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Associations Between Cigarette Smoking and Headache Among Undergraduate Male Students In Nursing College Duhok University Iraq

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ABSTRACT

The University an academic institution of higher learning is a place where students engage in the struggle to attain academic excellence, professional success and a secure future. This study aimed to analyse the relationship between headache and smoking in nursing students. Descriptive design used to achieve the objectives of the study was carried out at on students of Nursing college at Duhok University from September 1st, 2017 to May 1st, 2018. The study was conducted in Duhok university. A sample consisted of (80) students who were study in the college. In order to collect the study information, a questionnaire was constructed. The questionnaire consists of two parts, **part I** demographic data which is composed of (5) items [age, gender, marital status, residential area, & class], while **part II** is composed of (5) items [Headache Frequency, Onset, Location, smoke cigarette, & number of cigarettes] Data were analyzed by using descriptive statistics, which include frequency and percentages, Statistical Package for Social Science (SPSS) version (24) is used for data analysis. A total of 80 male students were evaluated in the study. Regarding smoking 79 (98.75%), while only 1 dose not smoke (1.25%).The prevalence of headache among the smokers was seen in 70 (88.6%) and without headache in 9 (11.4%) students. Headache is a chronic disease that negatively affects a student's quality of life. This study was undertaken to show the effect of smoking on headache frequency.

Keywords: Headache, Smoking, Nursing, Students

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INTRODUCTION

Headache is one of the most common neurological complaints of the young population Fifty percent of the general population have headache during any given year, and more than 90 % report a lifetime history of headache Headache is considered one of the most common complaints affecting all ages: children, adolescents, and adults It can be defined as a prevalent and disabling condition, affecting daily activity levels and the quality of life, which in the long term increases the economic burden on society Primary headache is a major health concern in many Arab and Middle Eastern countries, and studies have been conducted in Oman Saudi Arabia Jordan and Yemen Smoking is the largest preventable risk factor for morbidity and mortality in industrialized countries WHO estimates that tobacco will become the largest single health problem by **2020**, causing an estimated **8.4** million deaths annually Headaches are affected by many factors, such as tiredness, hunger, lack of sleep, stress, sudden mood changes, alcohol, smells, just a change in the local environment and excessive exposure to the sun Smoking has also been shown to impact the etiology and clinical deterioration of many diseases, primarily lung diseases The objective of the present study was to examine the effects of smoking on headache frequency and severity.

MATERIALS AND METHOD

Descriptive design used to achieve the objectives of the study was carried out at on students of Nursing college at Duhok University from September **1st, 2017** to May **1st, 2018**. The study was conducted in Duhok university. A sample consisted of **(80)** students who were study in the college. In order to collect the study information, a questionnaire was constructed. The questionnaire consists of two parts, part **I** demographic data which is composed of **(5)** items [age, gender, marital status, residential area, & class], while part **II** is composed of **(5)** items [Headache Frequency, Onset, Location, smoke cigarette, & number of cigarettes] Data were analyzed by using descriptive statistics, which include frequency and percentages, Statistical Package for Social Science (**SPSS**) version **(24)** is used for data analysis.

RESULTS AND DISCUSSION

A total of **80** students responded to the questionnaire and were included in the study.

Table 1: distribution of the sample according to their socio-demographical Data [n=80]:

Demographic Characteristics		Number	Percentage
Gender	Male	80	100
	Female	0	0
Age	18-22	65	81.25
	23-27	15	18.75
Marital Status	Single	78	97.5
	Married	2	2.5

	Widow	0	0
	Divorced	0	0
Residential area	Urban	70	87.5
	Rural	10	12.5
Student stage	1st stage	17	21.25
	2nd stage	21	26.25
	3rd stage	18	22.5
	4th stage	24	30

Table [1] demonstrates the socio-demographic characteristics of the whole study sample. The results show the headache were high percent in most students at age between (18-22 years) and constitute (81.25 %). Regarding the marital status the highest percentage 78 (97.5%) were single and lowest percentage 2(2. 5%) were married. Regarding residency, the highest percentage 70(87. 5%) their residence were in urban While the lowest percentage 10(12. 5%) were in rural. According to the students stage the highest percentage 24 (30%) among 4th stages while lowest percentage 17 (12.25%) among 1st stage students.

Table 2: Prevalence of headache based on headache characteristics:

Items regarding to headache characteristics		Frequency	Percentage
Do you smoke cigarettes?	Yes	79	98.75
	No	1	1.25
If you smoke, No. of cigarettes	1-10	10	12.7
	11-20	19	24
	More than 20	50	63.3
Are you having headache?	Yes	70	88.6
	No	9	11.4
Frequency of headaches on average.	Day	10	14.3
	Week	40	57.1
How often do you have headache?	Month	20	28.6
Onset of each headaches/they usually begin in the	Morning	10	14.3
	Afternoon	35	50
	Evening	12	17.1
	Night	13	18.6
Location of headaches-where do you feel the pain during your headache?	Left side	20	28.6
	Right side	10	14.3
	Both sides	27	38.6
	Back of head	5	7.1
	Neck	8	11.4
Duration of each headache	Minutes	35	50
	Hours	31	44.3
	Day	4	5.7

Table [2] indicates that 79 (98.75%) of students were smokers, and only 1 (1.25%) student dose not smoke. The prevalence of headache among the smokers was seen in 70 (88.6%) and without headache in 9 (11.4%) students.

DISCUSSION:

Headache is considered one of the most common complaints affecting all ages: children, adolescents, and adults [4; 5].It can be defined as a prevalent and disabling condition,

affecting daily activity levels and the quality of life, which in the long term increases the economic burden on society [6]. This study showed that the highest prevalence of headache **70 (88.6%)** was related with cigarette smoking among the students at Nursing college/ Duhok university in Duhok city/ Iraq. Many studies have been conducted on the smell of cigarette and the triggering effect it has on migraines, certain data have shown that smoking, which is known to have an effect on the etiology and clinical deterioration of many diseases, primarily lung diseases, might lead to a clinical deterioration in migraines, particularly in migraines with aura [16]. In a study conducted among medical students, the migraine attack frequency of the smoking group was higher than in the non-smoking group [17]. Yeşim, G. A., *et al.* (2016) revealed in their study in females who smoke, the relationship between migraine and smoking has been observed more intensely [15].

CONCLUSION:

Headaches amongst university students negatively impact on both their academic as well as social lives. This study is of particular relevance to the discussions on and implementation of strategies to improve success rates in university students. Smoking impacts the frequency of headache attacks, which in turn, adversely affects the student's quality of life and leads to a loss of labor and excessive consumption of medication. This study contributes to the relevant literature by demonstrating the effect of smoking on the frequency of headache.

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