

## CASE STUDY ANALYSIS OF SMOKING TENDENCIES AMONG THE ADOLESCENTS

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Importance of the thesis. Nowadays, it is no secret that smoking is becoming a "fashion" of the century. Especially, the fact that this disease is spreading among young people shows that not enough work is being done on this topic. If we look at the global indicators, in the US, this indicator has decreased significantly among adults over the last 40 years, but it is taking root among young people. It is very sad that even 10-year-old teenagers start smoking. According to the Centers for Disease Control and Prevention, more than 16 million Americans live with smoking-related diseases. It also reports that cigarette smoking causes more than 480,000 deaths in the United States each year. This means more than 1,300 deaths every day. More than 90% of smokers started before the age of 18. Most of them started smoking at the age of 11-13. According to the statistics of the European Union countries, "Nowadays, 600,000 high school students and 3 million people in higher education institutions smoke in each country," official data say. 1/3 of people aged 16-26 quit smoking. Secondhand smoke causes 150,000 to 300,000 lower respiratory tract infections in infants and 7,500 to 15,000 children under 18 months of age visit to hospital each year. (American Lung Association, 2020). In nonsmokers, exposure to secondhand smoke increases the risk of developing heart disease by 25% to 30%. (2021) All this shows how relevant the topic is. The spread of smoking among young people, in turn, causes an increase in the number of diseases such as lung cancer, chronic obstructive pulmonary disease, and chronic bronchitis.

**Keywords:** lung cancer, chronic obstructive pulmonary disease, chronic bronchitis.

**The goal.** Determination of the prevalence of smoking among young people among the youth of Dostlik neighborhood, Karakol district in Bukhara region and analysis by case study method.

**Material and methods.** In the investigation, a questionnaire survey was conducted among the youth of Dostlik neighborhood, Karakol District in Bukhara Region. 500 young people were randomly selected for inspection, neighborhood's data, 025Y and 030 dispensary card data, case study method were used for analysis.

**Results and analyses.** The population of Dostlik neighborhood of Karakul district is 3000, 53% of the population, that are 1590 people, are young people. 902 of them, that 56.7% are young people aged 13-25. 500 people were randomly selected from among these young people. Among the young people received, 320 young people are high school students, 95 of them are students of higher education, 5 of them are at home with 1st and 2nd group of disabled people, and 80 young people are unorganized youth who do not have an alternative place of work or study and they are always at home were found to be living teenagers. An anonymous written questionnaire was conducted at their educational and working places, and the results were analyzed using the case study method, and the following was found: 203 young people, that is 40.6% smoke cigarettes of among 500 young people.

It was determined that 53 of them, that is 26.1%, are studying in secondary school, 45 of them, 22.1%, are studying in the higher educational institution. It was found that 60 smokers belonged to unorganized youth and the remaining 45 belonged to youth working in various organizations. Most of the smokers, that is 56%, smoke more than 7 cigarettes in a week. It was found that only 21%, that are 42-43 young people, consume up to 5 cigarettes in a week. It was found that 29 of the non-organized youth smokers have parents who are abroad or have died.

**In conclusion,** smoking is among 500 young people in 40.6%, and almost 30% of them are among unorganized youngs, and these were determined : among the schoolchildren 29 people, that is more than 48.3% of the total, have parents who are working abroad or whose parents have died.

It follows that among young people who are far from parental upbringing and are not organized, smoking and diseases arising from it are more common than others. It was also found that smoking is one of the main factors that lead to lung and cardiovascular diseases.