



بسم الله الرحمن الرحيم

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**Knowledge, Attitudes and Practices Regarding Smoking Among
Secondary School Students In Al-Matama Locality – River Nile
State – Sudan – (2023-2025)**

A Thesis Submitted in Fulfillment for requirement of Master Degree in Public
Health (Health education)

By :

Nawal Ahmed Mohamed Abdulrahman

B.Sc. F P E H. U of K-2015

Supervisor :

Prof: Suleiman ELKamil Ahmed Hamid

B.Sc.in Public Health-Shendi University - 1995

**MSc . in Public Health - Jeddah university of science and technology
- 2000**

PHD Public Health-Shendi university - 2011

2025

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قال تعالى

(إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ وَمَا اخْتَلَفَ الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِنْ بَعْدِ
مَا جَاءَهُمُ الْعِلْمُ بَغْيًا بَيْنَهُمْ وَمَنْ يَكْفُرْ بِآيَاتِ اللَّهِ فَإِنَّ اللَّهَ سَرِيعُ
الْحِسَابِ)

صدق الله العظيم

سورة ال عمران الآية (19)

Dedication

To my parents whom awarded me a sense of life and whom planted the seed of knowledge in my mind and nurtured it.

To my brother and sister whom paved me the way.

To those rare , beautiful friendships that change our lives forever.

I dedicate this study with much love and best wishes to all

Acknowledgement

All thanks to Allah from start to end

I would like to express my sincere gratitude to my supervisor Prof.: Suleiman Al kamil Ahmed who helped me in all stages of research and writing of thesis .I would like thank him for his guidance, patience, motivation, knowledge and excellent cooperation .

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I would like to thank my family : my mother, brothers and sisters for supporting me throughout my life .

Abstract

Background:

Smoking is a major risk factor for cardiovascular disease, respiratory disease, and stroke and is a major cause of death associated with these diseases. The most serious complications of smoking appear with age, and studies have shown that smoking in the prime of life leads to a higher likelihood of respiratory and cardiovascular diseases. In addition, smoking causes psychological, physical, social, and behavioral changes.

The mortality due to smoking-related diseases was higher than the combination of all infectious diseases worldwide. By 2030, if there is no change in the trend, the mortality rate due to smoking will have increased by 2.5, whereby 70% of this rate will be from developing countries.

Materials and Methods:

This is a descriptive and Analysis cross – Sectional study to study the knowledge, attitudes and practices Regarding smoking Among Secondary School Students in AL-matama locality (2023-2025).

The study population was 3506 and the size of sample 359 students, Data collected through records and a questionnaire.

The data were analyzed using Microsoft Excel Program and statistical package for social sciences (SPSS no.22), for the correlation between deferent variables checked by using Chi-square test, $0.05 > \alpha$ value was regarded significant, and display it by tables and graphs.

The results:

The number of study participants 359 students, 50.1% were male and 49.9% were female.

97.8% of participants students know the harms of smoking, 22.0% of participants students have a positive attitudes regarding smoking, 19.7% of participants students are smokers, 19.4% male and 0.3% female.

Study showed that there is a correlation between students smoking and monthly income for their families in the Sudanese pounds (P value = .008) ($\chi^2 = 9.588$), also showed correlation between students smoking and living with parents (P value = .000), ($\chi^2 = 13.490$).

Conclusion and recommendations :

Conclusion :The study showed an increase in the percentage of students who know that smoking is harmful a group of students have a positive attitudes regarding smoking and a group of students are smokers .

Recommendations : Enter information about smoking in the curricula by the Ministry of Education secondary school and establishing health education program by the Ministry of health – river Nile state and health administration (health promotion Department) in AL-matama locality for promoting students' knowledge of the harms of smoking ,Promoting students' negative attitudes regarding smoking , Changing students' practice smoking .

مستخلص الدراسة

خلفية:

التدخين عامل خطر رئيسي لأمراض القلب والأوعية الدموية وأمراض الجهاز التنفسي والسكتة الدماغية وهو سبب رئيسي للوفاة المرتبطة بهذه الأمراض .
تظهر أخطر مضاعفات التدخين مع تقدم العمر، وقد أظهرت الدراسات أن التدخين في مقتبل العمر يؤدي إلى زيادة احتمالية الإصابة بأمراض الجهاز التنفسي و القلب والأوعية الدموية بالإضافة إلى أن التدخين يسبب تغيرات نفسية وجسدية واجتماعية .
كان معدل الوفيات بسبب الأمراض المرتبطة بالتدخين أعلى من جميع الأمراض المعدية في جميع أنحاء العالم، بحلول عام 2030 إذا لم يكن هناك تغيير في الاتجاه فإن معدل الوفيات بسبب التدخين سيزداد بمقدار 2,5 % حيث سيكون 70% من هذا المعدل من البلدان النامية .

مواد وطرق إجراء البحث :

هذه دراسة وصفية تحليلية مقطعية لدراسة المعرفة المواقف والسلوك تجاه التدخين وسط طلاب مدارس الثانوي محلية المتمة - (2023-2025) ، حيث بلغ عدد مجتمع الدراسة 3506 طالبا و حجم عينة 359 طالبا ، تم جمع البيانات من خلال السجلات والاستبيان ، تم تحليل البيانات باستخدام برنامج الحزمة الإحصائية للعلوم الاجتماعية (إصدار 22)، وتم إيجاد العلاقات بين المتغيرات باستخدام اختبار مربع كاي وتم استخدام برنامج إكسل لعرض النتائج في صورة أشكال ورسومات بيانية .

النتائج:

بلغ عدد المشاركين في الدراسة 359 طالبا ، 50.1 % من الذكور و 49.9 % من الإناث ، 97.8 % من الطلاب المشاركين يعرفون أضرار التدخين ، 22 % من الطلاب المشاركين لديهم مواقف إيجابية تجاه التدخين .

19.7 % من الطلاب المشاركين مدخنون ، 19.4 % من الذكور و 0.3 % من الإناث .
أظهرت الدراسة أن هناك علاقة بين تدخين الطلاب والدخل الشهري لأسرهم بالجنيه السوداني
($x^2 = 9.588$) ($P \text{ value} = 0.008$) وأيضا علاقة بين تدخين الطلاب والإقامة مع أولياء الأمور ،
($x^2 = 13.490$) ($P \text{ value} = 0.000$) .

الخاتمة والتوصيات :

الخاتمة: أظهرت الدراسة ارتفاع في نسبة الطلاب الذين يعرفون التدخين ومضاره ، مجموعة من الطلاب لديهم مواقف إيجابية تجاه التدخين ومجموعة من الطلاب مدخنون .

التوصيات : إدخال معلومات عن التدخين في المناهج الدراسية من قبل وزارة التربية والتعليم المرحلة الثانوية ، إنشاء برامج للتثقيف الصحي من قبل وزارة الصحة ولاية نهر النيل وإدارة الصحة (قسم تعزيز الصحة) محلية المتمة لتعزيز معرفة الطلاب لمضار التدخين ، تعزيز المواقف السلبية تجاه التدخين ، تغيير سلوك الطلاب تجاه ممارسة التدخين.

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List Of Abbreviation

AIDS	Acquired Immunodeficiency Syndrome
CHD	Coronary Heart Disease
COPD	Chronic Obstructive Pulmonary Disease
CSR	Corporate Social Responsibility
GTIII	Global tobacco Interference Index
NRT	Nicotine Replacement Therapy
OCCRP	Organized Crime and Corruption Reporting Project
RYO	Roll Your Own
SIDS	Sudden Infants Death Syndrome
WHO	World health organization

Chapter one

Introduction

Research problem

Justification

Objectives

1.1Introduction

Knowledge, attitudes and practices are playing an important role in health education , as knowledge is produced from the experiences of the individual, and it is also acquired through the information that the parents, teachers and friends provide us with .

As for the attitudes , it reflects what we like and what we dis like , and they often derive from our experiences or from the experiences of those close to us, which are either we love in some things, or make us watched from them .

As for the practices, any work or action that has a specific or private frequency and has a period and has a specific purpose, whether it is brief or not brief ^[34] .

Smoking is a practice in which a substance is burned and the resulting smoke is typically breathed in to be tasted and absorbed into the bloodstream .most commonly, the substance used is the dried leaves of the tobacco plant , which have been rolled into a small round cylinder called a cigarette ^[1] .

Tobacco kills more than 8 million people each year more than 7million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non smokers being exposed second hand smoke ^[2] .

Cigarette smoking is a learned behavior which passes through various stages namely: “preparation, initiation, experimentation, regular smoking, and finally addiction ^[3] .

Majority of the cigarette smokers (88%) start smoking in their teenage, and thus adolescents and young adults remain the focus of preventive efforts ^[4] .

Tobacco use, primarily cigarette smoking, is a major preventable public health risk in most of the developing countries of the world. ^[5] .

It has been projected that if current trends of smoking prevalence continue, annual tobacco related deaths will be over 8 million by the year 2030, and more than two third of these will occur in low and middle income countries ^[6] .

which represents a school-based survey focusing on adolescents students aged 13 to 15 years designed to determine the level of tobacco use, estimate the age of initiation of cigarette use, estimate the level of susceptibility to become a cigarette smoker, estimate the exposure to tobacco advertising, identify key intervening variable, such as attitude and beliefs on behavioral norms ^[7] .

In 2016, 15.6% of Sudanese adults were tobacco users. Tobacco use in Sudan is significantly higher for men (27.9%) than women (0.8%).

Youth tobacco use (ages 13-15 years old) is 11.7% overall. This also reflects a gender divide , with 14.5% of boys versus 7.3% of girls using tobacco , Product use is fairly evenly divided between smoked (9.6%) and smokeless (7.9%) tobacco in adults ,Youth tobacco use leans more heavily towards smoked (8.3%) than smokeless (4.9%) products^[(8,9,10)] .

1.2Research problem

- Tobacco kills more than 8 million people each year more than 7million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non smokers being exposed second hand smoke ^[2] .
- In the world as a whole, cigarette smoking is now responsible for more than one million premature deaths each year, The degree of risk of developing coronary heart disease (CHD)is directly related to the number of cigarettes smoked per day filter cigarettes are probably not protective ^[15] .
- Tobacco use, primarily cigarette smoking, is a major preventable public health risk in most of the developing countries of the world. ^[5] .
- Cardiovascular disease is most widespread cause of death for cigarette smokers, cigarette smoking has been linked to stroke, aortic aneurysm, and pulmonary heart disease, it is primary cause of lung cancer, and it is linked to many other cancers^[13] .

1.3 Justifications of The Study

- This topic has not been researched In Al -matama Locality –River Nile State - Sudan
- Observation the prevalence of smoking among these age .
- The use of chewing tobacco or snuff leads to nicotine addiction and is linked to oral cancers.
- Cigarette smoking is linked to peptic ulcers, gum disorders, premature skin wrinkling, baldness', allergies, and impotence^[13].

1.4 Study Objectives:

1.4.1 General Objectives:

To study The knowledge, attitudes and practice ,regarding smoking among secondary school Students In Al -matama Locality –River Nile State- Sudan, (2023-2025) .

1.4.2 Specific Objectives:

- Determine students knowledge , attitudes and practice Of Regarding Smoking .
- To calculate the percent of students smokers .
- To examine correlation between smoking and demographic factors .

Chapter two

Literature Review

Previous Studies

2.Literature review

2-1The role of Knowledge, attitudes and practices in health education:

Knowledge, attitudes and practices are playing an important role in health education, as knowledge is produced from the experiences of the individual, and it is also acquired through the information that the parents, teachers and friends provide us with .

As for the attitudes , it reflects what we like and what we dislike , and they often derive from our experiences or from the experiences of those close to us, which are either we love in some things, or make us watched from them .

As for the practices, any work or action that has a specific or private frequency and has a period and has a specific purpose, whether it is brief or not brief ^[34] .

2.2Definition of smoking:

Smoking is a practice in which a substance is burned and the resulting smoke is typically breathed in to be tasted and absorbed into the bloodstream , most commonly, the substance used is the dried leaves of the tobacco plant, which have been rolled into a small round cylinder called a cigarette ^[1] .

2.2Types of tobacco use

2.2.1smokeless tobacco

Smokeless tobacco is usually consumed orally or nasally, without burning or combustion .

There are two main types of smokeless tobacco:

- Dry snuff : Dry snuff is powdered tobacco that is inhaled through the nose and absorbed through the nasal mucosa or taken orally.
- Moist snuff : Moist snuff is a small amount of ground tobacco held in the mouth between the cheek and gum.
- Chewing tobacco : Oral smokeless tobacco products are placed in the mouth, cheek, or inner lip and sucked (dipped) or chewed Tobacco ^[11] .

2.2.2 Smoking tobacco :

Tobacco smoking is the act of burning dried or cured leaves of the tobacco plant and inhaling the smoke , Combustion releases biochemically active compounds in tobacco , such as nicotine , and allows them to be absorbed through the lungs.

- Manufactured cigarettes : Manufactured cigarettes are the most commonly consumed tobacco products worldwide , they consist of shredded or reconstituted tobacco, processed with hundreds of chemicals and rolled into a paper.
- Roll-Your – Own : Roll-your-own (RYO) cigarettes are cigarettes hand-filled by the smoker from fine-cut , loose tobacco rolled in a cigarette paper ^[11] .

- Cigars : Cigars are made of air-cured and fermented tobaccos with a tobacco-leaf wrapper , the long aging and fermentation process produces high concentrations of carcinogenic compounds that are released on combustion.
- Kreteks : Kreteks are clove - flavored cigarettes widely smoked in Indonesia , which has an anesthetic effect , allowing for deeper and more harmful smoke ^[12] .
- Bidis : Bidis consist of a small amount of sun-dried , flaked tobacco hand - wrapped in dried temburni or tendu leaf (*Diospyros sp*) and tied with string .
- Water pipes : Water pipes , also known as shisha , hookah , narghile , or hubble-bubble , operate by water filtration and indirect heat .
- Sticks : Sticks are made from sun-cured tobacco and wrapped in cigarette paper—for example , hand-rolled brus .
- Pipes : Pipes are made of briar , slate, clay , or other substances , tobacco is placed in the bowl , and the smoke is inhaled through the stem ^[11] .

2.3 Health Hazards:

- Smoking can permanently damage lung function and lead to chronic obstructive lung disease and chronic bronchitis.
- Cigarette smoking is linked to peptic ulcers, gum disorders , premature skin wrinkling, baldness' , allergies , and impotence.
- Depending on dosage , nicotine on the nervous system as a stimulant or a depressant , Nicotine can cause blood pressure and heart rate to increase straining the heart ^[13] .

On average , after the age of 40 , smokers have higher pain and disability than nonsmokers , 5 there was a positive association between average daily cigarette consumption and the risk of smoking-related diseases , but the association is not linear in the case of cardiovascular disease , so that low levels of cigarette consumption carry a higher risk than would be expected from a simple linear relationship ^[14] .

- Tobacco is various forms of its usage(smoking , chewing) is major environmental cause of cancers of the lung , larynx , mouth, pharynx , esophagus , bladder, pancreas and probably kidney , in the world as a whole , cigarette smoking is now responsible for more than one million premature deaths each year , The degree of risk of developing, CHD is directly related to the number of cigarettes smoked per day filter cigarettes are probably not protective ^[15] .
- Smoking causes cancer (mainly lung cancer), respiratory disease (mainly chronic pulmonary obstructive disease - COPD), and cardiovascular disease (mainly coronary heart disease) , leading to death, Smoking is an important factor in the

risk of stroke, blindness , soreness, back pain , osteoporosis and peripheral vascular disease (leading to amputation) ^[14] .

- Smoking has been identified as a major CHD risk factor with several possible mechanisms-carbon monoxide induced anther genesis, nicotine stimulation of adrenergic drive raising both blood pressure and myocardial oxygen demand ^[13] .

The use of chewing tobacco or snuff leads to nicotine addiction and is linked to oral cancers , Cardiovascular disease is most widespread cause of death for cigarette smokers, cigarette smoking has been linked to stroke , aortic aneurysm, and pulmonary heart disease, it is primary cause of lung cancer , and it is linked to many other cancers ^[13] .

It is estimated that , each year around 7 million deaths occur due to tobacco consumption which is , more devastating than AIDS , tuberculosis , and malaria combined , WHO warns that tobacco could kill up to 1 billion people this century ^[16] .

2.3.1 The Effects Of Smoking On The Nonsmokers :

- Exposure to second - hand smoke poses a significant risk for both adults and children 5 Nonsmokers exposed to a smoky environment are therefore also at increased risk of cancer , heart disease and respiratory disease ^[14] .

- Environmental Tobacco smoke :

environmental tobacco smoke , commonly known as secondhand smoke, consists of mainstream smoke and side stream smoke , smoke exhaled by smokers is referred to as mainstream smoke , side stream smoke enters the atmosphere from the burning end of a cigarette , cigar , or pipe ^[11] .

2.3.2 Infants And Children :

Recent studies have shown that infants exposed to smoke from more than 21 cigarettes per day are more likely to die of sudden infants death syndrome (SIDS).

Children whose parents smoke are especially susceptible to respiratory diseases ^[13]

Studies suggested that nicotine damages the adolescent brain, but there is no evidence of clinically significant cognitive or emotional deficits in adults who smoked and then stopped during adolescence ^[14] .

2.3.3 Smoking And Pregnancy :

Smoking during pregnancy increases the risk of miscarriage , stillbirth , congenital abnormalities , premature birth , and low birth weight ^[13] .

2-4 Tobacco in Sudan

The Sudanese cigarette market was estimated to have sold 5,146.1 million sticks and be worth US\$355.7 million in 2020 by Euro monitor International. The smoking pipe tobacco market was worth US\$92.4 million in 2019 ^[17].

2.5 Tobacco Use in Sudan

In 2016; 15.6% of Sudanese adults were tobacco users , tobacco use in Sudan is significantly higher for men (27.9%) than women (0.8%) , youth tobacco use (ages 13-15 years old) is 11.7% overall , this also reflects a gender divide , with 14.5% of boys versus 7.3% of girls using tobacco , Product use is fairly evenly divided between smoked(9.6%)and smokeless (7.9%) tobacco in adults , youth tobacco use leans more heavily towards smoked (8.3%) than smokeless (4.9%) products ^[10].

2.6 Tobacco Industry Interference

Sudan ranked 19th out of 57 countries in the 2020 Global Tobacco Interference Index (GTII) , according to an investigation conducted by the Organized Crime and Corruption Reporting Project (OCCRP) in February 2021 , billions of cigarettes produced by British American Tobacco are smuggled every year through Mali to the northern region of Africa , reaching Sudan ^[18].

The report alleged that:

Illicit cigarettes from the capital, Bamako , and ports in Guinea , Benin, and Togo are loaded into convoys with armed guards and driven north along thousands of kilo metres of winding roads and desert tracks to Libya and Algeria, and as far east as Sudan ^[19].

2.7 Roadmap to Tobacco Control

Sudan signed the World Health Organization Framework Convention on Tobacco Control in June 2004 and ratified it in October 2005 , As of 2021 , Sudan has implemented bans on all forms of direct advertising of tobacco products across all forms of media (TV, radio, internet, print media) , as well as promotional discounts and free distribution it also mandates health warning covering 30% of the front of all tobacco products and implements a 73.4% ad-valorem tax on cigarettes ^[20].

Apart from this ban , Sudan does not , have any other smoke free places legislation ,it also does not ban tobacco product display at point-of-sale or corporate social responsibility (CSR) activities ⁽²⁸⁾.

Though nicotine replacement therapy (NRT) and some cessation services are offered, neither are cost-covered by the government ^[21].

In April 2021 , Sudan was joined by 14 other countries from the Eastern Mediterranean Region in banning the use of water pipes in all indoor and outdoor public places ^[20].

2.7 Previous Studies

2-7-1/ 3.387 students participated in the study, Among male students the prevalence was 16.8% , while in female participants it was 10.9 % , reported by ^[29] .

2-7-2 / Total number of participants is 100 , the maximum age is 29.98 (98%) of the participants are male , while 2 (2%) are female , 47 (47%) of the participants smoked 5-10 cigarettes a day, reported by ^[31] .

2-7-3/The response rate was about 87% (695 students) , 37.1% the prevalence of smokers among students, (9%) did not consider that smoking have harmful effects (63.2%) intend to quit smoking or have already tried to quit , reported by ^[25] .

2-7- 4 / The study included 2,200 participants , three hundred twenty-one participants (14.6%) were smokers , 215 of students responding to the question whether they wanted to quit smoking , reported by ^[28] .

2-7- 5 / 260 respondents 146 (56.2%) it was males and 114 (43.8%) females age the sample consisted of 70 (26.9%) smokers and 190 (73.1%) non-smokers Ex-smoker) 17 (6.5%) , reported by ^[30] .

2-7- 6 / The number of respondents was 68 , the majority (58.8%) were males with 41.2% being females , (80.9%) of respondents strongly agree that smoking is harmful to health , reported by ^[24] .

2-7-7/ They were in the range of 13-18 years , they strongly disagreed about the ideas that smoking relaxes and reduces stress (73%) , reported by ^[32] .

2-7-8 / The sample contained approximately equal numbers of male (53.9%) and female students (46.1%) , The total number of smokers in the research was 125 or 28.1% , since 26.8% of participants smoked two cigarettes a day and 25.6% smoked only one a day , reported by ^[34] .

2-7- 8 / The number of current cigarette smokers reached 99 students (17.0%) , the majority of smokers were male , of the current smokers , 74 students smoked less than five cigarettes a day , reported by ^[33] .

2-7-9 / The total who consume tobacco is 11.76% , 88.23% of them do not consume tobacco , students who smoke started for the first time from the age of 13 to 16 years reported by ^[27] .

2-7-10 / The data reveal a significant correlation between smoking and sex ($p < 0.01^*$) , with a higher percentage of male students being smokers compared to females reported by ^[26] .

Chapter three

Material and Methods

3. Material and Methods

3.1 Study Design & duration

This cross - Sectional descriptive and analysis study was conducted Among Secondary School Students in AL-matama locality - river Nile state – Sudan (2023-2025) .

3.2 Study area:

Al-matama is one Of the localities' of the river Nile State it is Located Between Latitude 16 south and 17 north and Longitude 32 west and 33.40 east , it is bordered to the North El Dammer Locality , Karare in southward , North Darfur state in the west side and east ward Shendi Locality , the Total area of the Locality is about 11733 KMS , The total population of AI-matama Locality 195,775 ^[8] .

The locality divided in to three administrative units Wad hammed , Tayba , and AL-matama Unite , they are 24 secondary schools of Al-matama locality , Students in Secondary Schools are about 3506 ^[9] .

The most important economic activities agriculture, grazing , and trade the climate semi-desert is very cold in winter and hot in summer with a few rains in autumn .

3.3 Study population :

The study population included 3506 Students in Secondary Schools in AL-matama locality .

3-4 Sampling & Sampling Technique :

3-4-1 Sample type :

An equal stratified sample was used to take the sample

3-4-2 Sample size :

Sample size was determined of the following statistical formula ^[35] :

$$n = N / 1 + N(e)^2$$

n = Sample Size

N= Total Number of Students

e =margin of error (0.05)

N=3506

$$n = 3506 / 1 + 3506(0.05)^2$$

n= 359 sample

3-4-3 Po pulation distribution

The sample size of 359 was distributed among administrative units included in AL-matama locality (wad hammed, AL- matama, Tayba), 120 student for each administrative unit, except for one administrative (AL- matama) 119 student ,

from each school 40 student except for one Secondary school 39 (Gasm Allah combined).

Wad Hammed unit was selected 3 Secondary schools (AL-garif combined , Hajar altayr combined , Wad AL-habashi combined) Al-matama unit was selected 3 Secondary schools (Al-amawi boys , Al-sayyal combined and AL-Krda combined) .

Tayba unit was selected 3 Secondary schools (kamir Al-awadiya combined , Gasm Allah combined and AL-nourab combined)

In Secondary schools students was distributed to the second and the third levels, 10 students from each level .

3.5 Methods of Data Collection :

3-5-1 Questionnaires:

Data were collected using a questionnaire was prepared and judged by Dr. Mohamed Othman Omar AL-senussi , A Questionnaires Containing 51 closed questions , designed to identify and assess the knowledge, attitudes and practice of student in Secondary schools in AL-matama locality .

3-5-2 Records:

Data were also collected from Secondary school records (number of schools and the number of students in Secondary schools) .

3.6 Data Analysis tools:

Then data were Analyzed by computer using both Microsoft Excel Program and statistical package for social science program (SPSS version no. 22) , for association between deferent variables checked by using Chi Square test , $0.05 > \alpha$ value was regarded significant .

3.7 Ethical consideration :

-The study approved by the board of the faculty of graduate studies - shendi university .

- Agreement had been taken from high school administrative Al -matama locality .

- Agreement had been taken from school head officers Al -matama locality .

- Agreement had been taken oral consent from students sin Secondary schools Al -matama locality .

Chapter four

Results

4.Results

This cross – sectional descriptive and analysis study was conducted to study the knowledge , attitudes and practice , regarding smoking among secondary school students In Al-matama Locality (2023-2025) .

The results :

Table (1) : Distribution of students according to their socio – demographic factors - Secondary school - Al-matama Locality - (2023-2025) , (n=359) .

Gender	Frequency	Percent %
Male	180	50.1
Female	179	49.9
Total	359	100.0
Age	Frequency	Percent %
15-17	246	68.5
>17	113	31.5
Total	359	100.0
The daily expenses	Frequency	Percent %
<500	124	34.5
500-1000	168	46.8
>1000	67	18.7
Total	359	100.0
The monthly in come	Frequency	Percent %
<50000	1	.3
50000-100000	97	27.7
>100000	261	72.7
Total	359	100.0
The profession	Frequency	Percent %
Farmer	73	20.3

Merchant	100	27.9
Employee	84	23.4
Worker	102	28.4
Total	359	100.0
Father's educational level	Frequency	Percent %
Illiterate	21	5.8
Basic	84	23.4
Secondary	129	35.9
University	83	23.1
post graduate	42	11.7
Total	359	100.0
mother's educational level	Frequency	Percent %
Illiterate	26	7.2
Basic	80	22.3
Secondary	124	34.5
University	106	29.5
post graduate	23	6.4
Total	359	100.0

Table (1) : Shows that (50.1%)of the students are male and (49.9) of the students are female , (68.5 %) of the students are their ages (15-17) and (31.5%) their ages (>17), (46.8%) of the student`s daily expenses (500-1000) , (34.5%) their daily expenses (<500) and ( 18.7%) their daily expenses (>1000) , (72.7%) of the students are their family`s monthly income (<50000) , (27.3%) their family`s monthly income (>100000) and (.3%) their family`s monthly income (<50000), (28.4%) of students mentioned profession of fathers or guardians workers , (27.9%) mentioned merchants,(23.4%) mentioned employees and (20.3%) mentioned farmers , (35.9%) of students mentioned educational level of fathers or guardians secondary , (23.4%) mentioned basic , (23.1%) mentioned university ,

(11.7%) mentioned post graduate and (5.8%) mentioned illiterate , (34.5%) of students mentioned educational level mothers secondary , (22.3%) mentioned basic , (29.5%) mentioned university , (6.4%) mentioned post graduate and (7.2%) mentioned illiterate .

Table (2) : Distribution of students according to the type of school - Secondary school - Al-matama Locality - (2023-2025) , (n=359) .

Type of school	Frequency	Percent %
Government	359	100.0
Special	0	0
Total	359	100.0
The level	Frequency	Percent %
Second	179	49.9
Third	180	50.1
Total	359	100.0
Living	Frequency	Percent %
Internal	17	4.7
External	342	95.3
Total	359	100.0

Table (2) : Shows that (100%) of all students their schools government , (50.1%) from third level students and (49.9%) from second level , that (95.3%) of the students are their living in external and (4.7%) of the students are their living in internal .

Table (3) : Distribution of students according to live with their parents- secondary school - Al-matama locality - (2023-2025) , (n=359) .

live with parents	Frequency	Percent %
Yes	334	93.0
No	25	7.0
Total	359	100.0
live with one of parents(father or mother)	Frequency	Percent %
Yes	25	7.0
No	334	93.0
Total	359	100.0

Table (3) : Shows that (93%) of the students live with their parents and (7%) of the students don't live with their parents , (93%) of the students don't live with one of their parents and (7%) of the students live with one of their parents .

Table (4) : Distribution of students according to knowledge of smoking - Secondary school- Al-matama locality - (2023- 2025) , (n=359) .

knowledge of smoking	Frequency	Percent %
Yes	359	100
Types of smoking	Frequency	Percent %
Cigarettes	155	43.2
Hashish	1	.3
Shisha	4	1.1
All mentioned	199	55.4
Total	359	100.0
knowledge of the harms	Frequency	Percent %
Yes	351	97.8
No	8	2.2
Total	359	100.0
Types of harms	Frequency	Percent %
Health	95	27.1
Social	3	0.9
Economic	2	0.6
all mentioned	251	71.5
Total	351	100.0
Health harms	Frequency	Percent %
High blood pressure	8	2.3
Hear t disease	10	2.9
lung cancer	93	26.9

gum disease	8	2.3
All mentioned	227	65.6
Total	346	100.0
Knowledge of the harms of passive smoking	Frequency	Percent %
Yes	285	79.4
No	15	4.2
don't know	59	16.4
Total	359	100.0

Table (4) : Shows that (100%) all of students have knowledge of smoking , (55.4%) of the students know the types of smoking , (43.2%) mentioned Cigarettes , (1.1%) Shisha and (.3%) mentioned Hashish , (97.8%) of the students know the harms of smoking and (2.2%) of the students don't know the harms of smoking (71.5%) of students mentioned the harms of smoking all mentioned , (27.1%) mentioned health , (.9%) mentioned social and (.6%) mentioned economic , (65.6%) of students mentioned the health harms of smoking all mentioned , (26.9%) mentioned lung cancer , (2.9%) mentioned heart disease , (2.3%) mentioned high blood pressure and (2.3%) mentioned gum disease , (79.4%) of the students mentioned that passive smoking has harmful , (16.4%) of the students don't know and (4.2%) of the students mentioned that passive smoking has no harms .

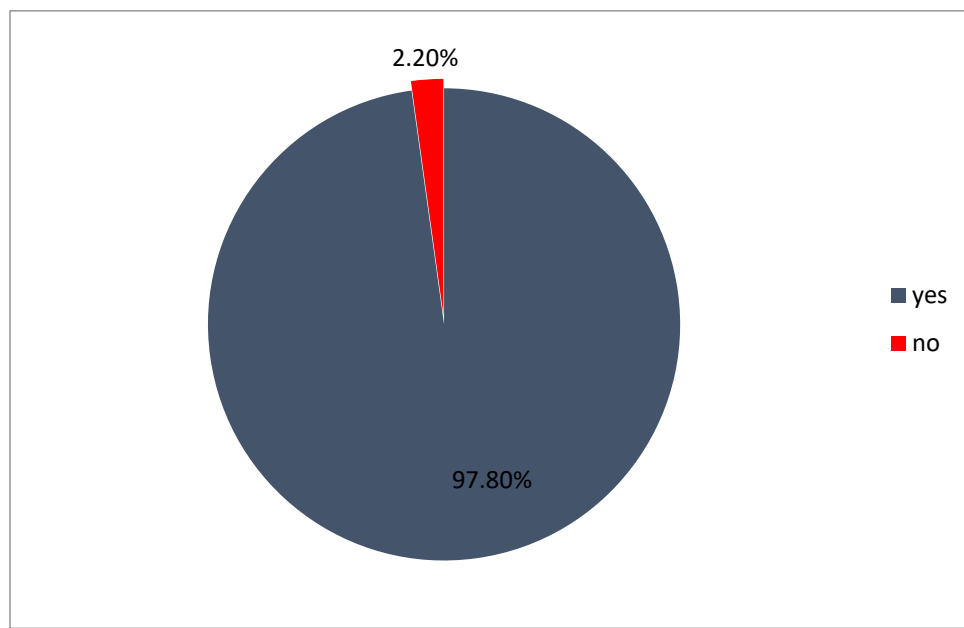


Figure 1: Distribution of students according to knowledge of the harms of smoking - Secondary School - Al-atama locality - (2023- 2025) .

Table (5) : Distribution of students according to believe that smoking have benefits - Secondary school – Al-matama locality - (2023- 2025) , (n=359) .

Smoking have benefits	Frequency	Percent %
Yes	84	23.4
No	275	76.6
Total	359	100.0
The benefits	Frequency	Percent %
Comfort	40	47.6
Sense of masculinity	8	9.5
Both	36	42.9
Total	84	100.0

Table (5) : Shows that (76.6%) of students don't believe that smoking have benefits and (23.4%) of students belief that smoking have benefits , (47.6%) of students mentioned types of benefits of smoking Comfort , (42.9%) mentioned (Comfort + sense of masculinity) and (9.5%) mentioned sense of masculinity.

Table : (6) Distribution of students according to knowledge of combat smoking- secondary school- Al-matama locality - (2023- 2025) , (n=359) .

Combat smoking	Frequency	Percent %
Yes	252	70.2
No	32	8.9
Don't know	75	20.9
Total	359	100.0
Ways to combat smoking	Frequency	Valid Percent %
Practicing physical activity(sports)	12	4.8
Practicing relaxation and meditation (yoga and deep breathing)	4	1.6
Staying away from people who smoke	77	30.6
Follow a healthy diet	19	7.5
All mentioned	140	55.6
Total	252	100.0

Table (6) : Shows that (70.2%) of the students mentioned that smoking can be combated, (20.9%) of the students don't know and (8.9%) of the students mentioned that smoking cannot be combated, shows that (55.6%) of the students mentioned the combat smoking all mentioned , (30.6 %) of the students mentioned staying away from people who smoke , (7.5%) of the students mentioned follow a healthy diet ,(4.8%) of the students mentioned sports and (1.6%) of the students mentioned practicing relaxation and meditation .

Table (7) : Distribution of Students according to knowledge of the forbidden of smoking in Islamic law - Secondary school - Al-matama Locality - (2023- 2025) , (n=359) .

Knowledge of the forbidden of smoking	Frequency	Percent
Permissible	16	4.5
Forbidden	117	32.6
Don t know	226	63.0
Total	359	100.0

Table (7) : Shows that (63%) of the students don't know that smoking Permissible or Forbidden , (32.6%) of the students mentioned Forbidden and (4.5%) of the students mentioned Permissible .

Table (8) : Distribution of students according to Attitudes regarding smoking - Secondary school - Al-atama Locality - (2023- 2025) , (n=359) .

Attitudes Regarding Smoking	Frequency	Percent %
Positive	79	22.0
Negative	280	78.0
Total	359	100.0
Reasons for students positives attitudes	Frequency	Percent %
personal strength	21	26.6
Masculinity	10	12.7
Attraction	12	15.2
All mentioned	36	45.6
Total	79	100.0
Reasons for students Negatives Attitudes	Frequency	Percent %
cause a weak personality	55	19.6
distance from religion	52	18.6
Both	172	61.4
Other	1	.4
Total	280	100.0
Factors that lead others to smoke	Frequency	Percent %
Social	41	11.4
Economic	9	2.5
Psychological	172	47.9
all mentioned	137	38.2
Total	359	100.0

Table (8) : Shows that (78%) of the students their Attitudes Regarding Smoking are negative and (22%) of the students their Attitudes Regarding Smoking are positive , (45.6%) of the students mentioned their positives attitudes all mentioned , (26.6%) of the students mentioned personal strength , (15.2%) of the students mentioned Attraction and (12.7%) of the students mentioned Masculinity , (61.4%) of the students mentioned their Negatives attitudes (it cause a weak personality, distance from religion) , (19.6%) of the students mentioned it cause a weak personality , (18.6 %) of the students mentioned distance from religion and(0.4%) of the students mentioned other , (47.9%) of the students mentioned the factors that lead others to smoke psychological , (38.2%) mentioned all of the above , (11.4%) mentioned social and (2.5%) mentioned economic .

Table (9) : Distribution of students according to attitudes regarding smoking in the future - secondary School - Al-matama Locality - (2023- 2025) , (n=359) .

Attitudes	Frequency	Percent %
Positive	77	21.4
Negative	282	78.6
Total	359	100.0

Table (9) : Shows that (78.6%) of the students will not smoke in the future and (21.4%) of the students will smoke in the future .

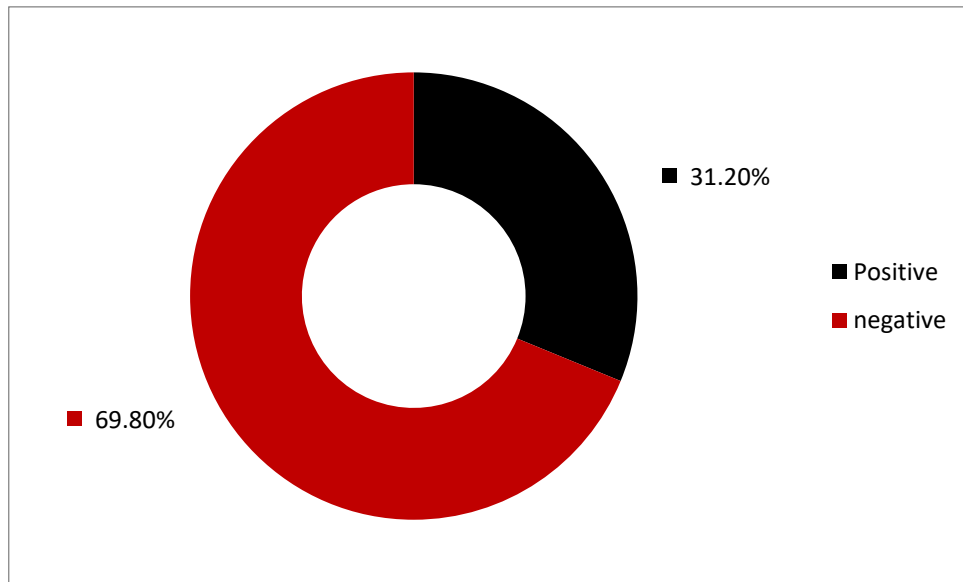


Figure 2 : Distribution of students according to attitudes regarding smoking the ease of stopping smoking -Secondary School- Al-atama Locality - (2023- 2025).

Table (10) : Distribution of students according to attitudes regarding the attractiveness of smoking for boys - Secondary school - Al-matama Locality- (2023- 2025) , (n=359) .

Attractiveness	Frequency	Percent %
More attractive	84	23.4
Less attractive	117	32.6
It has not effect	158	44.0
Total	359	100.0

Table (10) : Shows that (44%) of the students mentioned it has not effect , (31.6%) of the students mentioned less attractive and (23.4%) of the students mentioned more attractive .

Table (11) : Distribution of students according to previous smoking practice - Secondary school - Al-matama locality - (2023- 2025) , (n=302)

Former smoker	Frequency	Percent %
Yes	14	4.6
No	288	95.4
Total	302	100.0

Table (11) : Shows that (95.4%) of the students they were not former smokers and (4.6%) of the students former smokers .

Table (12) : Distribution of Students according to practice smoking - Secondary school - Al-matama Locality - (2023- 2025) , (n=71) .

Smoking practice	Frequency	Percent %
Yes	57	15.9
NO	302	84.1
Total	359	100.0
Type of smoking used	Frequency	Percent %
Cigarettes	58	81.7
Shisha	2	2.8
(Cigarettes + Shisha)	11	15.5
Total	71	100.0
Reasons for smoking	Frequency	Percent %
Sharing with friends	38	53.5
Imitation	5	7.0
Vacuum	12	16.9
Reconnaissance and experiment	5	7.0
Anxiety	7	9.9
All mentioned	4	5.6
Total	71	100.0
The feeling when smoking for the first time	Frequency	Percent %

Headache	5	7.0
Comfortable	29	40.8
Dizzy	37	52.1
Total	71	100.0
Primary health symptoms	Frequency	Percent %
Change in tooth color	3	4.2
Difficulty breathing and persistent cough	50	70.4
Nervous tension	18	25.4
Total	71	100.0
The expense	Frequency	Percent %
<from half of the expense	22	31.0
half of expense	30	42.3
>half of expense	19	26.8
Total	71	100.0

Table (12) Shows that (81.7%) of the students mentioned cigarettes , (15.5%) of students mentioned (cigarettes , shisha) and (2.8%) of students mentioned shisha , (53.5%) of students mentioned sharing with friends (16.9%) mentioned Vacuum (9.9%) mentioned Anxiety (7%) mentioned Imitation (7%) mentioned reconnaissance and experiment (5.6%) mentioned all mentioned, that (52.1%) of students felt comfortable smoking for the first time , (40.8%) of students felt dizzy and (7%) of students felt Headache , (70.4%) of smoking students mentioned difficulty breathing and persistent cough , (25.4%) mentioned nervous tension and (4.2%) mentioned change in tooth color , (42.3%) of smoking students mentioned

half of expense , (31%) of smoking students mentioned less than half of expense and (26.8%) of smoking students mentioned more than half of expense .

Table (13) : Distribution of students according to imitation for smoking - Secondary school - Al-matama locality - (2023- 2025) , (n=9) .

Imitation of smoking	Frequency	Percent %
Family member	3	33.3
Friend	6	66.7
Total	9	100.0

Table (13) : Shows that (66.7%) of students mentioned a friend (33.3%) of students mentioned a family member .

Table (14) : Distribution of smoking students according to the age at when they started smoking - Secondary School - Al-matama locality - (2023- 2025) , (n=71)

Age	Frequency	Percent %
<15	47	66.2
15-17	24	33.8
Total	71	100.0

Table (14) : Shows that (66.2%) of students they started smoking when they were less than 15 years old and (33.8%) of students they started smoking between the age of (15 – 17) years .

Table (15) : Distribution of smoking students according to the number of cigarettes are smoked per day - Secondary school - Al-matama Locality - (2023-2025) , (n=69) .

Cigarettes smoked per day	Frequency	Percent %
<5	33	47.8
5-10	27	39.1
>10	9	13.0
Total	69	100.0

Table (15) - Shows that (47.8%) of students smoke less than 5 cigarettes per day (39.1%) of students smoke (5 -10) cigarettes per day and (13%) of students smoke more than 10 cigarettes per day .

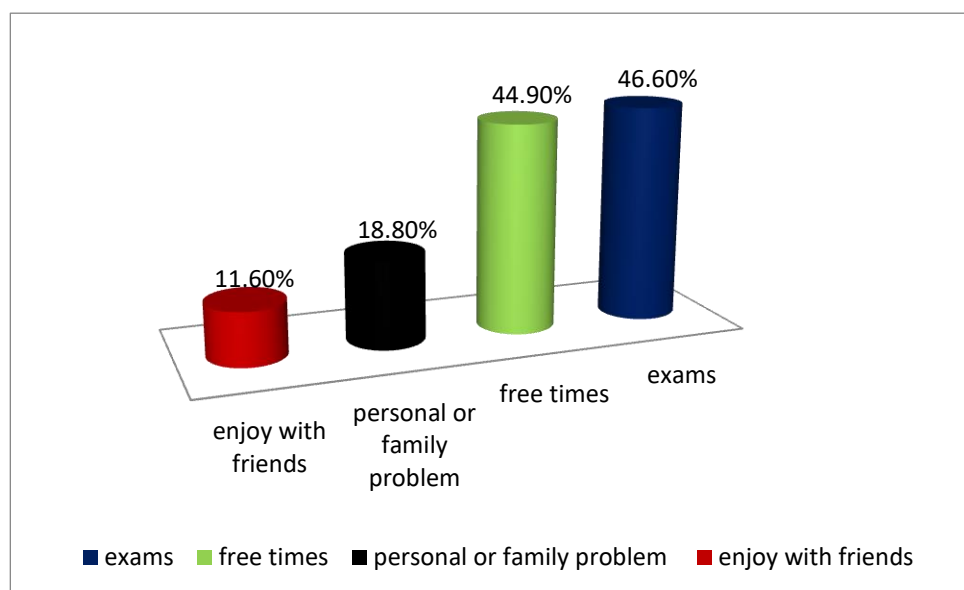


Figure 5 : distribution of smoking students according to Reasons for increased cigarette consumption - Secondary School - Al-matama locality – (2023 – 2025) .

Table (16) : Distribution of smoking students according to practice smoking on the street - Secondary school - Al-matama locality - (2023- 2025) , (n=71) .

Smoke on the street	Frequency	Percent %
Yes	62	87.3
No	9	12.7
Total	71	100.0

Table (16) : Shows that (87.3%) of smoking students they practice smoking on the street and (12.7%) of smoking students don't practice smoking on the street .

Table (17) : Distribution of smoking students according to the reason for the practice to smoke on the street - Secondary school- Al-matama locality - (2023-2025) , (n=62) .

Reasons	Frequency	Percent %
Away from the control of the school	12	19.4
Away from family control	10	16.1
away from the control of the school and away from family control	40	64.5
Total	62	100.0

Table (17) : Shows that (64.5%) of smoking students mentioned (away from the control of the school and away from family control) , (19.4%) mentioned away from the control of the school and (16.1%) mentioned away from family control .

Table (18) : Distribution of smoking students according to practice smoking openly
 - Secondary school - Al-matama locality - (2023- 2025) , (n=71) .

Smoking openly	Frequency	Percent %
Yes	33	46.5
No	38	53.5
Total	71	100.0

Table (18) : Shows that (53.5%) of smoking students don't practice smoking openly and (46.5%) of smoking students practice smoking openly .

Table (19) : Distribution of smoking students according to the reason for the practice to smoke openly - Secondary school - Al-matama Locality - (2023-2025) , (n=33) .

Reasons	Frequency	Percent %
Conviction	4	12.1
It is usual in family	1	3.0
Personal freedom	22	66.7
All mentioned	6	18.2
Total	33	100.0

Table (19) : Shows that (66.7%) of smoking students mentioned reason for the practice smoking openly personal freedom , (12.1%) mentioned Conviction , (18.2%) mentioned all of the above and (3%) mentioned it is usual in family .

Table (20) : Distribution of smoking students according to the reasons for non - practice to smoke openly - Secondary school - Al-matama Locality - (2023-2025) , (n=38) .

Reasons	Frequency	Percent %
Fear of the family	11	28.9
Fear of society	2	5.3
fear of the family and fear of society	25	65.8
Total	38	100.0

Table (20) : Shows that (65.8%) of smoking students mentioned reason for non - practice smoking openly (fear of the family and fear of society) , (28.9%) mentioned fear of the family , (5.3 %) mentioned fear of society .

Table (21) : Distribution of smoking students according to their practice when there are no expenses to buy cigarettes - Secondary school- Al-matama Locality - (2023 - 2025) , (n=69) .

Practice	Frequency	Percent %
Work	34	49.3
Theft	12	17.4
Borrowing	23	33.3
Total	69	100.0

Table (21) : Shows that (49.3%) of smoking students mentioned work , (33.3%) mentioned borrowing and (17.4%) mentioned theft .

Table (22) : Distribution of smoking students according to share a cigarette with others - Secondary school - Al-matama Locality - (2023- 2025) , (n=69) .

Share	Frequency	Percent %
Yes	66	95.7
No	3	4.3
Total	69	100.0

Table (22) : Shows that (95.7%) of smoking students mentioned share a cigarette with others and (4.3%) of smoking students mentioned don't share a cigarette with others .

Table (23) : Distribution of smoking students according to reasons share a cigarette with others - Secondary school- Al-matama Locality - (2023- 2025) , (n=66) .

Reasons	Frequency	Percent %
Lack of availability of cigarettes	41	62.1
Social phenomenon	11	16.7
the lack of availability of cigarettes and social phenomenon	14	21.2
Total	66	100.0

Table (23) : Shows that (62.1%) of smoking students mentioned reasons share a cigarette with others the lack of availability of cigarettes (21.2%) of smoking students mentioned (the lack of availability of cigarettes and social phenomenon) and (16.7%) of smoking students mentioned social phenomenon.

Table (24) : Distribution of smoking students according to reasons don't share a cigarette with others- Secondary school - Al-matama Locality - (2023- 2025) , (n=3) .

Reasons	Frequency	Percent
do not adapt	2	66.7
Transmitting diseases	1	33.3
Total	3	100.0

Table (24) : Shows that (66.7%) of smoking students mentioned reasons don't share a cigarette with others do not adapt (33.3%) of smoking students mentioned transmitting diseases .

Table (25) : Distribution of smoking students according to the intention of quitting smoking - Secondary school - Al-matama Locality - (2023- 2025) , (n=71) .

Intention of Quitting	Frequency	Percent
Yes	45	63.4
No	26	36.6
Total	71	100.0

Table (25) : Shows that (63.4%) of smoking students mentioned they will be quitting smoking and (36.6%) of smoking students mentioned don't quitting smoking .

Table (26) :The correlation between students smoking and family monthly income in Sudanese pounds - Secondary school - Al-matama Locality - (2023- 2025) , (n=359) .

Smoking practice	the monthly income			Total
	<50000	50000- 100000	>100000	
Yes	0	9	62	71
No	1	88	199	288
Total	1	97	261	359

$$P = .008 \quad \chi^2 = 9.588$$

Table (26) : Shows that there is a correlation between students' smoking and their families' monthly income in Sudanese pounds .

Table (27) : The correlation between students smoking and living with parents - Secondary School - Al-Matama Locality - (2023- 2025) , (n=359) .

Smoking practice	live with their parents		Total
	Yes	No	
Yes	59	12	71
No	275	13	288
Total	334	25	359

$$P = .000 \quad x^2 = 13.490$$

Table (27) shows that there is a correlation between students smoking and living with parents .

Table (28) : The correlation between students smoking and gender - Secondary School - Al-matama Locality - (2023- 2025) , (n=359) .

Smoking practice	Gender		Total
	Male	Female	
Yes	70	1	71
No	110	178	288
Total	180	179	359

$$P = .000$$

$$\chi^2 = 83.110$$

Table (28) : Shows that there is a correlation between students smoking and gender .

Chapter five

Discussion

Conclusion

Recommendations

5.1 Discussion

This cross – sectional descriptive analysis study was conducted to assess the knowledge , attitudes and practice , regarding smoking among secondary school students in Al-matama Locality (2023-2025) , showed the following :

Most students (97.8%) know that smoking has harmful effects , and this may help students to quit smoking , this is more than what was reported by ^[24] that (80.9%) of students know that smoking has harmful effects.

A small group of students (2.2%) do not know that smoking has harmful effects , less than what was reported by ^[25] , that (9%) of the students did not consider that smoking has harmful effects .

A group of students (26.9%) of the students mentioned that the health effects of smoking are lung cancer, this is agree with what was reported by ^[32] that (26%) of the students that lung cancer is a common disease among the health effects.

Majority of the students (80.3%) are not smokers, and this indicates that the students care about their health and know the harms of smoking , This is more than what was reported by ^[27] that (73.1%) are not smokers .

A group of students smoke (19. 7%) , this is similar to what was reported by ^[28] that (14.6%) of the students smoke , similar to what was reported by ^[29] that (16.8%) of the students are smokers and this is a degree what was reported by ^[33].that (17%) of the students are smokers .

A small group of students (4.6%) of the students are former smokers, and this indicates that it is possible to give up smoking and combat it, This is similar to what was reported by ^[30]that (6.5%) of the students are former smokers.

Most of the student smokers (66.6%) started smoking at the age of less than 15 years, and this indicates a lack of control from the family and school, This is similar to what was reported by ^[27] that most of the student smokers started smoking at the age of 13 to 16 years.

A group of student smokers (47.8%) smoke (1-5) cigarettes per day, this is similar to what was reported by ^[26] that (35.7%) of the student smokers smoke regularly (1-5) cigarettes per day and this is more than what was reported by ^[34] , that (26.8%) of the student smokers smoke two cigarettes per day .

A group of students smokers (39.1%) smoke (5-10) per day , and this is not a good indicator , which indicates the spread of the phenomenon of smoking and its increase in the future and the possibility of an increase in diseases related to

smoking , this is similar to what was reported by ^[31] that (47%) of the students are smokers , they smoke (5-10) cigarettes per day .

Majority of the smoking students (63.4%) want to quit smoking, and this is agree with what was reported by ^[25] that most of the smoking students (63.2%) intend to quit smoking .

The study showed correlation between students smoking and gender(p value<0.05) , ($\chi^2 = 83.110$) with higher percentage of male students being smokers compared to females , this is similar to what was reported by ^[26] that correlation between students smoking and gender (p value<0.05) , with higher percentage of male students being smokers compared to females .

5.2Conclusion :

A total of participants 359 students , 50.1% were male and 49.9% were female. 97.8% students know the harms of smoking , 22.0% had a positive attitudes regarding smoking , 19.7% of students were smokers , 19.4% male and 0.3% female .

Study showed that there is a correlation between students smoking and their families' monthly income in Sudanese pounds (P value =.008) ($\chi^2 = 9.588$) , also correlation between students smoking and living with parents (P value =.000) , ($\chi^2 = 13.490$)

5.3 Recommendations

- Enter information about smoking in the curricula that are taught by the Ministry of Education secondary school .
- Establishing health education program by the Ministry of – river Nile state and administration (health promotion Department) in AL-matama locality for the following :
 - promoting students' knowledge of the harms of smoking .
 - promoting students' knowledge of the harms of passive smoking .
 - Promoting students' negative attitudes regarding smoking .
 - Changing students' practice smoking .
 - Changing students' positive attitudes that smoking has benefits
 - Teaching and improving students' knowledge of the fundamentals of their Islamic religion .
 - Helping students reduce the number of cigarettes smoked per day until they quit smoking .

Appendixes
References

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6.2 Appendixes No(1)

Shendi University

Faculty of Graduate Studies

A questionnaire to study the knowledge, attitudes and Practice, Regarding Smoking Among Secondary School Students In Al-matama Locality -2023-2025

Demographic information :

- 1 -Gender: A- Male () B – Female()
- 2 -Age in years: A- <15 () B- 15-17 () C- >17 ()
- 3 -Type of school: A- Government () B-Private ()
- 4-The level: A- Second () B-Third ()
- 5 - Living: A- Internal () B- External()
- 6 -Daily expenses in pounds: A- <500 ()
B- 500-1000 () C- >1000 ()
- 7 -The monthly income of the family in Sudanese pounds:
A- <50,000 () B-50,000-100,000 () C- >100,000 ()
- 8 -Do you live with your parents:
A- Yes () B- No ()
- 9-Do you live with one of your parents (father or mother):
A- Yes () B- No ()
- 1- Occupation of the father or guardian:
A- Farmer () B- Merchant () C- Employee () D- Worker ()
E- Other ()
- 2- Educational level of the father or guardian:
A- Illiterate () B- Basic () C- Secondary ()
D-University () E- Post graduate ()
- 3- Mother's educational level:
A- Illiterate () B- basic () C- Secondary () D-University ()
E- Post graduate ()

Knowledge questions:

- 13-Do you know smoking:
A- Yes () B- No ()
- 4- If the answer to question (13) is (yes), what is smoking? Is it smoking?
A- Cigarettes () B- Hashish () C- shisha ()

D- All mentioned () E- Other ()

15-Is smoking harmful?

A- Yes () B- No ()

16-If the answer to question (15) is yes, what are the harms?

A- Health () B- Social () C- Economic ()

D- All mentioned() E- Other ()

17 -If the answer to question (16) is harmful to health, is it?

A-High blood pressure() B- Heart disease ()

C-Lung cancer () D- Gum disease ()

E-All mentioned () F-Other ()

18 -Does smoking have benefits:

A- Yes () B- No ()

19 -If the answer to question (18) is (yes), what are those benefits?

A- Comfort () B -A sense of masculinity ()

C- A+B () D- Other ()

20 -Does smoking in the presence of others harm their health: A- Yes

() B- No () C- I don't know () 21 -Is it possible to combat smoking:

A- Yes () B- No () C- I don't know ()

22 -If the answer to question (21) is (yes), what are the ways to combat smoking?

A- Practicing physical activity (sports) ()

B- Practicing relaxation and meditation (yoga and deep breathing) ()

C-Staying away from people who smoke()

D- Follow a healthy diet ()

e- All mentioned ()

f - Other ()

23 -Is smoking:

A- permissible () B- forbidden () C- I don't know ()

Attitude questions:

24 -What is your opinion about smoking?

A- Positive () B- Negative ()

25 -If it is positive, why

A- Personal strength () B- Masculinity ()

C- Attraction () D- All () E- Other()

26-If it is negative, why

A- it cause a weak personality ()

B- Distance from religion () C- A+B ()

D- Other ()

27 -What are the factors that lead others to smoke?

A- Social() B- Economi () C- Psychological ()

D- All mentioned () E- Other ()

28-If you do not smoke, can you smoke in the future?

A- Yes () B- No ()

29 -If someone starts smoking, do you think it will be easy for him to stop?

A- Yes () B- No()

30 -Do you think that smoking makes boys :

A- More attractive () B-Less attractive () C-It has no effect()

Behavior questions:

31-Do you smoke? A- Yes () B -No ()

32 -Were you a former smoker: A- Yes () B- No ()

33 -If the answer is (yes), what type do you use or used to use?

A-Cigarettes() B-shisha () C- A+B ()

D- Hashish () E-All mentioned () F- Other ()

34 -If the answer is (yes), what are the reasons that made you smoke? A- Sharing with friends () B- Imitation ()

C- Vacuum () D- Reconnaissance and experimentation ()

E- Anxiety () F-Sense of masculinity() G- All mentioned()

35 -If it is imitation of someone who imitates:

A- A family member () B- A professor () C- A friend () D-A famous person(ball player, actor, artist() E- Other()

36 -At what age did you start smoking?

A- <15 () B- 15-17 () C- >17 ()

37 -How did you feel when you smoked for the first time

A-Headache () B - Relief () C -Dizziness () D - Other ()

38 -How many cigarettes do you smoke per day?

A-<5 () B- 5-10 () C->10 ()

39-What are the circumstances that make you increase your cigarette consumption:

A- Exams () B- Free time ()

C- Personal or family problems ()

D- enjoy with friends () E- Other()

40 -If you smoke, have you experienced any of the primary health symptoms

A- Change in tooth color ()

B- Difficulty breathing and constant coughing () C- Nervous tension

() D- All mentioned () E- Other ()

41 -Do you smoke in the street?

A- Yes () B- No ()

42 -If the answer to question (41) is (yes), is

A- Away from school control () B- Away from family control ()

C- Both () D- Other ()

43-If you smoke, how much is the amount spent on smoking:

A-<from half of the expense() B- Half of the expense ()

C- > Half of the expense()

44 -Do you smoke openly? A- Yes () B- No ()

45 -If the answer to question (44) is (yes), then why?

A- Conviction () B- It is usual in the family ()

C- Personal freedom () D- All mentioned () E- Other ()

46 -If the answer to question (44) is (No), then why

A - Fear of the family () B - Fear of society () C – Both ()

D - Other y ()

47 -If you do not have the money to buy a cigarette, what do you do?

A- Work () B- Theft ()

C- Borrowing () D- Other ()

48 -Do you share a cigarette with others?

A- Yes () B- No ()

49 -If the answer to question (48) is (yes), then why

A- The lack of availability of cigarettes ()

B- A social phenomenon ()

C- Both () D- Other ()

50 -If the answer to question (48) is (no), then why?

A- I do not adapt () B- Transmitting diseases()

C- Both () D- Other ()

51 -If you are a smoker, do you intend to quit smoking:

A- Yes () B- No ()

6.2 Appendixes No(2)

جامعة شندي

كلية الدراسات العليا

استبيان لدراسة معرفة مواقف وسلوك طلاب مدارس الثانوي تجاه التدخين –المتمة - ولاية نهر النيل –
محلية المتمة 2023-2025

المعلومات الديموغرافية:

- 1- النوع:أ- ذكر() ب - أنثى ()
 - 2- العمر بالسنوات : أ- >15 () ب- 15-17 () ج- <17 ()
 - 3- نوع المدرسة: أ- حكومي () ب- خاص ()
 - 4- الفصل الدراسي: أ- الثاني () ب- الثالث ()
 - 5- السكن: أ- داخلية () ب- خارجي ()
 - 6- المصروف اليومي بالجنية:
 - أ- >500 () ب- 500-1000 () ج- <1000 ()
 - 7- الدخل الشهري للأسرة بالجنية السوداني :
 - أ- >50.000 () ب- 50.000-100.000 () ج- <100.000 ()
 - 8- هل تقيم مع الوالدين:أ- نعم () ب- لا ()
 - 9- هل تقيم مع أحد الوالدين (الأب أو الأم): أ- نعم () ب- لا ()
 - 10- مهنة الأب أو ولي الأمر: أ- مزارع () ب- تاجر () ج- موظف () د- عامل () ه- أخرى ()
 - 11- المستوى التعليمي للأب أو ولي الأمر: أ- أمي () ب- أساس () ج- ثانوي () د- جامعي () ه- جامعي فما فوق ()
 - 12- المستوى التعليمي للأم: أ- أمي () ب- أساس () ج- ثانوي () د- جامعي () ه- جامعي فما فوق ()
- أسئلة المعرفة :

- 13- هل تعرف التدخين: أ- نعم () ب- لا ()
- 14- إذا كانت الإجابة في السؤال (13) (نعم) فما هو التدخين هل هو تدخين أ- السجائر () ب- الحشيش () ج- الشيشة () د- كل ما ذكر () ه- أخرى ()

- 15- هل للتدخين مضار: أ- نعم () ب- لا ()
- 16- إذا كانت الإجابة في السؤال (15) (نعم) فما هي المضار
- أ- صحية () ب- اجتماعية () ج- اقتصادية () د- كل ما ذكر () ه- أخرى ()
- 17- إذا كانت الإجابة في السؤال (16) مضار صحية هل هي:
- أ- ارتفاع ضغط الدم () ب- أمراض القلب () ج- سرطان الرئة () د- أمراض اللثة () ه- كل ما ذكر () و- أخرى ()
- 18- هل للتدخين فوائد: أ- نعم () ب- لا ()
- 19- إذا كانت الإجابة في السؤال (18) (نعم) فما هي تلك الفوائد
- أ- الراحة () ب- إحساس بالرجولة () ج- (أ+ب) () د- أخرى ()
- 20- هل التدخين في وجود الآخرين يضر بصحتهم :
- أ- نعم () ب- لا () ج- لا أعلم ()
- 21- هل يمكن مكافحة التدخين:
- أ- نعم () ب- لا () ج- لا أعلم ()
- 22- إذا كانت الإجابة في السؤال (21) (نعم) ما هي طرق مكافحة التدخين
- أ- ممارسة النشاط البدني (الرياضة) () ب- ممارسة الاسترخاء والتأمل (اليوغا والتنفس العميق) () ج- الابتعاد عن الأشخاص المدخنين () د- إتباع الغذاء الصحي () ه- كل ما ذكر () و- أخرى ()
- 23- هل التدخين:
- أ- حلال () ب- حرام () ج- لا أعلم ()
- أسئلة المواقف:**
- 24- ما هو رأيك في التدخين أ- إيجابي () ب- سلبي ()
- 25- إذا كان إيجابي لماذا أ- قوة شخصية () ب- رجولة ()

- ج- جاذبية () د- كل ما ذكر () هـ - أخرى ()
- 26- إذا كان سلبي لماذا أ- يسبب ضعف الشخصية ()
- ب- البعد عن الدين () ج- أب () د- أخرى ()
- 27- ما هي العوامل التي تقود الآخرين للتدخين
- أ- اجتماعية () ب- اقتصادية () ج- نفسية ()
- د- كل ما ذكر () هـ - أخرى ()
- 28- إذا كنت لا تدخن هل يمكن أن تدخن مستقبلاً
- أ- نعم () ب- لا ()
- 29- إذا بدأ أحد بالتدخين هل تعتقد أن من السهل عليه أن يتوقف عنه
- أ- نعم () ب- لا ()
- 30- هل تعتقد أن التدخين يجعل الأولاد:
- أ- أكثر جاذبية () ب- أقل جاذبية () ج- لا يؤثر ()
- أسئلة السلوك:**
- 31- هل تدخن أ- نعم () ب- لا ()
- 32- هل كنت مدخن سابق: أ- نعم () ب- لا ()
- 33- إذا كانت الإجابة (نعم) ما هو النوع الذي تستخدمه أو كنت تستخدمه
- أ- السجاير () ب- الشيشة () ج- أب ()
- د- الحشيش () هـ - كل ما ذكر () و- أخرى ()
- 34- إذا كانت الإجابة (نعم) ما هي الأسباب التي جعلتك تدخن
- أ- مشاركة الأصدقاء () ب- تقليد ()
- ج- فراغ () د- الاستطلاع والتجربة () هـ - قلق ()
- و- الإحساس بالرجولة () ز- كل ما ذكر ()
- 35- إذا كان تقليد من تقلد: أ- أحد أفراد الأسرة () ب- أستاذ ()
- ج- صديق () د- شخص مشهور (لاعب كرة، ممثل، فنان) () هـ - أخرى ()
- 36- في أي مرحلة عمرية بدأت تتعاط التدخين

- أ- >15 () ب- 15-17 () ج- <17 ()
- 37- بماذا شعرت عند تدخينك لأول مرة أ- صداع () ب- راحة () ج- دوخة () د- أخرى ()
- 38- كم سيجارة تدخن في اليوم
- أ- >5 () ب- 5-10 () ج- <10 ()
- 39- ما هي الظروف التي تجعلك تزيد من استهلاك السجائر:
- أ- الامتحانات () ب- وقت الفراغ () ج- مشاكل شخصية أو أسرية ()
- د- استمتاع مع أصدقاء () ه- أخرى ()
- 40- إذا كنت تدخن هل أصبت بأحد الأعراض الصحية الأولية:
- أ- تغيير لون الأسنان () ب- صعوبة التنفس والسعال المستمر () ج- التوتر العصبي () د- كل ما ذكر () ه- أخرى ()
- 41- هل تمارس التدخين في الشارع أ- نعم () ب- لا ()
- 42- إذا كانت الإجابة في السؤال (41) (نعم) هل
- أ- بعيداً عن رقابة المدرسة () ب- بعيداً عن رقابة الأسرة ()
- ج- الاثنين معاً () د- أخرى ()
- 43- إذا كنت تدخن مقدار المصروف في التدخين:
- أ- > من نصف المصروف () أ- نصف المصروف () ج- < نصف المصروف ()
- 44- هل تدخن بصورة علنية أ- نعم () ب- لا ()
- 45- إذا كانت الإجابة في السؤال (44) (نعم) فلماذا
- أ- قناعة () ب- معتاد في الأسر () ج- حرية شخصية () د- كل ما ذكر ()
- ه- أخرى ()
- 46- إذا كانت الإجابة في السؤال (44) (لا) فلماذا
- أ- خوف من الأسرة () ب- خوف من المجتمع () ج- الاثنين معاً () د - أخرى حدد ()
- 47- في حالة عدم وجود مصروف لشراء السيجارة ماذا تفعل
- أ- العمل () ب- السرقة () ج- استلاف () د- أخرى ()

- 48- هل تشارك الآخرين في سيجارة أ- نعم () ب- لا ()
- 49- إذا كانت الإجابة في السؤال (48) (نعم) فلماذا أ- عدم توفر السيجارة () ب- ظاهرة اجتماعية () ج- الاثنين معا () د- أخرى ()
- 50- إذا كانت الإجابة في السؤال (48) (لا) فلماذا أ- لا أتكيف () ب- نقل الأمراض () ج- الاثنين معاً () د- أخرى ()
- 51- إذا كنت مدخن هل تنوي الإقلاع عن التدخين: أ- نعم () ب- لا ()

6.2 Appendixes No(3)

2024/5/14

الأخ / محمد الرحلة ابنك مودة /

السلام عليكم ورحمه الله وبركاته

إشارة للموضوع أعلاه نفيدكم بأن الطالبة /**نوال احمد محمد عبدالرحمن** من ضمن الطلاب المسجلين لنيل درجه الماجستير في الصحة العامة .
ونأمل في حسن تعاونكم مع كلية الدراسات العليا جامعة شندي ، نرجو شاكركم تسهيل مهمتها بفرض إجراءات البحث

ولکم فانق شکرنا ونقدیرنا،،

د. كباشي أحمد ابراهيم مجذوب
مسجل كلية الدراسات

السودان - شندي - ص.ب: 142/143 - هاتف: 00249155662115 - فاكس: 00249261872509
Sudan - Shendi - B.O.Box:142-143 Tel: +249155662115 - Fax:+249-261872509 - e-mail: fgs@us

6.2 Appendixes No(4)

إحصائيات طلاب مدارس الثانوي - ولاية نهر النيل - محلية المتمة 2024م (الصف الثاني)

مارس ٢٠٢٤



زهير الكاشفة
مدير التعليم

احصائية طلاب الصف الثاني

الرقم	الاسم	النظامي		المجموع	الاستيعاب		المجموع	الوافدين		المجموع
		بنين	بنات		بنين	بنات		بنين	بنات	
١	الوفاق المشتركة	٥٥	١٠٠	١٥٥				٣٠	١٠	٤٠
٢	حجرو دسالم المشتركة	١٥	٦٠	٧٥				١٠	١٩	٢٩
٣	ودحامد المشتركة	٢٤	٦٤	٨٨				٣٠	٥٤	٨٤
٤	ودالحبشي المشتركة	١٠	٧٨	٨٨	٤٠	١٥	٥٥	٩	٢٥	٣٤
٥	حجرا الطير المشتركة	٣٣	٤٨	٨١				٣٢	٣٠	٦٢
٦	الجريف المشتركة	١٤	٧٩	٩٣	٢٥	١٨	٤٣	٢٢	٢٥	٤٧
٧	طبقة المشتركة	٥٢	٦٠	١١٢				١٤	٢٠	٣٤
٨	الهويجي المشتركة	١٥	٣٨	٥٣				١٢	٢٩	٤١
٩	الصلوعاب المشتركة	٢٠	٤٥	٦٥	٣	٤	٧	٢١	٢٤	٤٥
١٠	زينب محمود الجغرافية		١٠٣	١٠٣					٤٢	٤٢
١١	زينب محمود الجديدة		٧٧	٧٧			١٧		٤٣	٤٣

١١٠	٣١		٣١				٧٩		٧٩	الاموى بنين	١٢
١٠٧	٣١		٣١				٧٦		٧٦	الشيخ مصطفى بنين	١٣
١٣٥	٢٦	١٣	١٣				١٠٩	٨٦	٢٣	السيال المشتركة	١٤
٢٨٠	٩٠	٦٠	٣٠				١٩٠	١٤٠	٥٠	الكرده المشتركة	١٥
١٠٥	٢٥	١٨	١٧				٧٠	٥٠	٢٠	كمير العوضيه المشتركة	١٦
٢٣٥	٧٤	٤٦	٢٨	٥٢	٣٢	٢٠	١٠٩	٨٥	٢٤	قسم الله المشتركة	١٧
١٣٥	٢٣	١٣	١٠	٢٢	٦	١٦	٩٠	٥٩	٤١	النوراب المشتركة	١٨
١١٨	٣٨	١٣	٢٥	١٢	٥	٧	٦٨	٤٣	٢٥	الصفير المشتركة	١٩
١٤٢	٤٩	٢٤	٢٥	٣٧	١١	٣٦	٥٦	٤٠	١٦	المغاوير المشتركة	٢٠
٩٨	٣٠	١٠	١٠				٧٨	٥٠	٢٨	طيه الخواض المشتركة	٢١
١٠٩	٢٨	١٦	١٢				٨١	٥٢	٢٩	الجيلاب المشتركة	٢٢
١٣٦	٥٠	٣٠	٢٠				٨٦	٥٠	٣٦	كلي المشتركة	٢٣
١٧٢	٧٥	٤٤	٣١				٩٧	٥٥	٤٢	المكنية المشتركة	٢٤
٢٤٨٥	٩١٦	٥٦٤	٣٥٢	٢٤٢	١٤٤	٩٣	١٣٣٧	٩٣٤	٣٩٣	المجموع	

إحصائيات طلاب مدارس الثانوي - ولاية نهر النيل - محلية المتمة 2024م (الصف الثالث)

الرقم	الاسم	النظامي		المجموع	الاستيعاب		المجموع	الوافدين		المجموع
		بنين	بنات		بنين	بنات		بنين	بنات	
١	الوفاق المشتركة	٢٨	٥٥	٨٣			٥	٢٥	٢٥	٦٠
٢	حجرو دسالم المشتركة	١٧	٥٠	٦٧				١٧	٢٠	٣٧
٣	ودحامد المشتركة	١٨	٤٣	٦١				٣٩	٦٠	٩٩
٤	ودالحبشي المشتركة	١٥	٢٠	٣٥	٦	١٠	١٦	٣	٥	٨
٥	حجرا الطير المشتركة	١٥	٤٣	٥٨				٤	٢٣	٢٧
٦	الجريف المشتركة	٦	٢٢	٢٨	١٣	٢١	٣٤	١٨	٢٣	٤١
٧	طبقة المشتركة				٧	١٢	١٩	١٨	٥٨	٧٦
٨	الهويجي المشتركة	١٧	٣٠	٤٧				١٣	٢٥	٣٨
٩	الصلووعاب المشتركة	١٣	٢٥	٣٨	١٢	٢	١٤	٢٥	١٨	٤٣
١٠	زينب محمود الجغرافية		٧	٧٠					٤٠	٤٠
١١	زينب محمود الجديدة		٤٣	٤٣			١٠		٢٨	٣٨

٦٩	٢٥		٢٥	٤	٤		٤٠		٤٠	الاموى بنين	١٢
٣٣				٨	٨		٢٥		٢٥	الشيخ مصطفى بنين	١٣
١٢٦	٢٢	١٣	٩				١٠٤	٨٦	١٨	السيال المشتركة	١٤
٢٠١	٨٧	٥٢	٣٥	١٠	١٠		١٠٤	٧٤	٣٠	الكردية المشتركة	١٥
٧٤	٢٠	١٥	٥				٥٤	٣٠	٢٤	كمير العوضية المشتركة	١٦
١٧٠	٤٦	٣٦	٢٠	٥٣	٢٩	٢٤	٧١	٥٨	١٣	قسم الله المشتركة	١٧
١٣٠	٣٩	١٧	٢٢	٣٥	٢٠	١٥	٥٦	٢٩	١٤	النوراب المشتركة	١٨
٩٢	٢٩	٩	٢٠	٢٣	١٥	٨	٤٠	٢٥	١٥	الصفر المشتركة	١٩
٨٧	٣٩	٢٥	١٤	١١	٣	٨	٣٧	٣٠	٧	المغاوير المشتركة	٢٠
٦٤	٢١	١١	١٠				٤٣	٣٥	٨	طبية الخواص المشتركة	٢١
٩٣	٢٢	١٥	٧				٧١	٥٢	١٩	الجلاب المشتركة	٢٢
١٠٨	٣١	٢٠	١١				٧٧	٦٠	١٧	كلى المشتركة	٢٣
١٠٣	٢٨	١٦	١٢				٧٥	٤٤	٣١	المكنية المشتركة	٢٤
٣٤٩٥	١٠٧١	٦٠٨	٤٦٣	٢٤٥	١٠٨	١٣٧	٢١٧٩	١٤٦٢	٧١٧	المجموع	