

# ANALYSIS OF THE PREVALENCE OF HOOKAH SMOKING AMONG YOUNG PEOPLE

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**Introduction.** In the world, about 100 million people smoke hookah every day. At the same time, the popularity of this type of smoking is only increasing every year. Scientists are concerned that adolescents are addicted to hookah smoking, for whom hookah is a fashionable hobby. It has been established that hookah smoking (as well as smoking regular cigarettes) causes lung cancer, larynx and other oncological diseases, various cardio-vascular and respiratory diseases. Moreover, hookah smoking can lead to infertility. Scientists have also found that many hookah smokers then begin to constantly smoke cigarettes and use psychotropic substances

**Aim.** To analyze the literature dates about prevalence of hookah smoking among young people; to conduct a survey among the students of the faculty for foreign citizens of the NUPh, the issues that concern damage hookah smoking on young body health and previous experience in relation to smoking.

**Materials and methods.** One hundred students of the faculty for foreign citizens of the NUPh took part in the survey. The main questions were about the harm of smoking hookahs on the health and previous experience in relation to smoking.

**Results and discussion.** According to the results of the survey, about 30 % of the respondents have a positive attitude to hookah smoking and do it once a month. At the same time, these respondents predominantly prefer to smoke hookah in the hookah bars. The majority of hookah smokers do not know that tobacco, even in this form, negatively affects their health; they mistakenly think hookah is safer alternative to cigarettes. The poll showed that hookah is used most of all by the male half of the respondents. Hookah smokers are also prone to drinking alcohol. The aroma and taste of hookah smoke are factors that attract young people, especially students, and provoke the desire to smoke hookah. Less annoying smoke is perceived as a sign of no harmful effects. To the question «Why do you smoke hookah?» 55 % respondents answer that hookah helps them to relax after a hard day, 23 % associate smoking with a habit, the remaining 22 % answered that they «just like smoking or because of curiosity».

To such a question as «What can you say about the dangers of hookah?» young people answered by this way: 75 % respondents think that it is definitely harmful, 25 % - is dangerous, even worse than a cigarette. Even if young people still continue to smoke hookah despite their answers. Indeed, hookah smoking poses a serious danger to the health of the younger generation.

Despite the mild smoke and seemingly pleasant hookah aroma, this type of smoking is not only not safe, but also addictive. Such smoke contains many toxins, resins, heavy metals that are not filtered by water and lead to various serious respiratory diseases. Smoking hookah also led to the disturbance of central nervous system. Smokers become excitable, irritable, aggressive, and inattentive and, as their dependence on tobacco develops, they feel discomfort and nervous tension.

**Conclusions.** Hookah smoking is a significant risk factor for chronic pulmonary and cardiovascular diseases, cancer, is addictive, poses a serious potential health hazard to the younger generation, and is not a harmless alternative to cigarettes.