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DEVELOPING A NEGATIVE ATTITUDE TOWARDS SMOKING IN YOUNG PEOPLE AND THE IMPACT OF ACTIVISM ON HEALTH

Abstract

The article presents an in-depth study of the effects of smoking on the human body, the spread of electronic cigarettes, and the issue of smoking tendencies among young people. The article also discusses the

Evidence is provided that various types of smoking (including electronic cigarettes) lead to multiple diseases, especially cardiovascular and pulmonary diseases, and the impact of physical activity on health and the factors contributing to the formation of harmful habits. Data from surveys and studies conducted among students are presented, which clearly show the connection between a high level of physical activity and the smoking habit. Diseases, as well as cancer. Moreover, the importance of physical activity and sports in combating these harmful habits is emphasised. The spread of electronic cigarettes and their use among young people is also a cause for concern, as their harmful effects are not fully researched, and many people consider them less harmful than regular cigarettes.

These studies highlight the need to implement effective measures to prevent smoking and promote a healthy lifestyle among young people and students.

Keywords: Youth, smoking; electronic cigarettes; harmful habits; health, education; human body; physical activity.

Introduction

Among the diseases that affect many smokers, the most life-threatening are coronary artery disease, lung diseases, and cancer. These diseases are often a result of obesity, smoking, and lack of physical activity. In this regard, doctors often mention that smoking negatively affects the quality and duration of life [1].

The toxic substances in cigarette smoke (nicotine, hydrogen sulfide, formaldehyde, and other chemical compounds) harm the respiratory system and negatively affect the overall functioning of the body. This, in turn, reduces the quality of life and shortens lifespan. Smoking 1-20 cigarettes a day leads to an increase in upper respiratory tract and cardiovascular diseases, and this reduces life expectancy by an average of 2 years [2].

As the amount of smoking increases, the likelihood of developing serious diseases also rises. Smoking 20-40 cigarettes a day increases the risk of cancer, particularly lung cancer, and cardiovascular diseases by 2-3 times. Life expectancy is shortened by 5-10 years [1. – 48].

The harm caused by smoking gets considerably more complicated for people who smoke 40 or more cigarettes a day. Lung cancer, bronchitis, asthma, joint conditions (such as arthritis), respiratory tract infections, the flu, and other infectious disorders are all considerably more likely in this situation. Smokers' physical health deteriorates as well; they frequently feel exhausted and find it difficult to engage in activities that need more oxygen. Smokers also lose their sense of taste and smell, which impairs their memory and their capacity to detect subtle emotions. Smoking has an impact on people's mental health as well. This habit frequently develops into an addictive behaviour, leading to erratic and unexplained behavioural changes in the smoker. Smokers frequently give in to their emotions and may not react appropriately in trying circumstances because they lack self-control. Additionally, the unpleasant odour emanating from the mouths of smokers negatively impacts their social interactions.

According to the United Nations, nicotine (the poison in cigarettes) ranks second globally among drugs in terms of its impact on individuals and society. Scientific studies show that smokers' life expectancy is reduced by 12-15 years, which leads to a significant decline in their quality of life.

Research [1. – 73] indicates that even individuals who have never smoked but have been constantly exposed to cigarette smoke have a 47% higher likelihood of developing severe heart failure.

When a person quits smoking, positive changes occur in their body. Eight hours after smoking, the level of nicotine and carbon monoxide in the blood is reduced by almost half. Oxygen levels in the blood return to normal.

After 24 hours, no nicotine remains in the body. After 2-12 weeks, blood circulation improves, making walking and running somewhat easier.

After one year, the risk of developing heart failure is reduced by approximately 50%.

After 10 years, the risk of lung cancer is halved, and the likelihood of dying from heart disease becomes the same as that of someone who has never smoked [2. –33].

Materials and methods of research

Statistical studies have shown that people who quit smoking experience significantly more happiness in life, including the following benefits: – They perform physical exercises and intense physical activities more effectively; – Their hair, clothes, and skin are much cleaner; – Their appearance improves: the complexion becomes healthier and clearer, and the yellow stains from cigarettes on their fingers and teeth disappear; – Their self-confidence increases, as overcoming a bad habit boosts personal strength [2. –205].

In 2024, a study conducted in the Republic of Kazakhstan on adult smoking rates provided important data for analyzing the population's smoking habits and their consequences. The National Statistics Bureau conducted an annual survey in July, covering all regions of the country, as well as the cities of Astana, Almaty, and Shymkent.

According to the study, the percentage of adult smokers in Kazakhstan is 20.7%, compared to 20.4% in 2023. Among men, the percentage of smokers is 39.8%, while among women, it stands at 7.6%. In rural areas, 22.3% of the population smokes, while in urban areas, the rate is 20%. The majority of tobacco consumption in Kazakhstan is from industrial tobacco products, accounting for 83.7% of the population. The highest smoking rates were observed in the East Kazakhstan region, where 27.6% of people smoke.

According to the survey results, the percentage of people exposed to cigarette smoke at home is 9.2%, including 8.5% non-smokers. The percentage of people exposed to cigarette smoke at their workplace is 6.6%, with 6.2% of them being non-smokers. In public dining establishments, the percentage of respondents exposed to cigarette smoke is 11.5%, with 10.9% being non-smokers [3.-2]. The survey results also showed that 85.8% of respondents understand the harmful effects of tobacco products on human health. However, only 4.6% of respondents expressed opposition to family members smoking. The majority of Kazakhstani people, specifically 72.2% of the survey participants, supported a complete ban on smoking in all public places. This indicates that society is ready for legislative initiatives in this regard [3].

Additionally, there are currently many types of electronic cigarettes, which are the most common forms of electronic nicotine delivery systems (ENDS) and electronic non-nicotine delivery systems. These systems deliver the liquid in aerosol form, allowing the user to inhale it. Electronic cigarette liquids may or may not contain nicotine, but even when nicotine-free, they may still contain harmful chemical compounds found in tobacco. These products are usually mixed with flavorings, various chemical additives, and other dangerous substances.

Common types of electronic cigarettes include electronic cigars, electronic tubes, and other similar devices. Electronic cigarette products, in particular, are actively advertised among young people, gaining popularity among them. The World Health Organization (WHO) has expressed

concern about the open market introduction of these products, with advertising primarily targeting young people. They warn that the promotion of electronic cigarettes through social media, the involvement of influential figures and influencers, affects children and adolescents.

Currently, 88 countries have not set a minimum age for purchasing electronic cigarettes, and 74 countries lack specific regulatory and legal measures for these products. Additionally, electronic cigarette products are designed in ways that appeal to children and young people. Some of them feature cartoon characters or attractive designs that appeal to the interests of the younger generation. Electronic cigarettes are often produced with various sweet flavors, which is one way to attract teenagers and children. Moreover, electronic cigarettes are sometimes decorated with various embellishments to resemble toys and games, drawing the attention of young people.

These marketing tactics give rise to serious worries regarding the growing exposure of young people to e-cigarette usage, which may result in increased rates of addiction and negative health consequences. Teenagers' increasing usage of e-cigarettes need stricter laws to stop smoking among this susceptible demographic from becoming more commonplace. It is crucial to increase public knowledge of the dangers these goods pose and to put policies in place to safeguard the public's health, particularly that of the youth.

The rapid increase in the use of electronic cigarettes among children and young people is a concerning issue for society. In many countries, the rates of electronic cigarette use are much higher among young people than among adults. The promotion of electronic cigarettes on social media is often aimed at positively influencing teenagers, which, in turn, leads to an increase in the use of these products among young people. Research on the short-term informational effects of electronic cigarettes shows that these products are designed to create a positive attitude towards electronic cigarettes among consumers [4].

Overall, the widespread use of electronic cigarettes among young people and their harmful effects on health highlight the importance of regulating these products in society.

The Impact of Physical Activity on Health and Fostering a Negative Attitude Towards Smoking. The future of our country largely depends on the level of public health. In contrast, the health of adults is significantly influenced by the cultural level of children and young people, who shape the potential of the next generation and determine the development of society [5]. Health issues are primarily addressed by healthcare and educational institutions, and successfully solving this pressing issue is determined by a combination of various measures, with the most important being how individuals perceive their own health. In this regard, academician N.M. Amosov states, "Many diseases are caused not by nature or society, but by the individual themselves. Primarily, it is caused by laziness and greed, and sometimes even by foolishness. Do not rely too much on medicine. It cures many diseases well, but it cannot teach people how to stay healthy" [6].

Many people understand the value of health, but not everyone adheres to the principles outlined by the renowned specialist N.M. Amosov. In this context, it becomes crucial to implement certain measures to improve the effectiveness of the educational and upbringing process in educational institutions.

Considering the relevance of the issue as mentioned earlier, the following research objectives are set:

- To determine the relationship between harmful habits such as smoking (including electronic cigarettes) and physical activity, as well as the formation of a healthy lifestyle among young students;
- To investigate the impact of students' physical activity on the formation of smoking habits (including electronic cigarettes).

To solve these objectives, scientific and methodological literature, as well as statistical materials, were studied, and a survey was conducted with students. The collected data was processed statistically, and monitoring was carried out.

It is known that the spread of smoking began at the end of the 15th century in Europe when Christopher Columbus' sailors brought tobacco from America to Spain and Portugal. Tobacco leaves were used not only for smoking but also for sniffing. Its consumption often led to poisoning, which prompted the governments of some countries to seriously persecute all smokers and snuff users. Thus, at the end of the 15th century, in England, smokers were sentenced to death, and the severed heads of smokers, with their pipes in their mouths, were placed in public places. In Turkey, smokers were made to sit on hot embers (ashes), and in Italy, Pope Urban VII banned smokers from entering the church [7].

Currently, the harmful effects of smoking (including electronic cigarettes) on human health are well known to the public. For example, there is a clear correlation between the number of cigarettes smoked in a day and mortality rates [8]. Additionally, it has been determined that smoking is linked to a person's negative psychological state, which in turn is often associated with material hardship. I.A. Gundarev [8. – 109] provided convincing evidence that the reforms of the 1990s were accompanied by harmful biological-chemical effects on the human body, a worsening psychological state, and the emergence of harmful behaviors such as smoking, alcoholism, and drug addiction. Smokers have been described as having "...an ambivalent personality, dissatisfaction with life, a high level of frustration, and a lack of confidence in life" [8. – 212]. In recent years, the use of electronic cigarettes has become widespread among schoolchildren and young people.

Smoking electronic cigarettes has become a "trend" among today's youth and adolescents. As a result, young people perceive electronic cigarettes as less harmful than regular cigarettes.

Electronic cigarettes first appeared in Kazakhstan in 2003. The person who patented it was a Chinese pharmacist named Hon Lik. One year later, in 2004, Hon became the first person to sell electronic cigarettes in the Chinese market. Shortly after, he introduced his product to international markets, and it began spreading widely.

According to psychologists and educators, the container of the electronic cigarette is small. Furthermore, it does not emit an unpleasant odor. The smell of regular cigarettes clings to the hands, clothes, and breath of a person. However, electronic cigarettes do not have such unpleasant odors. On the contrary, they are made with various sweet and fruity flavors. One of the reasons why young people are drawn to them is this.

Regarding the effects of electronic cigarettes on the human body, the widespread use of "vaping" has led to significant lung damage among U.S. citizens. In fact, deaths from lung damage have been reported. Before the COVID-19 pandemic, 2,500 people in the U.S. who used vaping products developed severe lung diseases. After these incidents, the President of the United States banned all types of electronic cigarettes. This happened in 2019. Soon after, in the early months of 2020, the sale of flavored cartridges for electronic cigarettes was heavily restricted in the U.S. In Kazakhstan, this type of cigarette was also removed from free sale.

Despite the extensive discussions and writings about the harms of electronic cigarettes, the number of young people using electronic cigarettes in Kazakhstan continues to rise. In stores that sell electronic cigarettes in Kazakhstan, various flavored cartridges are available for purchase, including sour, sweet, and honey flavors. The types found in our research include "IQOS," "Snus," and "Pouch" [9].

The "Snus" type is a unique, smoke-free form of tobacco that differs from others. Experts say that "Snus" contains a very high amount of nicotine, several times more than regular tobacco. For example, one cigarette contains 1.5 milligrams of nicotine, while "Snus" contains anywhere from 20 to 250 milligrams of nicotine. The "Pouch" electronic cigarette is designed to be placed

under the lip, and this is how it is used. The harm it causes to human health and life is substantial [9].

Although most individuals don't smoke at home or at work, electronic cigarettes have grown in popularity in recent years. Young people smoke this kind of cigarette at home, at work, and even in restaurants because of its nice scent. While younger people frequently use e-cigarettes "for fashion," older folks use them to stop smoking. However, experts claim that because e-cigarettes contain a lot of nicotine, they do not help quit traditional smoking. Dependency can result from an addiction to e-cigarettes, particularly in young individuals.

According to the results of an anonymous survey conducted among first- and second-year students of Sh. Yessenov Caspian University of Technology and Engineering in Aktau and Korkyt Ata Kyzylorda University revealed that most smokers acquired this habit due to their social and material circumstances. Among the survey respondents, 280 stated that they smoke for various reasons. The majority indicated that they smoke "for fashion" or "to improve their mood," while others do so to support their friends or "to not stand out from the crowd." The increase in the number of female smokers over the past 2–4 years is particularly concerning.

According to research results, engaging in recreational physical activity and sports has a positive impact on forming a healthy lifestyle and reduces the likelihood of smoking. However, these data differ from the current conditions of the educational process in higher education and are based on past studies. Understanding the patterns of harmful habit formation among students is especially important for employees of higher education institutions in the Republic of Kazakhstan.

The survey conducted among first- and second-year students of Sh. Yessenov Caspian University of Technology and Engineering, along with Korkyt Ata Kyzylorda University, confirms the relevance of this issue. The survey included questions about students' physical activity levels and smoking intensity, which made it possible to identify connections between exercise and harmful habits. The results show that the frequency of physical exercise and sports training influences smoking levels (Table 1 and Figure 1).

Table 1 – The correlation between types of physical activity and the presence or absence of the harmful habit of smoking among first and second-year students (%) (n=102)

The type of students' physical activity	**Non-smokers %**	**Percentage of cigarettes smoked by students in one day**		
		"Up to 10 cigarettes"	**"Up to 10 -20 cigarettes"**	**"Up to 20-30 cigarettes"**
"Those who engage in sports"	98%	2%	"no"	"no"
"Those who engage in recreational physical exercise"	92%	7%	1%	"no"
"Those who regularly attend physical education classes"	85%	10%	5%	"no"
"Those who rarely attend physical education classes"	65%	25%	8%	2%
Note: compiled by the authors				

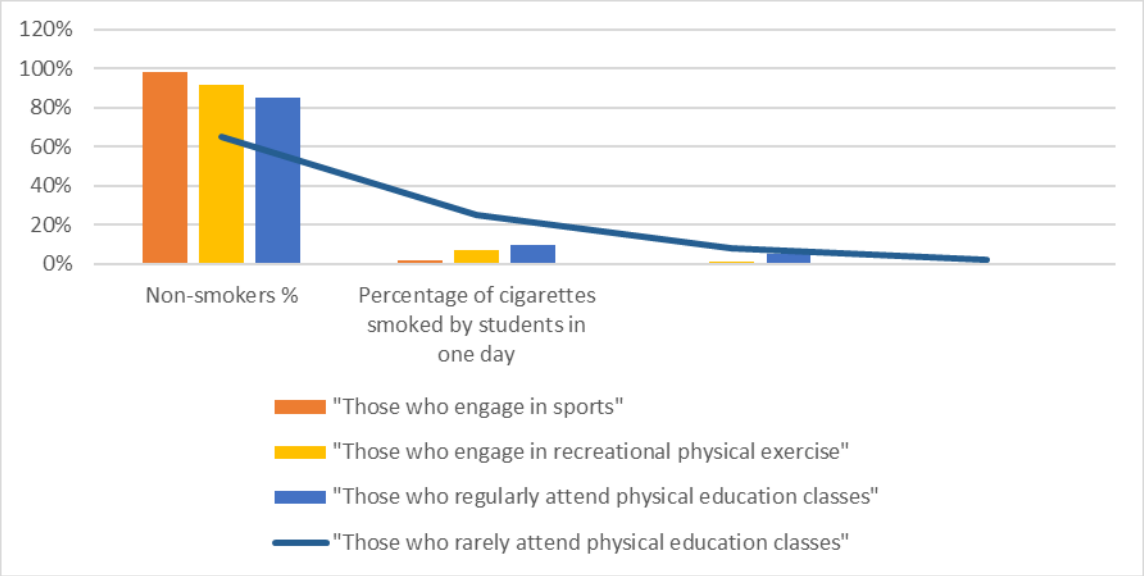

Figure 1. Relationship between types of physical activity of students and the presence or absence of the bad habit of smoking.

Note: compiled by the authors

As can be seen from the table, among students who engage in sports, only 2% smoke. Furthermore, they smoke no more than 10 cigarettes per day. Most students who participate in recreational physical activities are not particularly inclined to smoke. Students who attend physical education classes regularly smoke significantly less than those who attend less frequently.

Now, let's calculate the Pearson correlation coefficient between these two variables

$$r = \frac{n\sum xy-(\sum x)(\sum y)}{\sqrt{[n\sum x^2-(\sum x^2)][n\sum y^2-(\sum y)^2]}}$$

Correlation Result:

The Pearson correlation coefficient (r) ≈ -0.953.

This indicates a very strong negative correlation.

That is, as sports activity increases (X value decreases), the percentage of non-smokers increases (Y value increases). As sports activity decreases (X value increases), the percentage of non-smokers decreases (Y value decreases). The correlation coefficient of -0.953 means the relationship is very strong and negative [6. – 50].

To determine the correlation between students' physical activity levels, health status, and their inclination towards the harmful habit of smoking, first and second-year students from the Sh. Yessenov Caspian Technological and Engineering University in Aktau were tested. Health status was evaluated according to the recommendations of leading experts on the highest aerobic performance of the body [6. –65].

According to N.M. Amosov, "the level of health can be expressed by the concept of 'potentiality (capacity) of the reserve'" [10. – 411]. Therefore, the need for physical activity is very important, as it increases the "reserve capacity (potential)" level of each cell, body part, and the entire organism.

For an untrained cell (body part or the entire organism – it doesn't matter), an external strong stimulus introduces it into a state of deviation, that is, illness. In contrast, for a trained cell, this is normal, intensive work [10. –590].

According to Shedrina, health indicators include "1) the level and harmony of physical health; 2) the condition of the organism (whether the reserve potential of the primary physiological systems is present or absent)" [12].

G.L. Apanasenko and R.G. Naumenko [13] believe that an individual's maximum aerobic capacity can assess the health of the human body. Therefore, the oxygen utilization rate can be used to measure the "level of health."

In a laboratory setting, a person's maximum oxygen utilization is determined by increasing the heart rate to 170 beats per minute or by analyzing the amount of oxygen inhaled and exhaled during maximum-intensity physical loads. Additionally, methods exist for calculating maximum oxygen utilisation by assessing the subject's physical work capacity when their heart rate reaches 170 beats per minute [14].

Experts from the American College of Sports have developed a simple formula to determine the body's energy requirements during running or walking. The formula for a running load lasting 10-15 minutes on the stadium track is as follows [15]:

$$VO2 = 0.2\ ml \cdot kg^{-1} \cdot min^{-1} \cdot (\text{speed in m/min}) + 3.5\ ml \cdot kg^{-1} \cdot min^{-1} \quad (5),$$

where VO2 – the oxygen consumption of the subject per 1 kg of body weight; 0.2 $ml \cdot kg^{-1} \cdot min^{-1}$ – a constant amount for running load; speed in m/min is calculated based on the running results over a certain distance; +3.5 $ml \cdot kg^{-1} \cdot min^{-1}$ – the excess oxygen volume used under resting metabolic conditions.

Results and its discussion

The outcomes of the 2400-meter run that students completed for their "Physical Education" test were used in our investigation. To evaluate each student's aerobic performance, their maximum oxygen consumption per kilogramme of body weight and their average running speed per minute were computed. Students' physical activity levels were calculated using information from a survey that asked about their attendance in physical education classes, frequency of class absences, participation in competitions or vacations, and regular training for any sport. A questionnaire was used to measure daily cigarette consumption, with participants' names kept confidential.The relationship between the volume of physical activity, health levels, and the harmful habit of smoking was calculated using Pearson's correction factor, based on a well-known method published in some works [16] (Table 2).

As seen in the table, there is a negative correlation with 95% confidence between the volume of students' physical activity and the number of cigarettes they smoke. As a result, the more students exercise and participate in competitions, the fewer harmful habits, such as smoking, they tend to develop. Additionally, the level of health, assessed based on maximal oxygen uptake, has a negative correlation with smoking, with a 99% confidence probability.

Table 2 – The relationship between the volume of students' physical activity, health level, and the number of cigarettes smoked by students per day (n=101)

"Indicators of students' health level and physical activity"	**"The number of cigarettes smoked by students in one day (pieces)"**	
	r	**p**
"The level of students' physical activity (kilometers per week)"	- 0,230	<0,05
"Students' health level (according to maximum oxygen uptake – ml/min/kg)"	- 0,286	<0,01
Note: compiled by the authors		

Furthermore, physical activity has a strong positive correlation with the health level ($r=0.302$; $p<0.01$). Therefore, the more students engage in exercise, hiking, and recreational physical activities, the higher their health levels and the fewer harmful habits they develop. In turn, quitting smoking enables students to perform higher levels of physical activity and promotes the establishment of a healthy lifestyle.

Conclusion

The article offers a thorough examination of the detrimental health impacts of smoking as well as the prevalence of this practice among youth, especially students. The effects of smoking on the human body, such as the cardiovascular system, respiratory conditions, and an elevated risk of cancer, are discussed through scientific studies and statistical data. The detrimental effects of smoking on life expectancy are also emphasised.
The topic's relevance extends beyond health concerns; it also brings up significant issues about the usage of electronic cigarettes and the rise of smoking among youth. With support from science and expert suggestions, this discussion covers the widespread use of e-cigarettes among teenagers and young people, the negative effects of the chemicals they contain, and the necessary steps to halt this trend.

1. **World Health Organization (WHO):** The WHO considers e-cigarettes to be products that pose a health risk. They state that these devices may enhance nicotine addiction and that their long-term harmful effects have not been studied. Additionally, the WHO predicts that the widespread use of e-cigarettes among youth may lead to increased interest in traditional cigarettes [4].
2. **Centers for Disease Control and Prevention (CDC) in the U.S.:** The CDC expresses concern about the health effects of e-cigarettes. The organization notes that while e-cigarettes may be less harmful than traditional cigarettes in some aspects, they should not be considered safe. E-cigarettes may contain various harmful chemicals that could lead to lung and heart diseases [17].
3. **National Health Service (NHS) in the UK:** The NHS acknowledges that e-cigarettes can be a helpful tool for people looking to quit smoking. They recommend using e-cigarettes as a "smoking cessation aid," but they also emphasize that e-cigarettes may have some negative health effects. The NHS states that e-cigarettes are still not fully researched and advises against excessive use [18].

Based on survey results, a strong connection has been identified between students' physical activity, overall health, and their tendency to smoke. The number of smokers among students who engage in sports is significantly lower, which demonstrates that physical activity is effective in combating harmful habits. Additionally, scientific studies are presented showing that physical activity and exercise have a positive impact on both psychological and physical health.

It is stressed that personal accountability and self-care are essential for preserving health, according to scholar N.M. Amosov. Amosov focusses on how sports and physical activity affect health, showing how important they are for promoting good health.
The study's conclusions emphasise the necessity of taking decisive action to combat student smoking and safeguard their health. Engaging young people in a healthy lifestyle, promoting physical activity, and bolstering informative campaigns about the negative effects of smoking are especially important. It is also advised that educational institutions establish psychological support programs and provide targeted training sessions and seminars to help students quit smoking. These measures will contribute to preserving students' health, eliminating harmful habits, and improving their quality of life.

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ВОСПИТАНИЕ НЕГАТИВНОГО ОТНОШЕНИЯ МОЛОДЕЖИ К КУРЕНИЮ И ВЛИЯНИЕ ДВИГАТЕЛЬНОЙ АКТИВНОСТИ НА ЗДОРОВЬЕ

Аннотация

В статье представлено углубленное исследование, посвященное влиянию курения на организм человека, распространенности электронных сигарет и склонности к курению среди молодежи. В статье также рассказывается о влиянии двигательной активности на здоровье и факторах, способствующих формированию вредных привычек. Также показаны данные опросов и исследований, проведенных среди студентов, где четко прослеживается связь между высоким уровнем двигательной активности и привычкой к курению.

Были представлены доказательства того, что употребление табака (включая электронные сигареты) приводит к различным заболеваниям, особенно сердечно-сосудистым и легочным заболеваниям, а также к раку. Кроме того, было показано, что двигательная активность и занятия спортом имеют большое значение для борьбы с этими вредными привычками. Электронная сигарета и ее распространение среди молодежи также вызывают беспокойство, потому что ее вредное воздействие не было полностью изучено, и в большинстве случаев люди считают ее более безвредной, чем обычная сигарета.

Данные исследования показывают необходимость внедрения эффективных мер по профилактике табакокурения и формированию здорового образа жизни среди молодежи и студентов.

Ключевые слова. Молодежь, табак, электронные сигареты, вредные привычки, здоровье, воспитание, организм человека, двигательная активность.

ЖАСТАРДЫҢ ТЕМЕКІ ШЕГУГЕ ЖАҒЫМСЫЗ КӨЗҚАРАСЫ МӘДЕНИЕТІН ЖӘНЕ ҚОЗҒАЛЫС БЕЛСЕНДІЛІГІНІҢ ДЕНСАУЛЫҚҚА ӘСЕРІ

Аннотация

Бұл мақала темекі тартудың адам ағзасына әсері, электронды темекінің таралуы және жастар арасындағы темекіге деген бейімділік мәселелеріне арналған терең зерттеу болып табылады. Мақала сондай-ақ, қозғалыс белсенділігінің денсаулыққа әсері және зиянды әдеттердің қалыптасуына ықпал ететін факторларды да талдайды. Студенттер арасында жүргізілген сауалнамалар мен зерттеулерден алынған мәліметтер арқылы қозғалыс белсенділігінің жоғары деңгейі мен темекі тарту әдетінің арасындағы байланыс айқын байқалады.

Темекі түрлерін (оның ішінде электронды темекі түрлерін) тартудың түрлі ауруларға, әсіресе жүрек-қан тамырлары және өкпе ауруларына, сондай-ақ қатерлі ісікке әкелетіні туралы дәлелдер келтірілген. Сонымен қатар, қозғалыс белсенділігі мен спортпен шұғылданудың бұл зиянды әдеттермен күресудегі маңызы зор екендігі көрсетілген. Электронды темекі мен оның жастар арасында таралуы да алаңдаушылық тудырады, себебі оның зиянды әсері толық зерттелмеген және көп жағдайда адамдар оны әдеттегі темекіге қарағанда зиянсыз деп санайды.

Бұл зерттеулер жастар мен студенттер арасында темекі тартудың алдын алу және салауатты өмір салтын қалыптастыру мақсатында тиімді шараларды енгізу қажеттігін көрсетеді.

Негізгі сөздер: Жастар, темекі, электронды темекі, зиянды әдеттер, денсаулық, тәрбие, адам ағзасы, қозғалыс белсенділігі.

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