

## عنوان مقاله:

Interactive study of lifestyle and tendency of young people to smoke

## محل انتشار:

اولین کنگره سبک زندگی سالم (سال: 1401)

تعداد صفحات اصل مقاله: 1

## نویسنده:

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## خلاصه مقاله:

Introduction: Undoubtedly, one of the most important harmful and destructive factors is drugs and tobacco, which is one of the biggest health and wellness problems and an important cause of cardiovascular and respiratory disease and risk, which is the cause of more than a third of deaths in the world. Method: In this descriptive research, taking into account the reports, texts, articles and findings in the field of the interactive effect of lifestyle and tobacco consumption, we have expressed the causes and factors of the tendency towards smoking, its effects on health and well-being, and expressed The solution is through sports and free time. Findings: Based on published reports from researches, researches and final reports of health, medical and educational centers and institutions, the average age of starting smoking was  $20.7 \pm 1.6$  years. More than 71 percent of young people, in which students had a major contribution, were completely indifferent and paid little attention to active lifestyle (sports, healthy leisure time). In more than 40% of cases, the first suggesters of smoking were inactive peers. Conclusion: lack of regular sports program, inactive lifestyle and unhealthy leisure time, socializing with inactive friends and peer group, neglecting the emotional dimension of education had an effective role in their tendency to smoke and drugs

## کلمات کلیدی:

lifestyle , tendency , young people , smoke

## لینک ثابت مقاله در پایگاه سیویلیکا:

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