

EFFECTS OF SMOKING, ALCOHOL AND DRUGS IN LEARNING OUTCOMES OF STUDENTS

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Abstract

The aim of this research is to evaluate the effects of smoking, alcohol and drugs on the learning outcomes of students in two secondary schools, respectively "Eqrem Qabej" in Vushtrri and "Dr. Xheladin Deda" in Mitrovica. In order to carry out this research, a questionnaire with a total of 20 questions has been used and included 16 students of 11th and 12th grades from those two schools. Statistical data obtained through this research show that out of total 100% of students covered by this research, 70% of them have consumed tobacco, 20% of them alcohol, whereas 10% of students have used drugs. According to the interviewers, there are quite a lot of young people who are well informed about negative phenomena and the damaging effects that they can have on their health. Due to the data obtained through this research, it can generally be concluded that the knowledge of secondary school students on these issues is very poor. Therefore, it is recommended, in the future, to raise the awareness of students in regard to smoking, alcohol and drugs, so that they are aware of the damaging effects that they can cause. This can be achieved through the media and various trainings in different schools of Kosovo. Otherwise, such trainings would help students not only to increase their overall success in their further education, but also to prevent the grave consequences they can cause on their health. It is recommended to continue with further research in other schools of the Republic of Kosovo in order to raise the awareness of students on these negative habits and to prevent potential diseases that can be caused by the consumption of alcohol, drugs and smoking. **Keywords:** smoking, alcohol, drugs, trainings of youth.

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1 INTRODUCTION

Nowadays, we live in a district where there are negative phenomena that every day more and more are overturning our society, usually those who are victims of these phenomena are teenagers to whom is imposed by their surroundings by making it impossible to have a future where each of them can have access to areas that would really raise the level of work, society and the environment in which they live.

Among the most dominant negative phenomena in our society are:

- ❖ tobacco,
- ❖ alcohol and
- ❖ drugs.

1.1 Tobacco

Tobacco is a plant of the family Solanaceae.

Where there's Fire, there's smoke, separating truth from misconceptions when it comes to smoking foods (Reader, 2013).

Cigarette smoke contains more than 4000 chemicals, including 69 types, which are known to cause cancer.

In tobacco smoke are found three components permanently, which are responsible for many diseases associated with smoking: nicotine, tar, carbon monoxide.

Dependence smoke was and still is created by the tobacco industry and tobacco trade (Sander at al., 2004).

Cigarettes contain nicotine, a powerful drug which has stimulating properties.

The dependency on smoke was and still is created by the tobacco industry and the tobacco trade (Gilman at al., 2004).

Nicotine causes psychological dependence as well as physical dependence. Then when the user interrupts smoking signs appear within a few hours of unpleasant interruption. Large doses can cause nicotine poisoning.

Physical effects are increase in heartbeat and blood flow in the heart arteries, raising blood pressure by narrowing blood vessels, increased breathing and oxygen consumption, reduction of body temperature, narrowing of the bronchi.

Leading cause of cancer is smoking and bladder cancer these are, blood, kidney, lung, the mouth, the stomach and throat (Pi, 2014).

Risks that smoking brings health are: general decline physical condition, greater speed of the heartbeat at rest, cough and sputum extraction, poor health, and greater sensitivity to more serious respiratory diseases.

Early appearance of vascular disease, a prerequisite for heart disease, slower development of lung, and possibly reducing the level of lung function in adulthood.

Ramadan (2011, p. 187) gives these tips for giving up smoking:

- ☛ Believe in yourselves, and your success,
- ☛ read serious material in order to learn the harms of tobacco,
- ☛ stay away from smoking environment
- ☛ don't keep close yourself things that remained you of cigarettes,
- ☛ stay with people who want to quite smoking like you;
- ☛ stay away from drinking the coffee and tea, which can encourage you to smoke.

Leadership of the National Institute of Public Health raised concerns about the high number of smokers in Kosovo, which is considered to be too high, especially among young people up to the age of 18.

1.2 Alcohol

Effects of alcohol on the human body: In the short term, alcohol affects a person's functions, weakening eyesight, hearing and balance the body, emotions and perceptions change, exacerbated by trial and giving bad smell breathing.

Alcohol also causes physiological changes, such as

- ☛ the secretion of hormones from glands on renal,
- ☛ digestion of sugar stored in the liver,
- ☛ destroying the balance of electrolytes,
- ☛ liver metabolism disorder.

Consumption of alcohol is a serious health risk of liver disease, cancer.

Medical scientific aspects by Ramadani (2011, p. 127) before scientific attitudes to damage from alcohol, it should be noted that there are people from different circles who proclaim that alcohol and wine there are only benefits, including benefits to which they point out are:

Alcohol and wine are appetizing for dining, and therefore is need for drinking a glass, alcohol offers warm human power, which protects from the cold, drinking alcohol also provides benefits for the heart, that expands blood vessels, alcohol has nutritional value, considering that produces high calorie value, we also ignorant about this statement, we would like to bring the attitude of contemporary medicine that deals specifically with these issues, which will be noticed and will be obey the use of raw and drinking, alcohol beer and wine there is no benefit, but only the multifaceted damage and destruction.

If people exaggerate with drinking alcohol, they can enlighten the coffee!

Only time can help a person's awakening. The body takes time to process the alcohol and return to normal state. For cleaning of common drink, need at least an hour.

After you leave the drink and start living a normal life, you can experience what people sometimes call "desires." This is a dramatic word for a strong urge or desire. Many people worry about them, they do not understand, and hesitate to leave because of their (Tate, 1997). You can live happy, joyful, and peaceful without alcohol! (Hemingway, 2013).

1.3 Drugs

Drugs are a substance that brings physical and psychological changes.

Drugs can be:

- rigid,
- liquid (alcohol) or
- gaseous (absorbers).

Drugs are classified according to the effects that give and are whether legal or illegal.

Many people are worried because they think that drug use among young people is growing.

Among the causes of this rise is the lack of proper knowledge on the consequences of using drugs and that comes as a result of a lack of prevention programs, character education in schools.

Drug addiction in 1964, OSB has offered a definition in relation to drug addiction at which stating Drug addiction is a condition of periodic or chronic, harmful to the individual or society, presented with recurrence of taking either natural or synthetic drugs.

Also are offered even these estimates, so enormous or forced to take drugs in any way either, the intention was to increase the dose, and physical and psychological dependence devastating impact on individuals and society, by definition mentioned it can be understand that addicts are considered only those who will become addicted, and those who take them to the extent that no destructive impact, are not bound by it. We can say that addiction represents a problem in many countries much older than us.

Drugs cause damage only when taken for a long time.

Drugs stimulate sending of wrong signals from the brain to the body. They can cause stopping of breathing, heart stroke or coma, which can occur even the first time the use of a drug.

Drugs also play an important supporting role in disciplines such as criminology and sociology, and are, of course, concern for pharmacology, chemistry, law and various branches of medicine and public health (Klein, 2011).

The most common reason for drug use is that people use it to simplify their problems. They use drugs to forget what they are going through. They use drugs as an outlet from their anxiety, depression and stress (Twain, 2013).

2 PURPOSE OF RESEARCH

The purpose of this research is to collect accurate data on the use of tobacco, drugs and alcohol to high school students.

3 TESTED STUDENTS AND METHODS

1.1 Sample of the tested students

The research was conducted on a sample of students in grades, eleven and twelve from two high schools, respectively middle schools medicine, "Dr. Xheladin Deda" in Mitrovica, and high school "Eqrem Çabej" Vushtrri. Researched sample is selected from 8 students a school. Altogether there are 16 students researched 7 students have been 17 years, 7 students with 18 and 2 student 19 years. Otherwise, the total number of students in these two schools (a total of 16 students), samples show that 16 students from 6 of them use booze, 10 of them smoking and 1 consuming drugs. Regarding gender, are 5 girls and 11 boys.

1.2 Sample of variables

To study, researched and analyze in more detail the negative phenomena (smoking, drugs and alcohol) have used the questionnaire for students (PYN), which recently received information about students knowledge of grade eleven and twelve in two schools. The survey was conducted among students of high school "Eqrem Çabej" Vushtrri and high school students, "Dr. Xheladin Deda" in Mitrovica. Total of 16 students participated, from 8 pupils in a school.

For testing of this research are used close survey questionnaire.

3.1 Analysis of the results obtained through the questionnaire for students

Results obtained through the questionnaire indicate that the 16 students involved in this research, 70% of them smoke, 20% of them consume alcohol and 10% of them use drugs. The results obtained during testing of students are shown in Table 1.

Table 1 Percentage of obtained results

NR	Questions	Yes	No	Rare/ Little	I don't know	Maybe
1.	You personally what do you think of the use of alcoholic beverages at your age?	10%	80%	10%		
2.	Do You personally use alcoholic beverages?	90%	10%			
3.	Do you think that the use of alcohol adversely affects the achievement of high academic results?	80%	20%			
4.	Do you consume SMOKING?	70%	30%			
5.	Do you think that smoke harms health?	60%	10%		20%	10%

6.	Do you think that smoking causes lung cancer?	50%			30%	20%
7.	Is a smoker consumer any member of your family?	80%	20%			
8.	Do your friends consume smoking?	50%	10%		40%	
9.	Do you know someone in your school who consumes drugs?	30%	50%		20%	
10.	Do you consume the drugs?	10%	90%			
11.	Do you know someone in your school who consumes drugs?	40%	60%			
12.	Do you know the consequences of alcohol, smoking and drugs?	40%	30%	30%		

Based on the respondents we have very younger's which are not very informed about negative phenomena and the consequences of which can cause in human health.

Based on the results obtained through this research it can be concluded that: high school students have been identified as the biggest consumers o smoking. It is recommended that future research to increase the number of students about these phenomena and their announcement about causes that harm human health and increase the level of institutional support to them.

Smoking is phenomenon quite widespread negative. Whenever to smokers are offered advice for his desertion, they find any excuse to ignore such advice.

4 CONCLUSION

There are very few knowledge and consequences about smoking, alcohol and drugs for students.

Knowledge and consequences that cause tobacco, alcohol and drugs among students requires time, effort and commitment not only maximum for students but also teachers, parents, and the whole society and professional institutions.

To realize the goal of this research is selection the most meticulous questionnaires through which most easily can identify students who consume these phenomena respectively smoking, alcohol and drugs at their school. With help of a questionnaire for students from a total of 16 students from two schools surveyed, identified 11 students who smoke, 4 students consume alcohol and 1 student consumes these drugs have formed the sample of this research. This sample consists of students from three classes, namely one tenth grade, one eleventh grade and one grade twelve. This sample of 16 students involved in this research consists of five girls and 11 boys.

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