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Shisha Smoking Trends in Youth: A Research Survey from Federal Capital Area of Islamabad

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Abstract

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The use of smoking shisha introduced in Pakistan in the first decade of 21st century. The young generation of Pakistan diverted from cigarette to shisha smoking. There are many types of flavours used in shisha smoking. Most of the people has the concept that shisha smoking is the refined shape of hookah and it has no side effect on the human health. It is matter of concern that the educated class of young people is addictive of this invent. It is highly harmful for the health of human being especially for lungs as it produces cancer. In sedition to it, the female students and workers are addictive to shisha smoking side by side of the male. It has become the part of culture and considered as social status in the federal capital area of Islamabad. The government should take serious initiative in this regards; otherwise, it will be impossible to control the phenomena.

Keywords:

Shisha smoking, Lungs, Harmful, Hookah, Headache, Addictive.

Introduction

An old observable fact of human being is that human search out many remedies to get psychological and mental comforts. It was universal practice collection of herbs with unprocessed manner to eliminate pain by the moment at that time definite medicine was called tranquillizers, downer and narcotics. Tranquillizers, narcotics and different ways of smoking like cigar, shisha smoking etc., have spread though globalization and wireless communication. It is believed that narcotics and other smoking items are single person's dilemma. The massive amounts of hitch have come from the multifaceted of societal existence articulate in attitude worth and relation as well as interaction with people. Moreover, now-

a-days human reside and expire in the world that is full of care and worries and crisis as well (Kousar, 2001).

In Arab's state universally name of hookah as shisha or nargila. It started first in India. There are some misconceptions still about shisha that it is formulated in Arabs and was handed out to other areas. On the other hand, Indus envisions this on its own or multi-branch water pipe and it is spread through British immigration in Indus society, because it was deal out right through western countries. Since ancient times, it was source of entertaining amusement for several Middle Eastern countries. Nowadays hookah's reputation has freshly fixed in the western countries, through opening shisha bars and cafes and supply of shisha in United Kingdom and United States. The use of tobacco is quite admired and trendy in Iran. Shisha has its own qualities by the many diversities for example its sweet and toffee odor and damp, gummy feel so it different from tobacco. In Iran, there is a procedure to prepare shisha to smoke as they use tobacco within the mixing bowl for the hookah and situate on fire ashes straight on the top of the tobacco. By way of no frustrate or wrap for the bowl. "Ghelyoon" is the specific word which is referred to the structure of hookah (Thomason, 2009).

The same culture also was adopted in Pakistan before centuries and in our villages still is the part of our culture. A poet has said well in this context:

زندگانی کے لطف دو ہی تو ہیں
صبح کی چائے اور شام کا حقہ

It is astonishing to know that there are many taste and flavours of shisha. Most famous flavours are apple, mint, cherry, chocolate, coconut, watermelon etc. Traditionally hookah smoking is a collective activity, by means of the unchanged pipe which is go by as of one person to another. Olden Persia and Indian societies invented and make use of it for many years ago. Nowadays this activity is being moderate by construct of espresso bars and lounges and growing attractiveness approximately the world together with UK, USA, Middle East, French and Russian societies. The facts and figures about hookah keep on to grow up, in United States an approximation that 300 hookah bars functioning in 2006. Hookahs contain high level of heat and carbon monoxide, metals, and lungs cancer-causing compounds. It is common exercise of using of hookah with many flavours of fruits instead of pure juice further habitually and for longer moment in time. In composition of shisha there are many dangerous gases and other materials which seriously effect human body. Counting carbon monoxide, heavy metals, and cancer-causing chemicals are involve in composition of shisha. Shisha and any kind of smoke or tobacco are containing venomous material responsible for lungs cancer, bladder and oral cancers (CDC Home, 2012).

Shisha smoking is known by its many other names but very casual and easy name of it in US is 'hookah'. It is also called narghile, and hubble-bubble. Instruments of shisha smoking is based on many parts as it has long tube which is connected with sink, then another vertical pipe is joined with basin or sink and on the vertical pipe there is a small bowl of tobacco and burning coals. During the last

two decades, shisha is getting attractiveness among college going students especially in United States. Quite a lot of studies have shown a fact that session of hookah of 30 to 60 minute is smoking a full pack of cigarettes. Cells of human body needs oxygen every time but through shisha and any other smoke to human inhale smoke and provide carbon monoxide and other fatal chemical towards the cells of the body. These venomous materials are not the alternative of oxygen. After shisha smoking, people feel panic and lazy. Problems of taking breath and asthma are common nowadays apart from people who smoke shisha or any other smoke not look so fresh. Human motors skills and activities are also influenced by smoking shisha (Grisafe 2012). Chief Justice (CJ) of High Court Lahore Umar Ata Bandial send notice to the Punjab home secretary and Lahore district coordination officer to make sure implementation defence of non-smokers health ordinance 2002 with respects to the law. CJ strictly banned shisha at cafes. CJ formally request that try to finding track for clear forbid on shisha bars. While carry on switch on. (The Express Tribune News Network, 2012).

Objectives:

Objectives of the study are given below.

- To find out effects of shisha smoking.
- To find out impact of shisha smoking on the life of addicts.
- To identify its cultural values in Pakistani society.

Materials And Methods

Study Local

This study was conducted in selected shisha café bars of Islamabad including Espresso lounge F-7 Markaz and Des Pardes Saidpur Model Village. Intentions of the researchers was effects of shisha smoking on youth.

Sanmpling

Researchers made use of Convenient Sampling in this research. Because of limited time of data collection, respondents who were available in café bars are convenient to the investigators to join the respondents. Furthermore, it was difficult to capture whole café bars and respondents who affected with of shisha smoke so in the light of these entire reasons researchers demonstrated sample size of 120 including male and female.

Data Collection

In any kind of research, it is based on data collection and its figures. Because in the field through data collection researchers gathered information about the problem. Process of data collection was systematic. It was significant to complete research with correct use of all technique of data collection. Researchers collected the data carefully and used all kind of technique correctly.

interview schedule / significant research tool

Researcher build up questionnaire leading to the objectives of the study and comprehensible for the respondents, researcher added quantitative and qualitative questions in the interview schedule.

Pre-Testing

Pre-testing is the practice which enable to check the compatibility or suitability actual information in the field. With the help of this practice, researchers get confidence and point out, and adds important information in the questionnaire.

Field Experience

Experiment of investigators in the field was amazing and full of thrill. To face the different kind of people and filling questionnaire was difficult exercise. Respondents answer the question willingly and some of the respondents did not take Performa as serious. Furthermore, respondents asked many questions to the researcher about the work. Owner of the café bars were cooperative and they have trusted on the researcher.

Key Informaant

Key informants are those people who give the information to researcher about the problem. In the shisha café bars researchers need any person who give information about shisha. A person who had prepared shisha and supply shisha to the customer.

Results And Discussions

After collecting of primary data with the help of interviews, the researchers formed the tables to represent the percentage of variables. In this section, the results are being discussed. Table No. 1 shows the percentage gender of the respondents, which is consist of 50 percent male and 50 percent female. Because both genders are interested to make use of shisha smoke that's why sample size consist of 120, 60 male and 60 female respectively. The data shows the percentage of the respondents regarding age which using shisha smoking. 21.7 percent of the respondents use shisha from the age group of 16 to 20 and 54.2 percent from the age group of 21 to 25 while 24.2 percent of the respondents use it from the age group of 26 to 35. In addition to it, the table signifies the percentage of the respondents regarding their literacy rate who smoke shisha and experience this activity. 1.7 percent respondents are illiterate and 1.7 percent of them have got primary education. 10 percent respondents are middle/matriculation level qualified. F.A / B.A or highly educated respondents are 60.8 percent.

On the other hand, 25.8 percent are independent respondents. Highly educated respondents were students in fact and a large quantity of the respondents were students who were addicted of shisha smoking. Secondly, independent respondents were addicted on large scale as well. Under matric respondents were diminution in numbers because they cannot afford shisha because of many reasons such as financial problem. Study shows the results that it is elite cultural activity and mode of entertainment. The same table reveals data regarding socio economic class of the respondents. According to the results, 38.3 percent belong to high class, 40.0 percent of the respondents belong to middle class and 21.7 percent are from low class. The table illustrate marital status of the respondents.35.8 percent of the respondents are married and 64.2 percent of the respondents are unmarried.

According to jobs 39.2 percent respondents are employed and 60.8 percent are unemployed. If we see the table, it also embodies data regarding source of income of the respondents. 81.7 percent of the respondents have not any other source of income and 18.3 percent have any other source of income. The result signifies data regarding nature of the job of the respondents. 12.5 percent of the respondents are government servant, 1.7 are on daily wages, 29.2 percent have their private business, 56.7 percent have not any kind of job or business and they have any other source of income. However, all these respondents have some sources of expenditures for their shisha smoking.

Table 2 shows family structure of the respondents as 64.2 percent live in the joint family system and 35.8 percent live in the nuclear family system. The result shows percentage of the respondents who know about shisha smoking. In this regards 100 percent of the respondents know about shisha smoking. The table signifies data regarding knowledge of the respondents about shisha bars while all the 100 percent of the respondents know about the shisha bars. The table also embodies data regarding views of the respondents about a statement that shisha is fashion and status symbol. According to the field research 69.2 percent respondents were consider it fashion and status symbol while 30.8 percent of the respondents did not in the favor of this statement.

Hookah is very old type of smoking and in olden time hookah was not cause any kind of problem for the people. In 1980s, on the whole in north America and western Europe there are two different terms used for environmental tobacco smoke and second hand smoke, both terms contains same meanings. After many alternation hookah is becoming fashion nowadays. Many objectives behind this movements all this major one objective is that tobacco users think that it is not harm for human body then they choose hookah. On the whole in north America and western Europe there are two different terms used for environmental tobacco smoke and second hand smoke, both terms contains same meanings. (chaouchi b, 2009). Table illustrates data regarding number of the respondents who are smoking with friends 60 percent of the respondents smoke with friends, 11.7 percent with family, and 28.3 percent of the respondent smoke the shisha alone. It also characterizes data regarding first heard about shisha. 5.8 percent of the respondents heard or smoke age of 11 to 15, 73.3 percent at the age of 16 to 20, and 20.8 percent of the respondents heard or smoke it at the age of 21 to 25. The table signifies data regarding the number of the respondents who are enjoying shisha smoking and all the 100 percent of the respondents enjoying shisha smoke.

The data shows that 20 percent respondents smoke shisha once in week, 29.2 percent once in 15 days and 24.2 percent respondents smoke shisha once in a month. The researchers also asked a question regarding the feelings of the respondents after smoking shisha. In its response 30.8 percent of the respondents expressed that they feel pleasure, 47.5 percent of the respondent's feel relaxation, 12.5 percent feel energetic, and 9.2 percent of the respondents feel depressed after smoke shisha. Table No, 3 presents data regarding the flavours of shisha, which

respondents prefer most. 23.3 percent of the respondents prefer all flavour of shisha, 10.8 percent like blue berry flavour, 11.7 percent likes mint flavour, 15 percent like double apple flavour, 5.8 percent strawberry flavour, 9.2 percent gum flavour, 4.2 percent sugar cane flavour, 7.5 percent sandal flavour, 9.2 percent coffee flavour, while 3.3 percent respondents of the sample like chocolate flavour. Occasionally shisha or hookahs entitled water pipes are making used to smoke. It is astonishing to know that there are many taste and flavours of shisha. Most famous flavours are apple, mint, cherry, chocolate, coconut, watermelon etc. (CDC Home 2012).

The same table signifies data regarding addition of anything to shisha smoke. In response to it, 35 percent of the respondents smoke anything addition to shisha smoke. 65 percent of the respondents have not use anything addition to shisha smoke. Most of the respondents told that they are not regular smokers or addict of anything addition for the reason that majority of them were students. The results mention the data regarding any other smoke or drug expect shisha. In this regards, 65 percent of the respondents smoke nothing; however, 35 percent of the respondents smoke cigarette except shisha smoke. Tobacco is global plague. There are many uses of tobacco people use it many ways like form of hookah and shisha. Public health officials are worried about this issue and assign some terms to the tobacco use and its effects on people. Public health officials assign a category Cigarette Environmental Tobacco smoke ETS. ETS gives a clear amalgamation of two categories one of them is side-Stream Smoke and Exhaled Main-Stream Smoke, and these categories have abbreviation as well in the form of SSS and EMSS respectively. Person who come in these (chaouchi a 2009).

The table signifies data regarding their opinion about a statement that shisha is less harmful then cigarette. 41.7 percent of the respondents are agreeing while 58.3 percent of the respondents do not agree with the statement. It is misconception of the people that shisha is less harmful than cigarettes, and they start aromatic or scented smoking form of hookah or shisha. College students increase shisha smoking day by day. Some of the toxic and dangerous chemicals which are inhaled by human through shisha smoking such as acryl amide damage nervous system, smoke irritant to nose, throat, eyes, (Norris, 2013). The table illustrate about respondents family members addiction of shisha smoke. 20 percent of the families' members had addicted of shisha smoke and 80 percent of the families had not concerned with it. Table illustrates the data about family members of the respondents who were smoking shisha with them. 12.5 percent respondents siblings are involve with respondents. 6.7 percent of respondents parents do smoke shisha, 2.5 percent of the respondents' all family do smoke shisha, 1.7 percent of the respondents husband do smoke shisha. 76.7 percent of respondents family members are not shisha smokers. Table No. 4 illustrate the data regarding period of shisha smoking. In this context, 2.5 percent of the respondents

were smoking for many years, 44.5 percent for some time, and 53.3 percent of the respondents were smoking shisha for long time. The table represents the age of the respondents when they start shisha. In this regard 5 percent of the respondents start shisha smoke at the age of 11 to 15, 70 percent of the respondents start shisha at the age of 16 to 20, and 25 percent of the respondents start shisha at the age of 21 to 25. Table also signifies the data concerning with numbers of respondents who introduced them to smoke shisha. In its responses, 14.2 percent told that no one introduced shisha smoke because they were aware from it already through media or any other source; 72.5 percent of the respondents told that through friends they know about shisha, and 13.3 percent of the respondents know about shisha through their family. Moreover, the table signifies data on the subject of either respondent adopt shisha from the prospect of hookah or not, 69.2 percent of the respondents adopted it from the prospect of hookah, 15.8 percent of the respondents said not in prospect of hookah while 15.0 percent of the respondents hates hookah.

Table also demonstrates the data pertaining to do respondents know ban on shisha in Pakistan. 38.3 percent of the respondents know about ban on shisha and 61.7 percent of the respondents do not know ban on shisha in Pakistan. Tables demonstrate the data pertaining to respondents agree ban on shisha. 14.2 percent of the respondents are neutrals. 29.2 percent of the respondents are agreeing with ban because of growing children but for themselves they even prefer shisha smoke. 56.7 percent of the respondents are disagreeing to ban on shisha smoke. Table No. 4 also illustrates the data number of the respondents who are aware of public service message or not. In this context, 41.7 percent of the respondents are aware while 58.3 percent of the respondents are not listen ever any kind of public service message. The table also represents price of shisha smoke on café bars, which respondents pay. 43.3 percent of the respondents pay 2000 rupees, 16.7 percent of the respondents pay 1000 rupees, 25.8 percent of the respondents pay 3000 rupees, and 14.2 percent of the respondents pay 600 rupees at café bars. Table No. 5 represents the data as regards causes of shisha smoke. According to the results, 65 percent of the respondents have no cause of shisha smoke, 18.3 percent of the respondents do shisha smoke to get pleasure and thrill, 13.3 percent of the respondents have a lot of them, and 3.3 percent of the respondents do it for the being of relaxation. Chief Justice (C. J) of high court Lahore Umar Ata Bandial send notice and expressed the Punjab home secretary and Lahore district coordination officer to make sure implement of ruling out of smoking and defence of non-smokers health ordinance 2002 with respects to the law. C. J strictly refuse to make take apart way to forbid shisha at cafes. Order of CJ is consequently and C.

J formally request that try to finding track for clear forbid on shisha bars. While carry on switch on, Advocate Abdullah, warning for activist society of option Media and Research, accepted that the law be appropriate to ruling out of smoking on public places is also valid to bars and food streets (The Express

Tribune News Network, 2012). The results of survey show that 21.7 percent of the respondents know about bad consequences of shisha smoke and 78.3 percent of the respondents do not have knowledge of bad consequences of it. Table also illustrates the data regarding the kinds of diseases, which are occur by smoke shisha to the addicts. From the sample including in research survey, 8.3 percent respondents admitted that it caused lungs cancer, 4.2 percent told it caused cancer, 7.5 percent consider only that it is not good for health while 3.3 percent of the respondents feel cough and headache. A larger number of respondents (76.7 percent) have the opinion that they do not know in this context.

Quite a lot of studies have shown. Cells of human body needs of oxygen every time but through shisha and any other smoke human inhale smoke and provide carbon monoxide and other fatal chemical towards the cells of the body. (Michael grisafe). The results of survey represent the data regarding cultural value of shisha smoke on Pakistani society. 24.2 percent of the respondents had the view that it has cultural value while 75.8 percent of the respondents are not agree with it and they said that it is adopt by us as modern trend. In Kashmir, number of study has found that there was female smokers of hookah and it was olden trend there. The effects of shisha or hookah on human body is remain debatable issue among the researchers but one thing and effects is still common that it is not less harmful then cigarettes. Cigarettes and hookah is equally dangerous for human body (Parvaiz, 2011).

The table signifies the data as regards impact of shisha smoke on the life of addicts. 80.8 percent of the respondents have good impact of the shisha smoke on their life. 5 percent of the respondents have bad impact on their life, and 14.2 percent of the respondent are neutral. The table also signifies the data of the respondents who are uncomfortable if they do not smoke shisha. In this context, 57.5 percent of the respondents are uncomfortable if they do not smoke shisha while 42.5 percent of the respondents have not bother or feel of uncomfortable without doing it. The results illustrate the data as regards uncomfortable feelings of the respondents without doing shisha smoke. 44.2 percent of the respondents have urge for smoking shisha, 9.2 percent of the respondents feel weakness, 9.2 percent feel headache, and 36.7 percent of the respondents do not feels anything. Eight (8) percent of respondent feels tachycardia without doing shisha.

Table No.6 signifies the data in respect of number of respondents who know and do not know bad effects of shisha smoke on human health. 46.5 percent of the respondents know while 53.3 percent do not know its bad effect on health. The table illustrates data regarding the number of respondents who know what kinds of effects of shisha smoke on their health. 55.0 percent of the respondents do not know, 15.8 percent of respondents know that its effect respiratory distressed, 5.8 percent of the respondents know it caused cancer. 12.5 percent of the respondents are of the views that it causes lungs cancer. However, 10.8 percent of

the respondents know that a lot of them are the deceases spread due to shisha smoking.

Summary

The world is going towards modernization since the globalization is approach. People take on new style and mode of life and nowadays people are searching new and modify means of enjoyment. Because globalization has introduced many ways of enjoyment as well as life is becoming personal. An old trend to spend the time with families and enjoyment has close downed. In All new source of enjoyment shisha smoking is also one of them. Shisha smoking is the newly introduced activity in the Pakistani society. However, in the present time people use it in the place of food. It is includes on the cafes and restaurants as a food menu. Now it is widespread activity ever in the Pakistan like other part of the world.

Result shows that percentage of shisha smokers is increasing rapidly currently in young males and females. Shisha is the major cause of many diseases. Shisha is also used by those person who are related with the profession of medicine therefore it is astonishing because pharmacists have knowledge about the mechanism and reaction of smoking on human body rather then they keen to do it. Tobacco is global plague. There are many uses of tobacco people use it many ways like form of hookah and shisha. Shisha smoking is becoming fashion. People of Pakistan adopt it from Middle East and continue it without any awareness and information. If people know about shisha's harmful effects but they cannot bother in Pakistan. Tranquillizers, narcotics and different ways of smoking like cigar, shisha smoking etc, have spread though globalization and wireless communication prior to all these changes, it is believed that narcotics and other smoking items are single person's dilemma.

Nowadays in Pakistan government has put the measurements and check and balance on cafes and restaurants in all cities which were supply shisha. On the other hand study shows people are agree with ban on shisha smoking apart from this mostly people have their own shisha apparatus at home even then. Consequences of study shows shisha smokers point of views that it is mode of entertainment and people comes in the café for gossip and chatting. In addition, they says that government should not ban on shisha smoking. Results shows that public damn care of fatal effects of shisha smoking. Today's youth is under the shadow of smoke because globalization introduced many source of enjoyment which are related to tobacco in this way production of tobacco have been increase day by day. Students adopt these types of enjoyment at once and waste their money with care of venomous effects of any kind of smoking.

Major Findings:

- Most of the persons who belongs to age between 21 to 25, these were 54 percentage of the respondents whom smoke shisha they are mature most of them are students of the university.

- 60.8 percent of the respondents were highly educated and they were keen to smoke shisha.
- 25.8 percent were independent respondents and there were very few illiterate and primary pass respondents mostly highly educated class was make use of it.
- 38.3 percent respondents were related to high class and 40 percent of the respondents were from middle class.
- Result shows that percentage of shisha smokers is increasing rapidly currently in young males and females.
- 55 percent of the respondents do not know, 15.8 percent of respondents know that its effect respiratory distressed, 5.8 percent of the respondents know its caused cancer.
- Even than respondents who Doctors of medicine found of shisha smoking.

Recommendations

Government of Pakistan should be organize entertainment mode to enjoy which related with the public physical activities. There should be awareness about shisha smoking and every kind of smoking related to the tobacco. A few years ago, the Government of Pakistan has taken strict action ban on shisha smoking. However, these policies never remained continue. On the other hand, many people has own shisha apparatus at their home. They are moving public places with them. It should also notice by the government and effective consciousness has to take place.

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Appendix:

Table No.1: Distribution of Respondents by Various Factors

Respondents by Gender	Frequency	Percentage
Male	60	50
Female	60	50
Respondents by Age Group (in years)		
16-20	26	21.7
21-25	65	54.2
26-35	29	24.2
Respondents by Education		
Illiterate	2	1.7
Primary	2	1.7
Middle/Matriculation	12	10
F.A/B.A OR highly Educated	73	60.8
Independent	31	25.8
Socio-Economic Class		
High	46	38.3
Middle	48	40
Low	26	21.7
Marital Status		
Married	43	35.8
Unmarried	77	64.2
Occupational Status		
Employee	47	39.2
Unemployed	73	60.8
Source of income		
No	98	81.7
Yes	22	18.3
Nature of the Job		
Government servant	15	12.5
Daily wages	2	1.7
Private business	35	29.2
Student	68	56.7

Table No.2: Distribution of Respondents by Various Factors

Family structure		
Joint	77	64.2
Nuclear	43	35.8
Knowledge of Shisha Smoking		
Yes	120	100
No	0	0
Awareness of Shisha Bars		
Yes	120	100
No	0	0
Is Shisha fashion/status symbol		
Yes	83	69.2
No	37	30.8
Company at the time of Smoking Shisha		
With friends	72	60
With family	14	11.7
Alone	34	28.3
Age at the time of first smoking or hearing about shisha		
11-15	7	5.8
16-20	88	73.3
21-25	25	20.8
Habit of smoking shisha		
Every alternate day	32	26.7
Once a week	24	20
Once in 15 days	35	29.2
Once a month	29	24.2
Feelings after smoke shisha		
Pleasure	37	30.8
Relaxation	57	47.5
Energetic	15	12.5
Depressed	11	9.2

Table No. 3: Distribution of Respondents by various factors

Choice of Flavours of shisha		
All	28	23.3
Blue Berry	13	10.8
Mint	14	11.7
Double Apple	18	15



Strawberry	7	5.8
Gum	11	9.2
Sugar cane	5	4.2
Sandal	9	7.5
Coffee	11	9.2
Chocolate	4	3.3
Anything addition to shisha smoke		
Yes	42	35
No	78	65
Using other smoke or drug except shisha smoke		
None	78	65
Cigarette	42	35
Opinion about shisha is less harmful then cigarette		
Yes	50	41.7
No	70	58.3
Addiction of Shisha Smoking in respondents' family members		
Yes	24	20.0
No	96	80.0
family members doing shisha smoke along respondents		
Siblings	15	12.5
Parents	8	6.7
All family	3	2.5
Husband	2	1.7
None	92	76.7

Table No. 4: Distribution of Respondents by Various Factors

period has passed since using smoke shisha		
Many years	3	2.5
Some time	53	44.2
Long time	64	53.3
Age when start shisha smoke		
11-15	6	5
16-20	84	70
21-25	30	25
Concerning who introduced to shisha smoke		
No One	17	14.2
Friends	87	72.5
Family	16	13.3



Adopted shisha as purpose of hookah		
Yes	83	69.2
No	19	15.8
I hate hookah	18	15
Concerning with ban on shisha		
Yes	46	38.3
No	74	61.7
Agree to ban on shisha		
None	17	14.2
Agree	35	29.2
Disagree	68	56.7
Awareness of public service message about harms of shisha smoke		
Yes	50	41.7
No	70	58.3
Price of shisha smoking on cafe bars		
2000	52	43.3
1000	20	16.7
3000	31	25.8
600	17	14.2

Table No 5: Distribution of Respondents by Various Factors

Causes of shisha smoke		
No cause	78	65.0
To get pleasure and thrill	22	18.3
A lot of them	16	13.3
Relaxation	4	3.3
Bad consequences of shisha smoke		
Yes	26	21.7
No	94	78.3
Kind of bad consequences of shisha smoke		
Lungs cancer	10	8.3
Cancer	5	4.2
Not good for health	9	7.5
Do not know	92	76.7
Cough and Headache	4	3.3
Adaptation of shisha smoke from Pakistani culture		
Yes	29	24.2
No	91	75.8
Impact of shisha smoke on lives of addicts		
Good impact	97	80.8
Bad impact	6	5.0



None	17	14.2
Uncomfortable feelings if they not do smoke shisha		
Yes	69	57.5
No	51	42.5
Feeling of uncomfortable without doing shisha smoke		
Urge for smoking	53	44.2
Weakness	11	9.2
Head ache	11	9.2
None	44	36.7
Tachycardia(increase heart rate)	1	.8

Table No. 6 Distribution of Respondents by Various Factors

Bad effects on health of shisha smoke		
Yes	56	46.7
No	64	53.3
Kinds of diseases caused by shisha smoke		
Do not know	66	55.0
Respiratory Distressed	19	15.8
Cancer	7	5.8
Lungs Cancer	15	12.5
A lot of them	13	10.8