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**THE PHENOMENON OF SMOKING AMONG IRAQI UNIVERSITY STUDENTS AND WAYS TO
REDUCE IT (STUDENTS OF THE COLLEGE OF URBAN PLANNING AS A MODEL)**

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ABOUT ARTICLE

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Abstract: The research aims to reveal the reasons for the spread of the phenomenon of smoking among students in university circles despite the health warnings confirmed by university instructions and guidelines, as the harms of this phenomenon have health, psychological, economic, and social dimensions that are reflected in one way or another on the cognitive level of the student. Therefore, the research relied on a survey of a random sample of students of the Faculty of Urban Planning to find out the main motives that make some students victims of these practices and then develop scientific proposals to address this phenomenon.

INTRODUCTION

The First Topic: The Theoretical Framework of the Research

Studies indicate that the phenomenon of smoking dates back thousands of years and that the North American population of American Indians are the ones who invented tobacco cultivation and used it in smoking, and then increased its use after it moved from America to Europe and then to the Arab countries after colonialism. Manufacturers began to spread and compete in its industry until it became accessible to the population in all countries of the world, despite health awareness campaigns about the

harm of smoking and the restrictions set by many countries and governments. However, this phenomenon is still widespread among various segments of society, including students ([1]).

Smoking is one of the phenomena with negative effects on human health in general. On students and their scientific levels and mental abilities and physical activities in particular, as tobacco occurs anesthesia for the brain and nerves and confusion of thinking, and the student smoker does not only harm himself, but harms all those around him from the students, and this is what called for the study of this phenomenon to identify its causes and factors that contributed to its spread in university circles. To reveal to us the reasons for the spread of the phenomenon of smoking among students in Iraqi universities to reach the most important proposals to address it or limit its spread, and the problem can be formulated by direct question (What are the reasons for the spread of the phenomenon of smoking among some Iraqi university students?).

The hypothesis of the research goes that multiple reasons led to the spread of the phenomenon of smoking among university students, including economic and social reasons or motives of personal desire and other reasons that made the university student accept smoking addiction despite health warnings of its seriousness and problems that kill society.

The study aims to educate students about the dangers of the scourge of smoking and to indicate its health effects at present and in the future, and to work to find proposals that would reduce the spread of this phenomenon among students in university circles, as it is a civilized and cultural environment aimed at building society and protecting it from everything that harms man and his future.

The second topic: the causes of smoking among university students according to the opinions of the study sample

Some studies have confirmed that smoking is classified as the second cause of death globally, and the smoking behavior of students represents a major challenge for families and educational circles together, and despite the diversity of problems associated with the phenomenon of smoking, and the large number of medical warnings and government and popular awareness campaigns that reveal the dangers of smoking, smoking behavior at the global level is constantly increasing, and many scientific studies have found that smoking addiction leads to lung cancer in 85% of cases, and The Iraqi Ministry of Health confirmed in its official data that 40% of the population of Iraq are smokers, and that the number of smokers between the ages (15-30 years) is constantly increasing, and one of the researchers pointed out that the results of a British study that included (5777) British students show that smoking students are less absorbing than non-smoking students with a time difference of three months ([2]).

The study surveyed the opinions of the Faculty of Urban Planning students. The questionnaire form was distributed to all students in its three departments (urban planning, environmental planning, and regional planning), and (96) answer forms were obtained from students, including (29.2%) of females and (70.8%) of males, and the age of students did not exceed 26 years, as (16.7%) of the respondents were less than 20 years old, and (83.3%) of them were between the ages of (21-26 years).

Also, the opinion poll questions were not directed only to smoking students. Still, they were for all students to know their opinions about this phenomenon and investigate the reasons for its spread and whether it harms non-smoking students, so there were answers to non-smoking students, and (62.5%) and (37.5%) are smoking students. This discrepancy is a good indicator and may be attributed to the fact that the percentage of non-smoking students is more than that of smoking students in the Faculty of Urban Planning.

The students' answers about the reasons that prompted them to smoke varied between two main reasons, namely personal desire, which topped the first place, and by (88.9% of the reasons that prompted students to smoke, then social factors and (11.1%) The economic reasons that were mentioned in the opinion poll did not constitute a significant percentage.

(Table 1)
Represents the reasons that prompted students within the study sample to smoke

t	Causes of smoking	Percentage
1	Personal desire	88.9%
2	Social factors	11.1%
Total		100%

Source:- Based on the analysis of the questionnaire form

(Figure 1)

Represents the reasons that prompted students within the study sample to smo

Source: Based on data (Table 1)

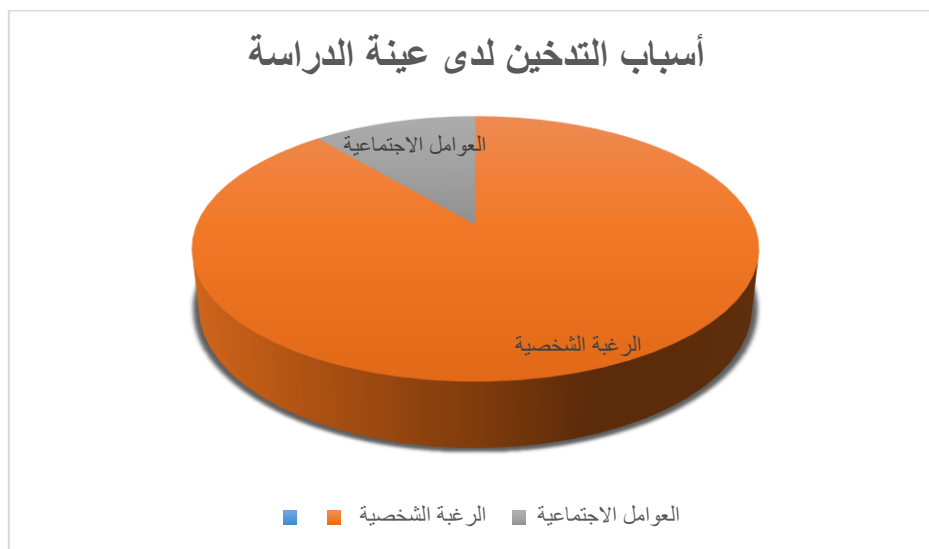
The distribution of the questionnaire form was comprehensive for all students in the college because it was distributed electronically to their own accounts in order to ensure impartiality in the distribution of the form to obtain results from the study sample that can be circulated to the statistical community, there was a discrepancy in the extent of students' response and answers, as the answers of the Regional Planning Department were (45.8%) of the respondents' sample and the Urban Planning Department by (33.3%) of the sample size and the Environmental Planning Department comes by (20.9%{.

It is worth noting that the opinion poll on the duration of students' addiction to smoking was its results indicate that (55.6%) of students for the duration of their addiction is more than (5 years), then comes the second percentage of addicts to smoking for a period of (3-4 years) and by (22.2% While the percentage of students addicted to smoking for a period of (less than a year) and addicted to smoking for a period of (1-2 years) comes in last place by (11.1%) respectively. As shown in (Table-2) and (Fig. 2).

(Table 2)

t	Smoking Duration / Years	Percentage
1	Less than a year	11.1%
2	1-2 years	11.1%
3	3-4 years	22.2%
4	5 years or more	55.6%
Total		100%

**Represents the duration of students' addiction to smoking within the study
sample for the year 2023**



Source:- Based on the analysis of the questionnaire form

(Fig. 2)

**Represents the duration of students' addiction to smoking within the study
sample for the year 2023**

Source: Based on data (Table 2)

Based on what the respondents of the smoking students indicated about the number of cigarettes they smoke inside the corridors of the university, they vary in their percentages, as the percentages of students who smoke less than five cigarettes reach about (56.6% of the total smoking students, and this indicates that the student at most of the working hours is busy in scientific lectures, whether theoretical or practical, while students who smoke more than (10 cigarettes) reach their percentage to (33.3% In last place, the percentage of students who smoke (6-10 cigarettes) per day within the corridors of the college and their percentage reaches about (10.1).

(Table 3)

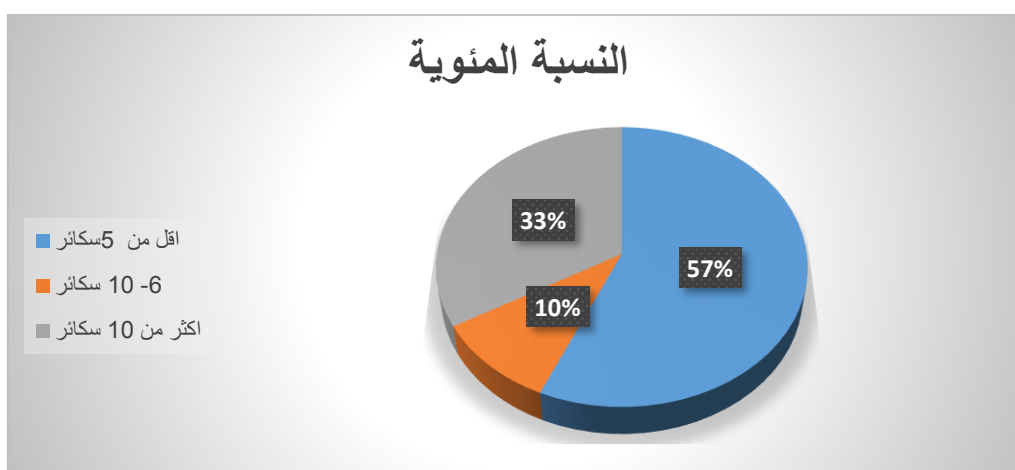
t	Number of cigarettes used during working hours	Percentage
1	Less than 5cigarettes	56.6%
2	6- 10 cigarettes	10.1%
3	More than 10 cigarettes	33.3%
Total		100%

Represents the duration of students' addiction to smoking within the study sample for the year 2023

Source:- Based on the analysis of the questionnaire form

(Figure 3)

Represents the duration of students' addiction to smoking within the study sample for the year 2023



Source: Based on data (Table 3)

It is striking that all smoking students are aware of the diseases resulting from Smoking and by (100%) and this indicates that the student deliberately practices Smoking despite his knowledge of the health damages resulting from it, meaning that the motives and social causes and personal desire are more

influential than knowledge of the health effects of smoking addiction, and this is evidence that portends the level of the impact of addiction on the destruction of the individual's personality and stripping him of his intellectual and cultural level, which contradicts what harms his health and makes him I am captive to those personal desires.

As for non-smoking students, in their answers to the question (if you are a non-smoker, do you feel upset with your fellow smokers) (79.2%) of students feel upset from the smoking process, and this indicates the level of rejection of this unhealthy phenomenon, while the percentage of students who confirmed that they do not feel upset by Smoking was (20.8%)

It is worth noting that (79.2%) of students are compatible with the application of instructions and ways to reduce Smoking in the university's corridors. In comparison, the percentage of those who refuse to reduce Smoking reaches (20.8%), which is a small percentage compared to students who want to get rid of the phenomenon of Smoking and reduce its spread because they know very well that it is one of the behaviors that contradict university norms and instructions issued by the Ministry of Higher Education and Scientific Research, as They have a degree of knowledge of the health, economic and cultural dimensions of the spread of this phenomenon.

Disadvantages of Smoking:

The smoker suffers from many damages and diseases caused by Smoking as a result of the harmful substances in the smoke of the cigarette. These damages affect various body tissues and the smoker's motor performance and psychological state. The damage of Smoking extends to those around the smoker at home or in the workplace, which is known as passive Smoking. These damages that affect the smoker can be divided into simple damages, which are those damages that do not reach a stage dangerous to a person's life or do not cause him problems, but his life can be diminished. The second type of damage is that which affects the smoker with several serious and deadly diseases such as cancer, lung diseases, and heart diseases. etc. ([3]). Perhaps the most important damage resulting from Smoking is represented by: -

First: The social harms of Smoking: Despite the spread of the phenomenon of Smoking in most countries of the world in general and in Iraq in particular, it is still an undesirable phenomenon among social circles, especially among non-smokers, and it also represents a phenomenon suffered by some families trying to prevent it by various means, as they are aware of its future damages that may lead directly or indirectly to the loss of health of its smoking members, and the smoke user offends his society, and offends To everyone who sits and his companion, because it blows smoke in people's faces,

stifles their breath, bothers them with the unpleasant smell of smoke, and spoils the atmosphere around them. The Committee of Advisors to the US Department of Health indicated in its report, which stated: that smokers were the cause of the fires more than others because many smokers wander their minds and are astonished about the cigarette butt. It may raid them to sleep while it is still between their fingers and cause a fire in their beds, and their homes are the first victims.

Studies have conclusively proven that Smoking has negative effects on the relatives of smokers who are forced to inhale tobacco smoke smoked by the smoker, which is known as (passive Smoking, especially in closed or narrow spaces; the smoke released by the smoker contains nicotine and carbon monoxide in addition to carcinogens, and these substances irritate the mucous membranes of the eye and upper respiratory tract in addition to a sense of dizziness, headache and nausea, and exposure to these substances for a long time can It leads to disorders in the functioning of some organs such as the respiratory system, the digestive system, and the immune system.

Second: Economic Damage

Of the economic harms of smoking other than the direct impact of buying it on the budgets of countries and individuals, there are many problems associated with spending on health care, especially in third-world countries. The percentage of smokers absent from their work for sick reasons is three times the percentage of non-smokers, as they are more inclined to evade their jobs than non-smokers. Their job performance is less than their non-smoking colleagues, which reflects negatively on their productivity compared to non-smokers from their colleagues. It is noticeable that the productivity of smokers is higher than when they quit Smoking. After one year of quitting, the productivity of smoking smokers is five percent higher than that of their colleagues who regularly smoke. Researchers believe that one of the reasons smokers are less productive is that they have to constantly leave their desks to smoke ([4]).

Third: Psychological damage:

The adolescent feels that Smoking helps him relax and calm and keeps him from thinking about his psychological problems. This feeling is nothing but an illusion and unfounded feeling but is invoked by the smoker to continue smoking. Smoking has many psychological effects, including[5].

A- Living with the obsession with fear of deadly diseases such as angina, heart attacks, and cancer.

2- Sense of personal weakness: Where the smoker cannot stop smoking despite taking this decision several times, a feeling experienced by every smoker; many smokers - if not all - want to quit Smoking

and realize its harmful effects on health, but they cannot generate a deep feeling that they are weak personality.

3- The feeling of failure when trying to quit Smoking generates an internal feeling that he will fail in every step he takes in his life.

4- Feeling remorse and self-blame for the money he spends on Smoking, for the chronic and acute diseases it causes to himself, and for the health damage it may cause to those in contact with him around him.

5- Excessive nervous and psychological tension, especially when trying to abstain or reduce Smoking, which causes many health, psychological, and social problems.

Fourth: Educational Damages

Smoking affects the ability to concentrate in students, as the speed of fatigue in the smoker makes him unable to continue studying and continue the effort. Also, the inhalation of carbon monoxide, which occurs during Smoking, affects the chemical balance of the blood, negatively affecting the activity of brain cells and weakening students' academic ability and motivation to learn ([6]).

Fifth: Health Damage:

There is no doubt that health damage is one of the most important damages that may kill humans as a result of the smoking process, which can lead a person to lose his life as a result of the outbreak of the disease, as studies indicate that (85%) of lung cancer cases are caused by Smoking, and it also leads to several diseases, including:-

- Cardiovascular diseases Medical studies have confirmed that Smoking leads to atherosclerosis, causing the so-called angina pectoris, and this depends on the duration of Smoking during a person's life and on the number of cigarettes he takes per day. Smoking also causes high blood pressure due to the increase in the percentage of fatty substances in the blood, which also leads to irritation of the heart muscle and constriction of blood vessels in the body's extremities ([7]).
- Cancer Cancer, which affects smokers, ranks second only to cardiovascular diseases, such as pharyngeal, laryngeal, and mouth cancer, lung cancer, leukemia, bladder cancer, and kidney cancer. Etcetera.

- Respiratory diseases: Smoking causes disorders in the senses of taste and smell, and roughness in the voice, and with time, may lead to loss of voice; one study conducted on adolescents showed that chronic lung diseases may arise after smoking (5-10) cigarettes a day for a year or two. Smoking also increases the incidence of asthma, as well as the smoker is more likely to develop bronchitis.
- Diseases of the digestive system: Smoking affects the digestive system, as smoking directly affects the mucous membrane lining the digestive system, which causes a tendency to vomit, nausea with a lack of appetite for food, and also causes indigestion, stomach ulcers, in addition to chronic gastrointestinal diseases, and reduces vitality and activity.
- Eye diseases Smoking leads to hardening of the arteries supplying the eye, which leads to atrophy of the optic nerve, retinal fibrosis, and detachment, and causes cataracts, which over time leads to blindness at an early age ([8])).

We conclude from the above that the process of Smoking has many harms that must be quit, especially among university students, since this category of society that is relied upon to spread culture and promote awareness among the population, and that among the harms of Smoking is the lack of focus and response to the acquisition of scientific knowledge as a result of the effect of nicotine substances in the body, in addition to the other harms mentioned.

The Third Topic: Proposed Solutions to Reduce the Phenomenon of Smoking in the Corridors of the Campus

Since this problem has been exacerbated and spread among educational circles at various levels, and it is not consistent with the scientific and cognitive nature that would renounce and boycott behaviors that do not achieve positive results and do not serve human health, it is necessary to develop proposed solutions to address this problem accurately, and these solutions need to apply the following: -

First: Activating university laws and instructions: University laws and instructions emphasize the fight against Smoking as they aim to protect students and workers in educational institutions from the dangers of this phenomenon, so many universities have worked to publish awareness posters and held seminars and educational workshops, and some universities have developed strict decisions against violators of affiliates and students to reduce Smoking in the corridors of universities.

The Iraqi government also issued Law No. 19 of 2012 by the standards approved by the World Health Organization Convention on Tobacco Control of 2003, under which it confirmed the inclusion of school

curricula and educational program materials showing the harms of Smoking and its dangerous to smokers and non-smokers, and also called on educational institutions to establish educational programs and periodic awareness programs within the framework of an annual national plan, with the printing and distribution of posters to prevent Smoking and warn of its harms in public places. Smoking is prohibited, including in educational institutions ([9]).

Therefore, all universities must seek to spread the culture of smoking prevention and adopt various methods to combat this phenomenon and eliminate its effects.

Second: Educational guidance and guidance: Educational guidance and guidance plays a key role in reducing the phenomenon of Smoking among students, being a therapeutic method that tries to modify behavior and control mental disorders by modifying the smoker's thinking style and perceptions of himself and his environment ([10]).

It should be noted here that the results of the guidance depend mainly on the experience of the guidance committees and their skills acquired through training courses and educational workshops in which the guidance staff must be involved to be able to achieve their goals, including reducing this phenomenon, as well as the counselor's sense of educational and professional responsibility that is reflected in his interest in addressing this problem, and on the other hand, the extent to which the smoking student is convinced that the idea of Smoking is a negative and unhealthy behavior that must be disposed of From him, the closer his ideas are to renounce Smoking, the more appropriate the results will be to achieve the goal of quitting Smoking.

Third: - Encouragement and provision of moral support and gifts to non-smoking students and students who abstain from Smoking: - The interest in students alike is a moral responsibility and a message confirmed by all educational systems since building the student is the goal of education but sometimes we need to encourage outstanding and committed to university controls, as this interest will be an encouraging message to other students to engage the ranks of their colleagues, improve their behaviors and adhere to university instructions.

Since the instructions of the Ministry of Higher Education and Scientific Research and the university directives that are based on those instructions emphasize the need to protect students from the scourge of Smoking, so universities must follow the means of encouragement as well to honor non-smoking students and encourage smokers to leave this phenomenon by submitting certificates of appreciation from the deanships of the college or heads of scientific departments, or that there be a special ceremony to present shields and moral and appreciation awards within officially announced festivals to have the

opportunity for all Students from the company and the opportunity is available for students who smoke to participate with their colleagues after quitting and getting rid of Smoking.

Fourth: - Holding scientific workshops that warn of the disadvantages of Smoking and show the most effective ways to get rid of Smoking: - Since the target group of this study is university students, and they are in the process of acquiring useful information and cognitive skills to make a conscious generation aware of all the health and societal risks surrounding it, so we must intensify efforts in establishing workshops and scientific seminars aimed at diagnosing these problems and then developing solutions to address them, and this requires that we involve professors From the medical, health, psychological and social specialties to implement these workshops and seminars to show the impact of Smoking on the health of students and their intellectual and academic levels, as well as to involve a sample of students who have a strong influence on their colleagues (after their training) to reduce negative phenomena, including the phenomenon of Smoking.

Fifth: - Publishing posters and indicative advertisements that show the dangers of Smoking and encourage abstinence from it: - The indicative advertisements, as one of the print media, have a role in the positive impact of reducing the spread of Smoking in the university corridors, as they represent official instructions that are prohibited from being exceeded on the one hand, and means of warning of the dangers of Smoking on the other hand, and the more the formulation of phrases with pictures is influential in the same recipient, the more results are achieved and more effective, so it must be formulated in a more style Excitement and influence in the recipient, as in the phrase "Thank you for not smoking," "Your abstinence from smoking is evidence of your contribution to the protection of society" and other phrases that affect the hearts of students and encourage them to quit Smoking.

CONCLUSIONS

1- Smoking has a significant impact not only on the health of students but also on their scientific levels, mental abilities, and physical activities, as tobacco affects nerve cells and confusion of thinking.

2- The phenomenon of Smoking in university circles, especially among students, is constantly increasing as a result of the impact of the behavior of smokers on other students, especially those who are less than 30 years old.

3- The harms of Smoking are not limited only to smoking students but even to non-smoking students who are close to them, whether in the corridors of the university, in the student club, or other places.

4 - The motive of personal desire is one of the most important reasons that prompted students to smoke and (88.9%) of the reasons that led to the process of Smoking.

5- Most of the smoking students duration their addiction to Smoking was more than (5 years), and this indicates that most of the smoking students were addicted to Smoking before the university stage, any of the preparatory school years.

6- Most students, if not all, are aware of the health damages caused by Smoking because these damages are recorded in the warnings on the cigarette box.

7- Most non-smoking students feel upset about the smoking process and are looking for solutions to reduce this phenomenon, and their percentage reaches about (79.2%) of students.

Recommendations

1- Seminars and educational workshops provided by educational institutions must emphasize the health and cognitive damage and the decline in the mental and physical abilities of students, perhaps to be a deterrent to the phenomenon of smoking, especially when presenting scientific models of medical reality.

2- Conducting accurate statistics on smoking students and then informing parents of the dangers of this phenomenon and its future damages and inviting them to participate in reducing smoking among students.

3- Isolating students who smoke from non-smokers in an attempt to psychologically influence quitting smoking, while providing all possible assistance to those who quit smoking.

4- Trying to influence the desire and conviction of students to smoke, and this needs to develop well-studied plans by professors specialized in psychological counseling and educational guidance.

5- Since most of the smoking students are young people under the age of (30 years), it is necessary to focus on showing the impact of smoking in the future when a person passes in middle ages or old age, which is harmful to reduce immunity, and the possibility of chronic diseases such as allergies, asthma, cancer diseases, nerves and others.

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1- A questionnaire form was distributed to all students of the scientific departments in the College of Urban Planning and distributed by the department heads to all academic stages for the academic year 2023-2024.

Appendices

(Questionnaire form)

Dear students.

May the peace, mercy, and blessings of God be upon you

This form collects data to complete the scientific research entitled "The phenomenon of smoking among Iraqi university students and ways to reduce it (students of the College of Urban Planning as a model)." It is only used for scientific research purposes, so I hope you answer it with complete transparency and objectivity, and there is no need to mention the name.

I appreciate your cooperation.

1- Gender: Male Female

2- Age: Less Than 20 Years From 21 - 26 Years From 27 - 32 Years

3- Scientific Department: Urban Planning Regional Planning Environmental Planning

4- Academic Stage: First, Second, Third Fourth

5- Are you a student smoker? Yes No

6- What reasons push you to smoke: Economic, Social, Personal Desire, or Other? Please mention them...

7- How long have you been addicted to smoking: Less than a year, 1- 2 years, 3- 4 years, More than five years

8- How many cigarettes do you smoke per day: Less than a pack, One pack, More than a pack

9- How many cigarettes do you smoke in the college corridors per day? Less than five cigarettes, 6 - 10 cigarettes. More than 10

10- Do you know about the diseases resulting from smoking? Yes No No

11- If you are a non-smoker, do you feel Annoyed by your smoking colleagues? Yes No

12- Are you in favor of reducing the phenomenon of smoking in the corridors of the university? Yes No

13- What are the appropriate measures to reduce the phenomenon of smoking from your point of view?...

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