

Abstract

BACKGROUND: Chewing tobacco is a smokeless tobacco product that contains the substance nicotine. Nicotine is an addictive substance and is one of the most commonly used addictive substances in the general population. Secondary school students are a group of young people who may be affected by this tobacco product.

OBJECTIVES: The aim of this study was to identify and map patterns of chewing tobacco use among secondary school students, i.e. whether secondary school students have experience with chewing tobacco and, if so, to what extent they use it.

METHODS: Data were collected using a quantitative questionnaire survey designed using the online survey tool Google forms. The questionnaire was featured on the social media platforms Instagram and Facebook. The data collected was further detailed in MS Excel.

RESULTS AND CONCLUSION: A total of 304 respondents participated in the study, of which three respondents were excluded because they did not meet the inclusion criteria. Thus, the total number of respondents included in the study was 301, of which 231 (77%) were female and 70 (23%) were male. Of the total, 128 (42.5%) respondents reported experience with chewing tobacco. The most common age of first experience was between 15 and 18 years, reported by 92 (71.9%) respondents. 96 (75%) of the 128 respondents reported that their first experience with chewing tobacco was with friends. The majority of respondents, 88 (68.8%) to be precise, had negative feelings when they first used it. 116 (90.6%) respondents learned about chewing tobacco from friends. Daily users are 29 (22.7%) out of 128 respondents. Average consumption was 4 sachets per day for 45 (35.2%) respondents and weekly consumption was 26 sachets per week for 98 (76.6%) respondents. 14 (14.3%) out of 98 respondents keep tobacco in their mouth for more than 30 minutes. Fifty-two (89.7%) of the 58 respondents reported that they mostly use with friends. 58 (45.3%) of 128 respondents spend on average 146Kč per week on chewing tobacco. The most common form of other tobacco used by respondents is e-cigarettes, used by 62 (48.4%) of 128 respondents. This study showed that secondary school students have experience with chewing tobacco and may benefit from new information on how often students use and under what circumstances.

Keywords: chewing tobacco, nicotine, students, high school, addiction