

Exploring knowledge, attitudes and practices on tobacco and alcohol use among a group of university students

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Tobacco and alcohol use are responsible for a range of morbidities and mortality in the world. Despite the prevailing efforts to reduce tobacco and alcohol use in Sri Lanka some people use tobacco and alcohol showing different reasons. The aim of this study was to explore the knowledge, attitudes and practices on tobacco and alcohol use among a group of university students. The study was conducted with a group of 83 randomly selected university students a self-administered questionnaire was delivered to the participants as a Google form. Quantitative data were analyzed using descriptive statistics and qualitative data were analyzed thematically. Out of 83 participants, 66% of the participants use these substances for fun and to be happy. 40% of them have no reason to use them. 33% of the participants use these substances to be with the gang. 50% of the participants thinks it is alright to have a little amount of alcohol whereas 43% of them see this as a foolish thing. 26% of the participants think that company uses strategies to influence them. 57% thinks any person who smokes any amount of cigarettes can quit the use. According to the results there are gaps in the knowledge, attitudes and practices among this group of students on substances use. As well as peer influence can be identified as a major cause to initiate the tobacco and alcohol usage.

Key words: Tobacco and alcohol use, University students