

# HOOKAH SMOKING AND AGGRESSIVE BEHAVIOR AMONG UNIVERSITY ARAB STUDENTS IN ISRAEL

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**Abstract:** *The article examines hookah smoking as part of modern youth culture and as a risky behavior that is becoming more prevalent throughout the world. The results of a study that involved 195 Arab students are presented. The results showed a correlation between hookah smoking attitudes and students' aggressive behavior. There is also a link between social factors such as specialty learnt in the University and place of residence, and gender (and related roles) with hookah smoking attitudes.*

**Key words:** *hookah smoking, aggressive behavior, attitudes to smoking, factors influencing hookah smoking, risky behaviors of students, dangers of hookah smoking, prevention.*

The phenomenon of hookah smoking is considered one of the dangerous behaviors that have spread widely in countries of the world, as the number of hookah smokers on a daily basis is estimated at 100 million people all over the world. 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. 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).

Furthermore, hookah smoking affects the pregnant woman as well. The results of APGAR<sup>1</sup> test (the test carried out to the newborn in a few minutes after birth) for Hookah smoking mother

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<sup>1</sup> APGAR(*appearance, pulse, grimace, activity, respiration*) is a test given to newborns soon after birth. This test checks a baby's heart rate, muscle tone, and other signs to see if extra medical care or emergency care is needed. Babies usually get the test twice: 1 minute after birth, and again 5 minutes after they're born.

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. Passive smoking has many damages, such as eye irritation on short term, headache, nausea, dizziness and other damages (Cancer Association, 2009)

### **The Phenomenon of Hookah Smoking in Young People**

The phenomenon of Hookah smoking has spread rapidly in Arab community and the Jewish community. The phenomenon has a significant negative impact on the youth. Adolescents smoke narcotics and develop behaviors of a very dangerous nature. Smoking is a very naïve and simple way to do it, but smoking, and smoking in groups, exposes smokers to dangerous and difficult behaviors because of the group's influence on the individual, leading to dangerous behaviors such as substance abuse.

Previous research shows that no study has been conducted on hookah smoking and its relationship to the aggressive behavior of university students. The importance of this study appears in shedding light on this subject, and studying the attitudes of Arab university students in the Haifa region towards hookah smoking, and the relationship to their aggressive behavior, especially since hookah smoking is usually in a group, there are dangers and negative habits in young people, such as replacing the water in the hookah bowl with alcohol and mixing waterpipe tobacco with poison.

Research methodology and results

#### **Questionnaires**

To measure aggressive behavior a questionnaire of Buss & Perry (1992) was used, the form is distributed to 29 items to measure the three dimensions of aggression: aggressive behaviour (physical and verbal), anger and hostility. The (surveyed) student is required to decide to what extent every item suits him by using Likert scale consisting of 5 levels, (1 means strongly disagree and 5 means strongly agree).

To measure the attitudes to hookah smoking the researcher created the study tool after studying the psychological and educational literature generally related to the attitude issues, and previous studies on smoking and the use of the Hookah. After the validity procedures the

questionnaire contains 23 items with Likert scale answers, and 10 questions with multiple choice questions.

### **Sample**

195 university students participated in this research. The majority of the respondents are male (n=116), the women are close to 20 % less (n=79) .

The students in the third year of their education are the biggest group (n =67), followed by the first year students (n=51), the second year students (n=41), and the forth year students (n= 36).

The largest number of students studying Special Education (n=59), next largest is the group of students studying science (n=51), those studying early childhood and mathematics are almost equally represented (n=35 and n=34, respectively), and the group of those studying languages is smallest (n=25).

The distribution of respondents in terms of settlement is almost equal 96 (49.2%) of the participants indicate that they live in a large city, and 99 (50.8%) indicate that they live in a village.

### **Results and discussion**

This research examines the attitudes of colleges and universities students toward smoking Hookah and its relation to their aggressive behaviour .

Eight hypotheses were used to examine this topic each of them is discussed separately.

#### **First Hypothesis**

**There is a statistically significant difference in attitudes toward Hookah between students of the drug and the non-smokers.** The difference was examined by t-test for independent samples, and the results are presented in Table 4. The results indicate: the rate of smokers (m = 3.22) vs (m = 2.28) for non-smokers. As well as (t = 51.876, p <0.001).

The results indicate a statistically significant difference between students who smoke and those who do not smoke.

This is explained by the fact that smokers of the legs believe that the harms of the narghile are secondary compared to the harmful effects of cigarette smoking. Therefore, because the effect of the Hookah is late, the smoker does not feel the heat or the tightness of the breath. (**Massalha, 2017; Koren & Hareal, 2005**). In addition, continuous smoking, intensive, leads to addiction to nicotine found in tobacco, making the smoker dependent on Hookah because of physical, behavioral, and psychological addiction (**Cancer Association, 2009; Koren, 2009**).

Therefore, attitudes are positive for cigarette smoking in smokers, but also for high self-esteem (Kashif, 2004) and psychological comfort because it reduces stress by smoking Hookah (Massalha, 2018; Koren & Hareal, 2005).

The hypothesis was accepted, and a statistically significant difference was found between the smoker's students and the non-smokers

### **Second Hypothesis**

**There is a statistically significant difference in attitudes towards Hookah among students who smoke at different doses.** The hypothesis was examined by a one-way contrast analysis. The results indicate that there is a statistically significant difference between smoking students and peers in their attitudes toward them according to the frequency of smoking ( $F = 30,836$ ,  $p < 0.001$ ), meaning that the students who smoke daily are more positive than the weekly or monthly smokers.

We conclude from this that the students who smoke Hookah daily are very addicted to the smoking of Hookah, so their attitudes are positive towards Hookah. Tarabi (2007) found that the largest group of smokers in the Arab community is from the age group 18-34 years old, it represents 54.4%, and the rate of daily smoking reached 71%.

### **Third Hypothesis**

**There is a statistically significant difference in attitudes toward Hookah among students who smoke Hookah, are addicted to it (inhaling smoke deep into the lungs), and among students who smoke Hookah and do not inhale smoke.**

The difference was tested by t-test for independent samples. The results indicate a statistically significant difference between students who smoke the Hookah and are addicted to it (inhaling smoke deep into the lungs) and those who do not inhale smoke ( $t = 16.975$ ,  $p < 0.001$ ).

Studies examining the phenomenon of smoking habits indicate that 60% of school-age smokers breathe deeply into the lungs (Massalha, 2017).

This leads to addiction to nicotine found in the tobacco of the Hookah (Al-Zarad, 2009; Koren, 2009). This is why they agree positively about the smoking of Hookah, since this helps to overcome loneliness as smoking Hookah is usually in a group feels pleasurable and "superior", relieves stress and gives psychological relief (Gabbainn & Francois, 2000; Massalha, 2018).

#### **Fourth Hypothesis**

**There is a relationship between time spent smoking and smokers' attitude towards the drug.**

The hypothesis was examined by examining the relationship and the correlation between the two variables by the Pearson coefficient. The results indicates a statistical relation between smoking and the the attitudes of smokers toward Hookah ( $r= 0.238$ ,  $P<0.005$ ). In other words, the longer the time spent smoking Hookah, the smoker's positions were more positive towards Hookah.

Allocating more time for Hookah smoking contribute for pushing the individual toard smoking addiction. (Al-Zarad, 2009). That means it depends on the drug “tobacco” in the psychological and physical dependence. (Sharaf, 1986). This has a relation to the attitude that the person adopted toward smoking Hookah.

The more time a person spends on smoking Hookah, the more positive his attitude towrd Hookah would become. (Koren, 2004; Warsno et al., 2003).

#### **Fifth Hypothesis**

**There is a relationship between attitudes towards Hookah and the level of aggressive behavior of students.**

The hypothesis was examined by examining the relationship and the correlation between the two variables by the Pearson coefficient. The results indicate a statistically significant relationship between attitudes towards Hookah and the level of aggressive behavior of students in all dimensions (anger, physical violence, verbal violence, hostility and violence).

The more the attitudes toward Hookah are positive, the more the aggressive attitudes among students would be.

This hypothesis was accepted, and studies in this field confirm that smoking in its various forms is considered a dangerous behavior that leads to aggressive behaviors (Jessor, 1987; Koren, 2004). Smoking is similar to smoking cigarettes or drinking alcohol, so this behavior can be combined with dangerous behavior structures as indicated (Jessor, 1987).

Dangerous, and increased opportunities to follow dangerous behaviors, and more severe such as: abuse of toxins and drugs, aggressive behavior, and other behaviors.

Hareal (1999) supports a relationship between alcohol consumption and bullying: violence and bullying, and a relationship between cigarette smoking and alcohol (Gabbainn & Francois, 2000).

Studies also indicated that there is a relationship between smoking and academic attainment of the individual: Smokers conduct risky behavior that leads to low academic achievement, especially in the school stage (Jones et al., 2001; Koren, 2009; Koren & Hareel, 2005; Massalha, 2018).

### **Sixth Hypothesis**

**There is a statistically significant difference in attitudes toward Hookah among students according to specialization.**

The hypothesis was examined by a one-way contrast analysis. The results indicate a statistically significant difference between the smokers and the Hookah in their attitudes towards them according to specialization ( $F = 24.064$ ,  $p < 0.001$ ). As students' attitudes are more positive than those of science students and early childhood students.

This result is contrary to the conclusion reached by Al-Esawy (2000) that the students of scientific specialties higher degree students of literary disciplines in the aggressive behavior of students in Syrian universities. (Al-Esawy 2000).

**This difference can be justified as following** Literary themes are human subjects, with feelings, linguistic communication and many positive social expressions. This makes the study more humane and social, and thus reduces aggressive behavioral tendencies. As for the scientific subjects, it is a dry substance that does not carry a social language and feelings, but only numbers and equations. Therefore, the learner does not acquire linguistic and social models. Therefore, his positions are more positive for aggressive behavior, especially that his behavior may be due to frustration due to the difficult and challenging study of scientific subjects.

As for early childhood and their attitudes are less positive than literary and scientific disciplines, this result is unexpected, especially since early childhood students have to be more patient, tolerant and empathetic because they have to deal with children.

### **Seventh Hypothesis**

**There is a statistically significant difference in attitudes toward Hookah among students according to specialization.**

The hypothesis was tested by **t-test** for independent samples. The results indicate that there is a statistically significant difference between students in their attitudes toward Hookah ( $t = 4.711$ ,  $p < 0.001$ ). The attitudes of male students are more positive than female students.

The attitudes towards smoking narcissus are often associated with customs, traditions and values in society (Koren, 2009; Massalha, 2017). Hookah smoking is usually in groups and therefore the individual must feel that he is acceptable in the group and feel the personal self-worth (Keefe, 1994). The Arab society considers smoking Hookah in the youth community more acceptable than the smoking of young women for the Hookah (Massalha, 2018). This confirms that 77.8% of Hookah smokers in Arab society are men (Tarabi, 2007).

The lack of parental control of the behavior of their children in higher education also led them to behave in dangerous behaviors (Svensson, 2000). This is what happens in the society of students in institutions of higher education, but most Arab society does not accept the behavior of girls smoking Hookah publicly as it is acceptable to young people, so we do not find in the cafes in the villages young women smoking Hookah while the phenomenon of smoking Hookah spread in Arab countries, Egypt, Lebanon, Jordan and the Palestinian Authority in public, especially in the women's community (Massalha, 2018).

### **Eighth Hypothesis**

**There is a statistically significant difference in attitudes toward Hookah among students according to place of residence.**

The hypothesis was tested by t-test for independent samples. The results indicate that there is a statistically significant difference between the students according to their place of residence in their attitudes towards the Hookah ( $t = 1.223, p < 0.05$ ).

This result is not compatible with the reality we live in the Arab society, that the urban population is more free from the rural society, and that the freedoms are many in civil society, and this can be explained that the sample may be not representative of reality and that have certain characteristics, and this makes us give A recommendation to conduct another study and a larger sample to study the subject, and to discuss the variables that we can affect the interpretation of the phenomenon of smoking Hookah, and its association with aggressive behavior.

The hypothesis was rejected.

### **Conclusions**

This study is the first of its kind that examines university students' attitudes toward smoking hookah, and its relationship to aggressive behavior.

The results prove that there is a relationship between Hookah smoking and aggressive behavior and also shows that the social factors as gender, place of residence and university specialty influence the attitudes to hookah smoking. Important finding is the proven relationship between the time spent in smoking and the increase of positive attitudes to it. This shows the need for development of effective prevention programs in order to limit this phenomenon among young people.

This study was conducted in the Haifa region, and therefore does not represent the rest of the regions in the Arab community and the Israeli community. Therefore, there is a need for a new and extensive study to know the attitudes of university students in other Arab regions, especially since the phenomenon of hookah smoking is very prevalent in Arab society, and the need is necessary, especially after the Corona period, which is supposed to affect the reduction of hookah smoking due to health damage.

It is also recommended to conduct a new study to examine the attitudes of Arab and Jewish university and college students in Israel towards smoking hookah, due to the prevalence of the phenomenon of hookah smoking in Israeli society, especially in Jewish schools.

There is a need to conduct a new study to examine the attitudes of school students towards smoking hookah, as well as to know the extent of its spread among students in Arab schools after the Corona period, which raised the level of awareness of the necessity of preventing diseases and maintaining health, especially since diseases spread due to the habit of smoking in a group.

Conducting a study to examine the attitudes of school students in Israel (Arabs and Jews) towards smoking hookah after the Corona period, with the aim of raising awareness of the need to limit the spread of this phenomenon and to show the health, social and behavioral dangers of smoking hookah. In addition, it helps in combating government institutions, the phenomenon of the spread of Huka in cooperative institutions.

Studies in this subject indicate the widespread prevalence of smoking narcotic in the community and the sharp rise in the rate of aggression behavior among members of society; in schools, streets, and various institutions in society, including higher institutes.

This study and its results help in the need to raise awareness of the dangers of hookah smoking and work to contend with it in society and in public and educational institutions, such as schools, universities and colleges, especially since there are negative behaviors prevalent among

young people, such as mixing hookah tobacco with toxins or using alcohol instead of water in a hookah bowl, which it poses significant health risks to smokers.

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