



Research on the Smoking and Alcohol Drinking Habits of University Students Example of Mehmet Akif Ersoy University

Kadir Pepe¹, Dilek Kara², İbrahim Bozkurt^{3,*}

¹*Mehmet Akif Ersoy University Gymnastics and Sport Education Faculty, Burdur, Turkey;* ²*Zonguldak Karaelmas University Ahmet Erdođan Health Assistance College, Zonguldak, Turkey;* ³*Selçuk University Gymnastic and Sports Education College, Konya, Turkey*

Received February 02, 2010; Accepted March 10, 2010

Abstract: The aim of the study is to determine the habits of smoking and alcohol drinking among university students. A goal-oriented survey has been elaborated. After the comprehensibility and content validity have been provided, the study has been conducted on 225 participants by random sample method in research population. The research population consists of Mehmet Akif Ersoy University students and the sample group consists of students who study in different faculties. The collected data has been coded in SPSS program for statistical process. Frequency (f), per cent (%), crosstab has been used as statistical processes. Ki-Square process has been used for testing the differences. In order to determine the differences between % range and views for each question, 0.05 is considered as confidence interval and the evaluation has been made according to the results. Consequently, it has been found out that the 70.4% of the participants do not have smoking habit, 29.6 % of them have smoking habit, and they smoke 10-15 per a day. As for alcohol; 63.5% of the participants do not have alcohol drinking habit, 20.2 % have alcohol drinking habit, and 16.3% of them have not frequent drinking habits and that the drinkers use alcohol at most once a month. It could be stated that the effect of stop smoking legislation on smokers, the 61,8% of the participants are in the opinion that there has not been any change; 20,2% of them are in the opinion that the legislation has increased the smoking habit, and 15,5% of the participants are in the opinion that it has decreased the smoking habit.

Key words: *Student, Smoking and Alcohol, Habit*

* Corresponding: E-Mail: ibozkurt@selcuk.edu.tr; Tel:0332-223135; Fax:0332-2411608