

# FACTORS DETERMINING HOOKAH SMOKING AS RISKY BEHAVIOR AND DANGERS FOR THE INDIVIDUAL AND THE SOCIETY

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**Abstract:** *The article considers hookah smoking as part of the lifestyle of modern youth. The various factors that influence the decision to smoke a hookah are discussed, as well as the consequences for the physical and mental health of the individual. As a phenomenon that is strongly influenced by the individual's desire to socialize as well as spend time among friends – hookah smoking is quickly becoming a fashion and preferred way to spend the time of young people around the world, but it also carries many risks associated with the development of risky and antisocial behaviors, which arouses the interest of both social scientists and psychologists. As well as the health authorities.*

**Key words:** *hookah smoking, risky behavior, factors leading to hookah smoking*

Hookah smoking is a controversial issue in society. On one hand, the phenomenon is spreading day after day in places where Hookah smoking is permitted and is considered one of the psychological and social needs of individuals for recreation. On the other hand, various media and anti-smoking and cancer societies are warning trying to prevent the spread of smoking phenomenon, even through restricting the places designated for cigarette smoking. As for Hookah smoking, despite the seriousness of this phenomenon, no strict decisions have been taken to limit the spread of this phenomenon.

Smoking is a behavioral variable that can be prevented, on the one hand, and is the main cause of disability and early death.

Smoking is related to several, serious and fatal diseases, such as cardiovascular diseases, lung and respiratory diseases, and cancer in lung, mouth, throat, pancreas, kidney and bladder. (Caslo & Caslo, 1994., CDC, 1994., Ministry of Health, 2002).

Although most deaths occur in an old age (older people), it is difficult to leave the smoking habits they develop in adolescence, therefore the chances of quitting smoking are very few, and the risk of increasing the dangerous behaviors increases. (CDC, 1994).

### **The Damages of Hookah Smoking**

Studies have shown a relationship between Hookah smoking and diseases such as lung cancer, leukemia and high blood pressure, in addition to chronic diseases in the respiratory system and digestive system (Caslo & Caslo., El-Hakim & Utman, 1999., Koren& Hareal, 2005., Shama et al., 1997., Sun et al, 2001).

Hookah smoking affects the pregnant woman as well. The results of APGAR test (the test carried out to the newborn in a few minutes after birth) for Hookah smoking mother were low compared with the results of APGAR test for newborn of a non-smoking mother, while the results of non-smoker mothers were higher. Pregnant mothers also found to be exposed to many risks during pregnancy and many problems with the fetus (NUwayhid et al, 1998).

Hookah tobacco contains many dangerous and harmful toxins, such as: asphalt (tar and pix) chromium, lead and carbon monoxide. (Shihadi, 2003., Shihadi & Saleh, 2005). These substances can lead to various diseases such as lung. Lip and bladder cancer, in addition to dangers resulting from smoking in a group and passing the nozzle of the Hookah from one to another which leads to the transmission of germs and numerous diseases (Cancer Association, 2012; Warsno et al., 2003).

Hookah smokers are wrongly convinced that the harms resulting from Hookah as secondary compared to the harms resulting from cigarette smoking. Research has shown that smoking can cause the smoker to suffer from many diseases such as lung cancer, in addition to the presence of dangerous substances in tobacco such as nicotine.

The high proportion of nicotine in the blood leads to accelerating the heartbeat, high blood pressure and high levels of carbon monoxide in the blood, which in turn leads to insufficient access of oxygen to the brain, causing headaches (dizziness), fatigue and loss of balance, and sometimes causes damage to brain cells. Brain damage has many negative effects associated with the center of damage in the brain, and these effects: learning difficulties, difficulties in comprehension or speech.... (Koren & Hareal, 2005). Koren (2009) adds to the dangers of Hookah smoking the existence of "excessive smokers" who may suffer from coronary artery disease and brain artery diseases due to complications resulting from high levels of nicotine and carbon monoxide in the blood.

Constant and intense smoke leads to addiction to nicotine found in tobacco, in addition to the fact that the level of purification of toxic substances from Hookah smoke is very low – only 20% - which facilitates the process of addiction. While abstaining from smoking during the quitting period of the Hookah is associated with many physiological problems, such as: Headache, exhaustion, drowsiness, lack of focus, anxiety, nervousness, hunger, heart palpitations and trembling (Koren, 2009).

Among other dangers adding different types of drugs, such as marijuana, leading to entering the world of drugs and alcohol abuse.

Hookah smoking is a dangerous behavior that leads to abnormal dangerous behaviors. Following a certain behavior may lead to the deterioration of individual and dangerous behaviors. To illustrate this, we present Jessor's theory of dangerous behaviors.

### **Risky Behavior**

Jessor's theory about risky behavior explains the adolescents' involvement in risky behavior depending on his personal and social world and based on his involvement in other problematic behaviors.

According to this theory (Jessor, 1987), individuals develop a number of risky behaviors rather than one separate behavior. Jessor examined these various behavioral relationships, and it was found that these relationships are organized and arranged in the form of "cluster". That is, risky behaviors on health such as drinking alcohol or any other behavior that can be learned from goal-oriented functions and used as a tool to achieve goals.

The standards, broad cultural expectations and individual's experiences in daily life are centered on the consequences resulting from drinking alcohol for example. According to "Jessor", the factors that expose adolescents to risky behaviors are found in different systems, such as: personal system, environmental system and the behaviors existent in them.

The personal system includes factors such as: lack of interest in education, emphasis on independence, emphasis on independence rather than academic achievement, social isolation, low self-esteem, lack of interest in religion, leniency towards some deviations and lack of observation upon them.

Environmental system includes factors such as: parental consent to risky behaviors, little parental support, poor parental and friends' control and modest effect of parents to friends.

Thus, behavioral system is deemed a problem if it deviates from the accepted processes of this generation. Therefore, participation in the traditional behaviors is low (Jessor, 1984). The more diverse problems an individual has in these systems, the greater his chance to interact with risky behaviors and face larger problems (Jessor, 1987,1984).

This theory has gained widespread popularity. According to Donovan (1996), 50% of the change in smoking Marijuana can be explained in his researches. Where he discovered that the risky effect of drinking alcohol is similar to smoking marijuana, other risky toxins, drug dealing or dropping out of school.

It was also found that cigarette smokers in an early age are more likely to have a low academic achievement, have behavioral problems at school or pervert behavior, such as: theft and violence compared to other adolescents who do not smoke. Studies showed that the examined sample who proved to drink alcohol "excessively" were found to be smoking cigarettes, marijuana and cocaine compared to other examinees who do not smoke cigarettes and other toxins (Jones et al., 2001).

In a social, cultural and behavioral context, Hookah smoking has a similar aspect to cigarettes smoking or drinking alcohol. Therefore, this behavior can be added to the aspects of risky behaviors as "Jessor" pointed out.

In other words, Hookah smoking is considered a risky behavior and increases the chances of following risky and more serious behaviors such as: abuse of toxins, drugs and other risky behaviors.

However, Hookah smoking can not have social, cultural and behavioral aspect similar to cigarettes smoking, but their aspects that suit a little dangerous or serious behavior, such as: cigarettes smoking and drinking alcohol, because unhealthy nutrition is a dangerous behavior for human health, but it is not accompanied by aggressive behavior or other risks.

### **The effect of hazardous materials**

Taking addictive substances is one of the risky behaviors for adolescents and is considered as an important predictor of diseases and death. In general, although these behaviors are associated with diseases and death on short and long term, they are a symbol of well-being and social relationships (Di-Clemente, 1996).

Smokers who drink alcohol "excessively" are very likely to engage in violence and thug acts. Their chances of getting injured from fights or carrying weapons of all kinds are greater than their peers who do not smoke or "excessively" drink alcohol (Hareal, 1999).

In a study to examine the relationship between the use of addictive substances: cigarettes, alcohol and drugs, and other variables such as loneliness, feeling rich, feeling healthy, relationships with parents, relationships with friends, the advantages of different schools and the use of other materials, a very strong relationship was found between cigarette smoking and alcohol drinking (Gabhainn & Francois, 2000).

The theory of risky behaviors explained what the adolescent who smokes cigarettes faces, where there is a larger chance for him to drink alcohol and engage in violence acts than the adolescent who does not smoke.

Hookah smokers engage in different risky behaviors more than those who do not smoke or take risky substances, such as: cigarettes smoking, alcohol drinking and taking toxins. They are more likely to get injured in a fight, violent acts or unsafe sexual activities as well.

Therefore, the theory of risky behaviors by "jessor" proved that smoking Hookah of a behavior that is followed by other risky behaviors such as using drugs and drinking alcohol.

Hookah smoking relates to risky behaviors and has harmful impacts on human health, that it could turn the adolescent from a healthy young man to a sick young man.

In addition, Hookah smoking is followed by negative behaviors and harmful to man, such as: taking toxins and drugs, drinking alcohol and violence of all types. Moreover, this phenomenon, i.e Hookah smoking, is risky and problematic behavior.

The dangers and harms of Hookah smoking could be concluded in the following aspects: harmful impacts on the health of the smoker, harmful impacts on the health of other (passive smoking), social risky, financial risky, psychological risk, and serious behavioral risky.

#### Factors Leading to Hookah Smoking

The continuous apparent smoking of Hookah, Hookah addiction, means the existence of several causes and factors leading to smoking, including: social, psychological, family, cultural, economic and other factors...

## **Social Factors**

Usually, Hookah smoking happens in groups. In a group of adolescents, the group has an effect on the individual, which causes the individual to behave differently, this behavior may even be abnormal, the dangers of such are not only limited to unsafe behavior such alcohol consumption but also in the perception that these behavioral patterns are socially validating (Hazard & Lee, 1999).

In this generation of adolescents, social conformity appears to be vital as seen in the idiom "Put your head level with the other heads and call on the head cutters," that is to say, accept the conformity to the group, whether this has positive or negative impacts.

The social adjustment of the adolescent actually means that they feel accepted in the group and gratification of their self-worth (Keefe, 1994). This dependence on the group increases significantly and greatly in the eyes of adolescents and therefore by obeying the laws and ideals of the group, sometimes in opposing laws (Gavin & Furman, 1989).

There is a great effect on the adolescents, by taking the group as a role model, it may be a good indicator for predicting the use of future substance abuse (Vulcano et al., 1990).

When it comes to Hookah smoking in the group, there are positive and negative aspects. The positive aspects are that individuals meet with each other and bond as a group which sparks conversations about the problems and difficulties they face, and this reduces the tension and allows them to feel more comfortable.

Positive aspects such as peer pressure on the individual driving them towards problematic behavior to prove their belonging to the group and to be accepted.

Self-esteem and social outlook are associated with young people's decision to smoke. Higher self-esteem among young people reduces anxiety levels while increasing their sense of happiness and achievement, and results in relatively fewer behavioral problems (Masqsud & Rouhani, 1991; Sherman, 1983).

## **The Family**

The family is one of the important agents of socialization, which is vital to improving and developing the physical and psychological comfort of the children (Pratt, 1991). Research has shown that the most influential factors in initiating the use of various toxic substances are the imitation of other important behaviors such as parents and relatives. (Sampson & Laub, 1994).

There is a strong relationship between the attitude towards rejection and the instability of the relationship with parents and children's aggressive behavior and behavioral deviations (Sampson & Laub, 1994). The agreement, consistency and harmony between parents and their children and the parents' types of control in responding to their children lead to positive development and a higher self-esteem in adolescents. (Johnson et al., 1991).

That is, children who realize that their family is a supportive family are very much less alcoholic than teenagers from non-supportive families because their family is indifferent and does not care about the children.

As for girls, their smoking was similar in both types of families compared with boys. The proportion of children who smoked was found to be higher among children belonging to traditional or neglected and uninterested families. (Foxcroft & Lowe, 1995).

Another study found that parents' lack of control over their children at leisure with friends and behavioral anomalies of members of the group—belonging to the same generation—which lead to the emergence of dangerous behaviors, such as alcohol and drug consumption and smoking (Svensson, 2000).

Jafar (2002) points out that the family plays a key role in influencing the adolescent, for example, parents who smoke cigarettes in front of their children, who model after them in the smoking process and therefore imitate them.

### **Friends Peer Group**

The group of peers has a significant influence on the different behaviors of the adolescent, due to the heightened sensitivity towards the group's conformity. The adolescent's approval through his social acceptance within the group is key for his sense of self-worth. (Keefe, 1994).

Belonging to the group is of great importance and this is particularly more so in the eyes of young adolescents who are committed to the systems and laws of the group. Therefore, the desire for social acceptance and low social outlook are encouraging factors for adolescents to smoke. (Sherman, 1983).

Adolescents use dangerous substances to entertain themselves with the support and encouragement of their peers. The effect of the peer group also appears cognitively in the behavior of the adolescent under pressure and group effect, leading to dangerous behaviors such as marijuana smoking (Vulcano et al., 1990).

## **The School**

School is an important framework for the behavior of the individual; as the classroom atmosphere and the school climate influence, greatly, the behavior of the individual where the self-awareness of the adolescent is forged in this context, and where the of behavioral patterns emerges, whether positive and negative.

Research has shown that dangerous behaviors harmful to health are clearly and sequentially related to the negative feeling towards the school and the feeling of alienation within it (Nutbeam et al., 1989).

A study of Hareal (1999) found negative perceptions to be in the following areas are associated with participation in violence: general perceptions, school rules and regulations, teacher-student relationships, academic achievement, and classroom atmosphere. The predictive model indicated that the chances of participation in violence among adolescents increased with the increase of negative perception of school functions.

It was found that students who hated school tended to use dangerous behaviors such as smoking and drinking spirits in earlier stages in comparison to their school-loving peers (Samdal & DUR, 2000).

In another study, there was a strong correlation between school anxiety and other risky behaviors such as drug abuse and sexual activity (Palti et al., 1995).

Both Samdal and Dur (2000) note that there is a strong relationship between students' perception of the school, their smoking behavior, physical activity, health, and personal comfort which accentuate the need to pay more attention to the school's impact on adolescent health.

## **Psychological Factors**

Hookah smoking is a new social phenomenon in society. The phenomenon of Hookah smoking in the Arab countries has spread widely and has even spread to the Western communities (Kandela, 2000). Hookah smoking has a social character because it is mainly presented in group smoking. In the adolescent community, smoking is considered a successful means of self-realization, as well as other goals such as revolting on one's self, family and society. Frustration means failure to do something or not to perform a particular task which is considered important.

Failure to fulfill certain tasks by which an individual wants to change a social, economic or political reality leads to his anxiety, depression, fear and collapse and may reach the degree of weakness of personality and the emergence of a state of schizophrenia.

The psychological aspect of the individual affects his or her behavior, such as the behavior of Hookah smoking and other hazardous behaviors related to smoking, with the aim of:

1. Relieve stress and other psychological problems.
2. Omission of shortcomings.
3. Hide the sense of shame and confusion.
4. Compensation for other positions they have.

Jafar (2000) points out that some adolescent smokes cigarettes to rebel against themselves and also family and society. The Ministry of Education of Kuwait (1995) noted that the high economic stature of the family casts a shadow on motivating children to experience cigarette smoking, drugs and others.

The family represents a model for imitation of the different behaviors of parents, especially the behavior of smoking.

Psychological factors can be summarized as follows

Of the motives that affect the psychological aspect of the individual greatly and make them look for a way to get rid of psychological problems include:

1. Feeling frustrated.
2. The need to change the daily aspects of life such as: social, economic, or political aspects.
3. Escape from reality.
4. Boredom and/or weak personality.

These are things that lead to frustration and may generate within an individual tension, anxiety, depression and perhaps a "psychological breakdown." Individuals, therefore seek ways to get rid of these things to prove themselves and alleviate the psychological problems they face.

This is achieved through smoking - cigarettes and Hookah - and other dangerous behaviors such as poisoning or drugs and alcohol abuse.

## **Behavioral Factors**

Smoking is considered to be one of the behaviors that leads to dangerous behaviors (Jessor, 1987). Dangerous behaviors are arranged in a chain manner, whereas unhealthy behaviors like smoking or alcohol consumption led to other more dangerous behaviors.

Hookah smoking, for example leads to alcohol consumption and other dangerous behaviors like mixing toxins with tobacco or replacing the water in Hookah with alcohol. This is why the behavioral system of a group poses a problem if it diverts from the socially accepted behavior of the generation, (Jessor, 1984).

Massalha (2022) adds that this group is considered among the boys at risk group, where antisocial behaviors cause them to slip into negative and dangerous behaviors, and hookah smoking causes addiction and antisocial behaviors.

The phenomenon of hookah smoking is widespread in all countries of the world in general, as the number of hookah smokers on a daily basis is estimated at 100 million people all over the world (Ward Hamal, Vanlerweg, Elssenberg & Asfar, 2005). Statistics for the year 2011 indicate that the percentage of hookah use among generations 18 years and over has reached approximately 15 in Lebanon, (9-13%) in Syria, 4-12% in the Gulf countries and 6% in Paktan (Akl Gunukula, Aleem, Obeide, Jaoude & Heneme, 2011). In Jordan, the percentage was 30% (Khabour Alzoubi, Erssenberg, Mehrotra, Azab & Carroll, 2012). In Iran, the percentage is constantly rising in the number of hookah smokers (Khosravi Emamlan, Hashemi & Fotouhi, 2018). In addition, the phenomenon of hookah smoking is widespread in the western states of America by 15% (Park Duncan, Shahawy, SHearston & Lee, 2017). This is due to the percentage of Arab citizens who hold American citizenship and live in these areas, which explains the existence of a positive relationship between hookah smoking and culture (Salloum Thrasher, Kates & Maziak, 2015., Park, Duncan, Shahawy, Shearston, Lee & amura, 2017). In other words, Arabs smoke water pipes a lot and the percentage of water pipe smokers among Arabs is among the highest in the world.

## **Conclusion:**

Hookah smoking, although gained from the Middle East, is already part of the lifestyle of many young people around the world. The understanding of the complex nature of this phenomenon - cultural, social and psychological, but also its serious health and economic

consequences that it has for the society as a whole - puts on the agenda the development of effective and wide-ranging preventive programs aimed at reducing its prevalence among young people.

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