

PÉTER HERPAY¹

Smoking habits on the campus of Budapest Business School – faculty of international business and management

Abstract

Smoking is a huge problem in the world. Smokers usually start smoking when they start high school or university. We can categorize smokers into different types, that will be discussed later. The topic is related to environmental protection as well. Many questions came up into my mind. Is there a shortage of ashtrays at BBS – FIMB? Are people too lazy to throw their stubs into the trash can? Can the stubs be recycled? In my survey approximately 40 FIMB students have been asked to find out whether they are social or addicted smokers. How many cigarettes do they smoke a day? Would they make an effort to throw their cigarettes into the trash can?

Keywords: addiction, smoking, habit, pollution, students

Introduction

The present study is based on my own experience. The idea came to my mind when once I went out from the school and the ground was full of cigarette waste. However, every entrance has at least 2 trash cans. It is important to warn the young about the unhealthy side effects of smoking. In contrast to this fact, there are many people smoking in Hungary, which is a disaster for the human immune system, as inhaling tobacco

¹ Budapest Business School, herpypeter@gmail.com.
DOI: http://dx.doi.org/10.31570/Prosp_2018_04_9.

smoke increases the chance of cancer and other illnesses. In addition, waste and smoke pollute the environment. Moreover, it can even cause mental addiction as well. We can differentiate three types of smokers: social smokers, addicted smokers and passive smokers; however, the non-smokers were not asked, because they do not have any experience of smoking. As a student at Budapest Business School – Faculty of International Management and Business (BBS-FIMB), I can see many people smoking in the break; furthermore, instead of putting the cigarettes stub into the trash can, they just throw it away. However, sometimes the ashtrays are full of cigarettes; thus, there is nowhere to put the waste. After a long day, all I can see is that the ground outside the school is full of stubs. I was wondering if there were not enough ashtrays, trash cans, or just people are too lazy not to pollute their environment. Cigarette waste can be recycled in several ways by organizations that specialize in recycling. Smoking students were asked in a questionnaire, based on the mentioned problems. As far as I am concerned, these are the issues that are the most common among the young at BBS-FIMB.

Discussion

Methodology

The main method was the questionnaire. A survey was the best way to provide enough information about the smoking habits of students, which is part of their everyday life. However, the questionnaire does not contain information about the effects, nor the recycling, so data were provided from other sources. There are some websites that offer to recycle through the internet. You can send your waste by postal services. Sites also give advice how it can be recycled. Studies have been conducted to show why people should stop smoking.

Method: Design of the survey

The survey consists of 10 questions. There are 8 questions giving information about the smoking habits of the students at BBS-FIMB. There is 1 question about students' opinion whether the school has enough ashtrays and 1 question whether they knew that cigarette butts can be recycled.

Method: Participants of the survey

The questionnaire was filled out by 37 people. The participants are the students of BBS-FIMB aged between 18 and 25. Their average age is 21.68 years. However, the main ages are 18 and 19. They are freshman of the university. The participants are both males and females. None of the participants has studied at any other university, so they are unable to compare the school's environment to other universities. All of the participants' answers were handled anonymously to make sure that their answers were given honestly.

Method: Procedure of the survey

Only smokers participated in the survey. The questions were given to students on the campus of BBS-FIMB, and were posted on the school's Facebook page, where the members were able to access the questionnaire, and smoker students from the university were asked personally to fill out the questionnaire. In order to be able to answer to the Question III the person has to be "addicted smoker" to question II. 21 students said that they are addicted smokers, however, 30 people answered to the 3rd question, so 9 people did not check the requirement.

Method: The number of ashtrays and dustbins and their analysis.

The ashtrays and dustbins were counted in order to get information whether the school has a sufficient number of trash cans. BBS-FIMB has 12 entrances. In building K, there are 4 entrances. One of them is the main entrance and one is closed. Building E has 3 entrances and one is closed. Building D has only 5 entrances and 3 are closed and 1 is only for the disabled.

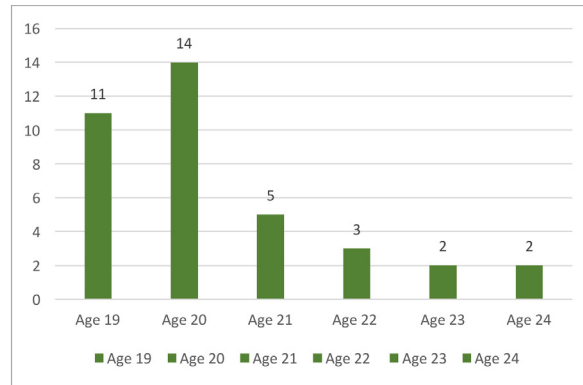
Method: Using foreign sources

In order to gain clear information about the effects and about recycling programs, several sources have to be used.

Results

Survey: Question 1

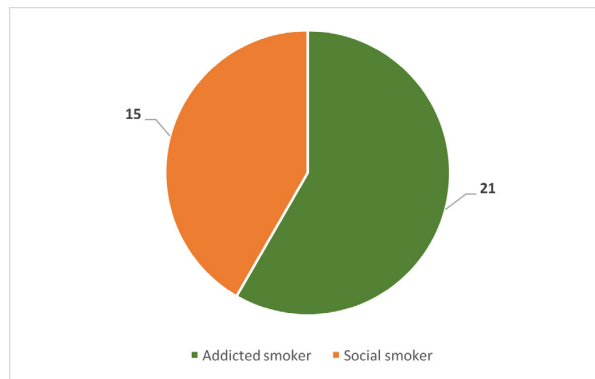
Figure 1. Age of the participants



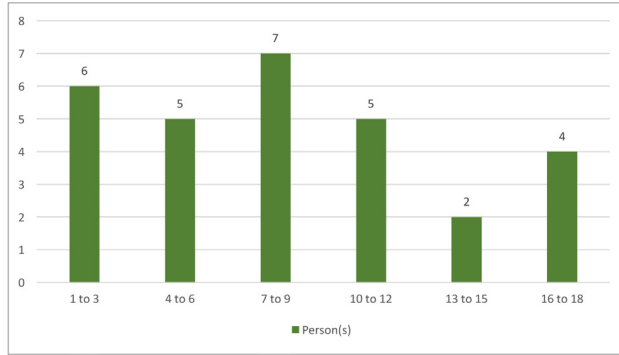
The 37 participants are aged between 19 and 24. The average age is 21.68. Most of the participants are at the age of 19 and 20. As you can see on the chart, 11 of them are 19 years old, 14 participants are 20, 5 are 21 years old, 3 are 22 years old and 2-2 participants are 23 and 24 years old.

Survey: Question 2

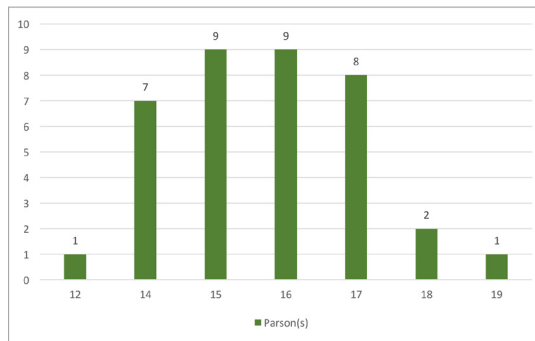
Figure 2. What kind of smoker are you?



Based on the answers 15 persons think that they are social smokers, and 21 participants think they are addicted smokers.

*Survey: Question 3***Figure 3.** *Cigarettes consumed by students a day*

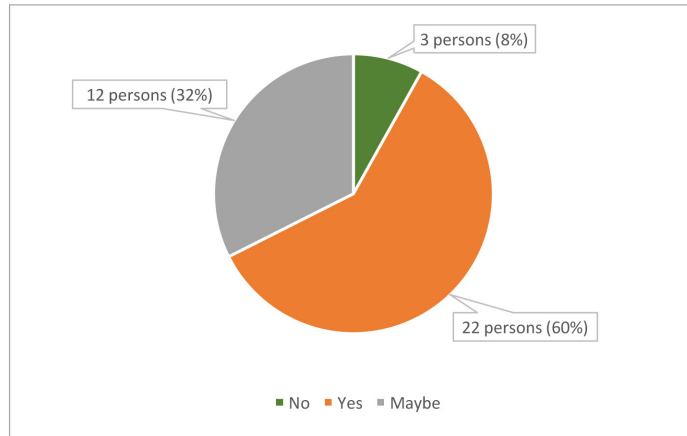
The requirement to answer this question was to be addicted smoker. In contrast to the previous question, there were only 21 addicted smokers; however, to this question there were 30 responses. Moreover, one response is invalid, because it is connected to “party smoking”. As each opportunity includes 3 numbers, the average is counted by the middle value of each answers. The average number of cigarettes smoked a day by a student is 8.41 pieces.

*Survey: Question 4***Figure 4.** *Age, when participants started smoking*

One of the respondents was 12 years old when s/he started to smoke. 7 were 14 years old, 9 were 15 years old, 9 were 16, 8 were 17, 2 were 18, one was 19 when she/he started to smoke. That is an average of 15.68 years.

Survey: Questions 5–6

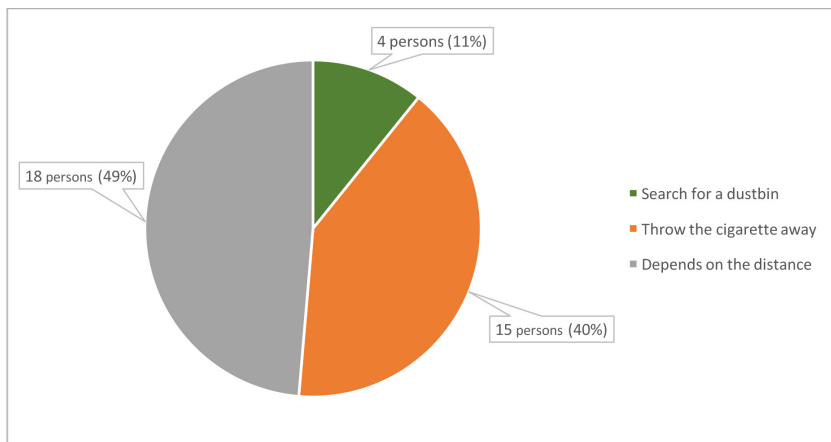
Figure 5. People who would give up smoking and explanation



Question 5 was a multiple choice question, and 37 answers were given. 22 of the respondents want to give up smoking, but 3 of them are not willing to, and 12 persons are hesitating. To the 6th query, there were only 20 responses. The replies are both different and similar. Two reasons are almost given by everybody; however, several responses are different.

Survey: Question 7

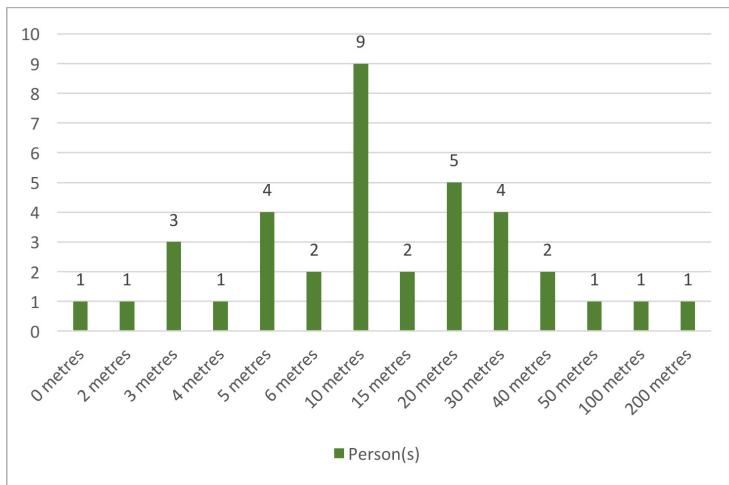
Figure 6. What would you do if there is not a bin/ashtray around you?



37 responses were given by students. Almost half of them, that is, 18 participants gave the answer “depends on the distance” (where the nearest dustbin is). 15 of the respondents would ‘throw the cigarette away’ if they could not find a dustbin. 4 of them would ‘search for a dustbin’.

Survey: Question 8

Figure 7. Distance students are willing to walk in order to throw their cigarettes waste into an ashtray/ dustbin



According to the 37 replies, students would be willing to walk an average of 22.08 metres in order to find an ashtray. The mode is 10 metres.

Survey: Question 9

Do you think that BBS-FIMB has enough ashtrays?

[If your answer is no, please explain in one or two sentence(s)]

These are the answers to the question:

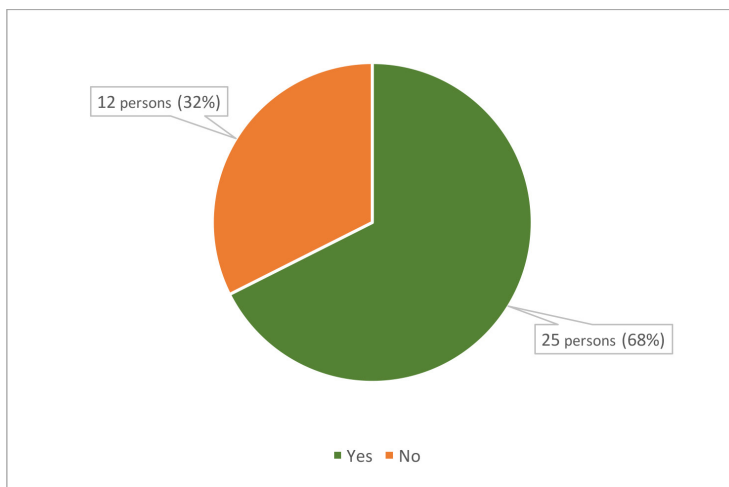
- Yes (23)
- No (8)
- No, because I see many stubs on the ground.

- No, there should be more.
- No, lots of students throw the cigarette away because there are no enough ashtrays.
- I guess. Could be a couple more.
- No, I'd suggest we need more as the number of smokers is really high.
- No, do not have enough capacity to bleed them out so they solve this problem with less ashtrays

According to the questionnaire, most of the students think that BBS-FIMB has enough ashtrays. 23 students answered yes to the question “Do you think that BBS-FIMB has enough ashtrays?”, 14 answered no. This means most of the students think that the university has enough ashtrays.

Survey: Question 10

Figure 8. *Did you know that cigarettes butts (end) could be recycled?*



25 people did not know that there were ways to recycle cigarette butts, although 12 of the respondents knew there are ways to recycle it.

Number of the ashtrays in the campus of BBS-FIMB

BBS-FIMB has 6 functional entrances. These are the open ones. 6 entrances are usually closed. Building K has 3 functional entrances. One of them is the main entry. Each of the 2 side hallways has 1 ashtray and 1 dustbin; however, the main entrance has only 1 dustbin and 1 ashtray as well. Building E has 2 functional entrances. The “E1” gate has 2 ashtrays and 2 dustbins. The “E2” gate has 2 ashtrays. Between the 2 “E” entrances, there are 3 other dustbins in the park. Building D has only 1 functioning entrance, which has 2 ashtrays and 2 dustbins. On the route, which connects the “E2” entrance to the “D2” (the functioning one), there are 6 dustbins and ashtrays. On the campus of BBS – FIMB there are a total of 27 trash cans and ashtrays.

Discussion

Smoking is a huge problem in the world. It is connected to unhealthy living and even to environmental pollution. Smoking kills 7 million people a year. More than 6 million of those deaths are the result of direct tobacco use, while around 890,000 are the result of non-smokers being exposed to second-hand smoke (WHO 2017). On average, someone who smokes a pack or more a day lives 7 years less than someone who never smoked (Garfinkel 1987). These are key facts. Everybody has to decide whether they want to choose this kind of 'lifestyle' or not.

In my experience, those who have been smoking for a long time usually seek to give it up when they start to feel the harmful effects of smoking. In the beginning, symptoms are usually heavy-breathing and coughing. Your lungs are “air-exchange organs”. They're made up of tubes that branch out into small sacs called bronchioles and alveoli where oxygen exchange takes place. Your body takes in the oxygen you breathe, and uses it as fuel. When you breathe in, the sacs inflate. When you breathe out, the sacs deflate (American Heart Association 2015) Cigarette smokers have a lower level of lung function than those persons who have never smoked. Smoking reduces the rate of lung growth and even raises the blood pressure. All the participants began smoking during their adolescence, which means that their chances to continue smoking as adults are greater than the usual. They had an average age of 15.68 when they started to smoke. One of them has been smoking since the age of 12. This student is not even a minor

yet (Age of 14). Active smoking by young people is associated with significant health problems during childhood and adolescence and with increased risk factors for health problems in adulthood (Center for Disease Control and Prevention 1994). The 37 participants are aged 19–24 with the average age of 21.68. Most of the participants are at the age of 19 and 20. What is clear from the survey is that 15 persons think that they are social smokers, but 21 participants think they are addicted smokers. The differences between social smoking and addicted smoking is that social smokers smoke when they are surrounded by people; thus, they smoke exclusively when they are in school, or when they are going out with friends for a night out, so it is not an everyday habit, that is, they are not dependent on nicotine. Addicted smokers are those who smoke regularly, addicted to nicotine and it is hard for them to quit because it has become an addiction in their everyday life. The average number of cigarettes smoked a day by a student is 8.9 (8.41) threads. As I have already mentioned, if someone smokes an average of 1 pack a day lives 7 years less than normal. “Luckily” cigarettes consumed by the participant is even less than half a pack, so the risk is not so serious. 22 of the participants want to give up smoking, yet 3 of them do not want to stop this bad habit, whereas 13 of them are considering giving it up. The most common reason was that smoking is unhealthy, and it can cause several illnesses. Many answers show that it is an expensive bad habit. No doubt, smoking is an unnecessary want, which is even a waste of money. A pack of cigarette costs about 1,200 HUF, which has 20 threads. Let us suppose a regular BBS–FIMB student smokes 8 cigarettes a day, that is, 40% of a pack of cigarettes. This means that smoking costs HUF 480 a day for smoker students. Some of them are planning to give it up in the future, but it is getting even harder and harder to give it up as time goes by. Those who are willing to live with this addiction think that it is unnecessary to stop it. One of them says “I think everyone has a bad habit. Some people drink every day, and I smoke. It is not as bad as most of the people think”. According to my findings, the campus of BBS–FIMB has enough dustbins and ashtrays for smokers, except the main entrance, which has only 1 dustbin and 1 ashtray. The waste on the ground is caused by the laziness of students, and it cannot be related to the lack of ashtrays. According to the respondents, the average distance they would walk is 22.08 metres, yet 3 responses greatly increases this number because one of them said 50 metres, one of them 100 and one with 200 metres. If I had not counted these answers, it would have been an average of 13.74 metres. That is a difference of 8.34 metres with only 3 responses out of the

37. The mode of the result is 10 metres, that is, 9 students chose that. 21 (56,76%) of the participants would not even walk more than 10 metres to find a trash can for their stubs. As it can be seen in the Question 7, most of the responses (18) say it “depends on the distance” whether they would search for an ashtray, and 15 of them would just throw it away. The answers to Question 9 mainly support my findings: 23 students out of 37 think that the school is not in lack of dustbins nor ashtrays. So these facts prove that BBS–FIMB has enough ashtrays and dustbins on its campus, only people are too lazy to throw their wastes into a dustbin. This is why we can see so much cigarette waste on the ground. It even effects our environment.

Cigarette waste can be recycled by TerraCycle. TerraCycle is an organization which was established by the Hungarian Tom Szaky in 2011. Participation in the program is completely free, all you have to do is to join the program, and then collect your cigarette waste (extinguished cigarettes, cigarette filters, loose tobacco pouches, outer plastic packaging, inner foil packaging, rolling paper and ash are accepted), ship it to them (which is free as well) and after that they recycle them into compost, plastic, etc. However, currently, it is not available in Hungary. For more information, visit their website for more information (Szaky 2018).

Conclusion

As I have already mentioned, the campus of BBS–FIMB has enough ashtrays, but students are too idle to find a trash can. Cigarette waste cannot be totally stopped; however, it can be reduced by using some methods. By picking it up more frequently, the gardener should collect the waste more often, and by having more separated ‘smoking’ areas on the campus, where smoker students have more ashtrays and seating opportunities. In order to reduce the littering more sanction should be made against littering. By using pocket ashtrays, students would be able to carry an ashtray with them, which fits in their pockets. These are cheap on AliExpress. Pocket ashtrays are from \$1.19 (~HUF 300), after a break they can empty the little gadget. Educating students is essential in giving advice about proper waste disposal. Leaflets should be put on notice boards about proper waste disposal, and warning signs should be used outside the building (Register 2000).

References

- American Heart Association (2015, 08. 17.): American Heart Association. Retrieved 04 13, 2018, from http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingSmoking/How-Cigarettes-Damage-Your-Body_UCM_322735_Article.jsp#.WtcWwGaB3-Y.
- Center for Disease Control and Prevention (1994): Preventing tobacco use among young people. Atlanta: CDC.
- Lew, E. A. – Garfinkel, E. A. (1987): Difference in mortality and longevity by sex, smoking habits and health issues. WHO.
- Register, K. M. (2000): Cigarette butts as litter – Toxic as well as ugly. Farmville: Bulletin of the American Littoral Society.
- Szaky, T. (2018). Terracycle. Retrieved 04 19, 2018, from <https://www.terracycle.com/en-US/brigades/cigarette-waste-recycling>.
- WHO (2017): WHO report on the global tobacco epidemic, 2017: Monitoring tobacco use and prevention policies. Geneva: WHO.