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ABSTRACT

Children of parents who smoke are more likely to get addicted to it in future. The Kids who'd never smoked if exposed to tobacco use were more likely to hold positive beliefs about the killer habit. The longer the time a child is exposed to a parent addicted to smoking, the more likely the youth will not only take up cigarettes but also become a heavy smoker. The Parental smoking cessation early in their children's lives is critical to prevent habitual smoking in the next generation. Hence, other than secondary smoking, the greater risk is of developing an addicted child which is far more lethal and alarming. Thus, adult smoking is actually detrimental for the child's growth and life. **KEYWORDS:** Periodontal therapy, risk factors, failures.

Keywords: Parental Smoking, Addiction, Children.

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INTRODUCTION:

Smoking among children / teenagers is a crucial concern all over the world. Even the countries like America have taken drastic measures in attempt to eliminate use of tobacco products among teenagers. 90% of smokers are estimated to have begun smoking before the age of 18 (the legal age), therefore it is necessary to reduce the number of youths who start smoking before this age in order to reduce the total number of smokers and harm done to society. There are a number of interpersonal relationships that greatly influence the likelihood that an adolescent will become a smoker. People who encounter smoking on a regular basis will be desensitized to cigarettes and will not likely see the health risks as readily. Parents are the greatest influence on their children's behavior. Children whose parents smoke are twice as likely to become smokers themselves⁽¹⁾. Perceived parental opinion is also a major contributing factor in youth smoking. If children believe their parents disapprove of smoking they will be less likely to become smokers. In addition to parental influence, siblings also serve as contributors to youth smoking. Overall, smoking families are much more likely to raise children who will become future smokers than families that instill a negative opinion of cigarettes in their children. Although there are other factors governing the alarming ratio, Parents influence do play an important role in the start and cessation of the habit in children.



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Psychology and Perception :

Parental behavior about smoking, not attitudes, is the key factor in delaying the onset of daily smoking. What parents do have an influence on what their children do. Smoking and other habits have been said to be inherited by children, if not through their genes, through cultural conditioning.^{(2) (11) (12)} The same report stated that Whites (43 percent) were more likely to have begun regular smoking by 21 than were blacks (35 percent) and Asian Americans (24 percent). However, **Indians (54 percent)** were the group most likely to have begun daily smoking by age 21. The lower rate of literacy and poverty were also among the factors which aided in the menace, however parental smoking is still considered to be a primary factor which affects the psyche of the children. Parents may feel that they don't matter to their teens, but this study indicates, they really do. It shows that such factors as not smoking, having good family management skills in setting rules and monitoring behavior, and having a strong emotional relationship with their children matter until the end of adolescence. Exposure to parental nicotine dependence is a critical factor influencing intergenerational transmission of smoking. Adolescents with nicotine-dependent parents are susceptible to more intense smoking patterns and this risk increases with longer duration of exposure.³ As Parents smoke, children note that smoking cigarettes reduces anxiety and smoking often occurs after stressful events or in stressful situations. Studies find that depressed students are more likely to smoke and have a more difficult time quitting than non-depressed students. 31.9% of college smokers attribute their smoking behavior as a means to alleviate their depression. Depression is related to lower self-efficacy, and depressed individuals are considered less able to resist smoking during times of low self esteem, which leads to higher reports of smoking among depressed individuals. Smoking cigarettes actually increases the amount of depression in young adults. With this, we see a much higher number of depression and stress in college aged students because they are faced with problems they are not equipped to handle.⁴ Children eventually may model the behavior, particularly if a parent is nicotine dependent. It is difficult to dissuade children from smoking if one or both parents are heavily

dependent on cigarettes. Exposure to parental nicotine dependence is a critical factor influencing intergenerational transmission of smoking are striking and troubling - but they give us a direction to go in reducing that risk.⁽⁵⁾

What should be done:

The solution is simple and the question rhetoric as the best way to avoid this is quitting the habit (the parents we are talking about here). Keeping children from smoking starts with parents and their behavior. Some parents say they disapprove of teenage smoking, but continue to smoke themselves. The evidence is clear from this study that if parents don't want their children to start smoking, it is important for them to stop or reduce their own smoking. Smoking prevention programs, he said, need components focused on parents, something they generally ignore, to help reduce adolescent smoking⁽²⁾. The researchers suggest that attitudes, beliefs, and behaviors toward cigarette use are learned through modeling. Therefore, children and adolescents who observe their parents smoking and absorb their experience of a favorable outcome, develop these expectations for themselves over time. Smoking appears to be pleasurable, relaxing, and social and this influences the adolescents' expectations for their own experiences. When parents are counseled about the impact of their smoking on their children, it can be a powerful tool for helping them change their behavior. Often "doing it for the children" is a stronger motivator than taking care of oneself.⁽⁶⁾

Conclusion:

Interventions to achieve cessation among parents, for the sake of the children, provide a worthwhile addition to the arsenal of cessation approaches, and can help protect vulnerable children from harm due to tobacco smoke exposure. However, most parents do not quit, and additional strategies to protect children are needed.⁽⁷⁾ For stressed-out parents, giving up smoking can seem particularly tough -- but it's also especially beneficial. Quitting is as important for your family's health as buckling your child into his car seat they say.⁽⁸⁾ Parents who quit smoking may be less likely to relapse when they discuss the dangers of cigarettes with their children, a U.S. study suggests.⁽⁹⁾ Although you may think that your kids only have ears for what they hear in movies and on TV, parents still have the greatest

influence on their adolescents' lives. ⁽¹⁰⁾ Thus, children follow what their parents do; hence a good behavior from them instill good habits in them. ⁽¹¹⁾ In conclusion we can safely say that Smoking in Parents and Smoking in children are not different

issues per se and should be considered as two sides of the same coin.

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