

Abstract

Background: Smoking cessation is still a debatable topic in addiction services as well as in other circles of the professional public. The use of tobacco products is examined both in clients of addiction services and in the general population. Many studies that deal with the use of tobacco products are focused on specific groups in the general population (e. g. pregnant women, Roma and people in prison). However, if we wanted to focus on the part of the population in the Czech Republic which is specific working in blue-collar professions, we would find a very limited number of resources.

Objectives: The main target of the research was mapped the motivation to quit smoking among manual workers who work in industrial production. This goal was mapped through questions that focused on motivational factors, level of motivation to quit smoking, attempts to quit smoking, and reasons for relapse. The secondary goal was to verify the interest of production workers in the employer's smoking cessation support program. The main intention was to find out how many employees would participate in the program if the employer would offer to them. This secondary goal was also related to the mapping of the use of professional services by employees in case they were informed about them.

Methods: The research was quantitative and took the form of a questionnaire survey. Data was collected using a questionnaire, that was compiled by the researcher. In this case was not used to a standardized questionnaire. The questionnaire consisted of 18 questions and was distributed in printed form. Data collection was carried out using the snowball method. Some of the employees were personally approached and expected to inform each other about the data collection. Further participation in the study took place by self-selection. Places for storing and collecting questionnaires were determined in advance. Data were evaluated using statistical methods.

Sample: The companies were selected according to a key criterion – they had to be oriented towards industrial production. For the selection of the research group, the criterion was that they were only manual workers directly in production. Finally, were involved 5 companies and 124 workers in the study.

Results: The results of the questionnaire survey showed that the motivation of manual workers in production is in the middle values - 5.6 on a scale from 1 (not at all) to 10 (very much). The value 1 appeared most often (n=27, 22 %). Among the 3 main motivational factors that would motivate workers to quit smoking were deterioration of health due to long-term smoking (n=43, 34.83%), deterioration of financial situation (n=17, 13.77 %) and being a positive role model for children (n=17, 13.77 %). In attempts to quit smoking, self-help smoking cessation method clearly led (n=93, 75.33 %). In second place was the use of nicotine replacement therapy (n=16, 12.96 %) and only 3 of the respondents (2.43 %) tried a session with a specialist in an outpatient clinic. As the most common reason for relapse, respondents cited weak will (n=51, 41.31 %). In the second place, they mentioned the continuation of contact with smokers (n=35, 8.35 %) and in the third place was mentioned excessive stress (n=28, 22.68 %). If employees were informed about professional smoking cessation services only 24 (19.44 %) of them would use these services. If the employer were to start a smoking cessation support program in the company next year, 29 (23.49 %) employees would participate in it.

Conclusion: The research study showed that the motivation to quit smoking among manual workers in industrial production is rather low. The smoking cessation methods used by respondents in the past and the reasons for relapse confirm the hypothesis that awareness of smoking cessation options and professional services is low in this population group. The prevailing opinion is that if a smoker wants to quit, he can quit on his own. Workers in blue-collar professions are a specific subculture that suffers from the absence of basic knowledge in this area. In the case of the introduction of a smoking cessation support program we would first have to educate the workers and the management of the company so that the program could be applied effectively. The results clearly show that workers in blue-collar professions are another specific group that is significantly endangered by risky behavior.

Key words

motivation – smoking – quit smoking – industrial production – manual workers