odour or the ease of use of the product. They are most likely to enjoy them in the company of their friends, or in places where it is forbidden to smoke cigarettes like restaurants and bars. The most common negative effects perceived by respondents when taking nicotine pouches were nausea, headache and dizziness. The positive effects were outweighed by a feeling of relaxation and an improvement in mood. Due to the very small number of users of oral forms of tobacco among students it was not possible to draw relevant conclusions about user behaviour for these products.

Conclusion: This study is one of the first studies in the Czech Republic, which focuses on the use of nicotine bags in university students, but also in the entire population. The benefits of the work are new insights into how often, under what circumstances and why students of Faculty of Education, *Charles University* use nicotine pouches and the effects they experience when taking them.

Key words: nicotine, nicotine pouches, oral tobacco, students, dependence