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ISSN : 2466-0744

MULTIDISCIPLINE PROCEEDINGS OF
**DIGITAL FASHION
CONFERENCE**

KOREA, REPUBLIC OF

Multidiscipline Proceedings of

DIGITAL FASHION CONFERENCE

July 2024 (*Volume 4, No.4*)

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Available at digitalfashionsociety.org

Published:

서울 합정역

파주출판도시

ISSN 2466-0744

Seoul

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ATTITUDE OF MODERN YOUTH TO ELECTRONIC CIGARETTES

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Purpose of the study. Studying students' attitudes towards electronic cigarettes.

Material and methods. We conducted a survey among 1st year students using a questionnaire we developed. The total number of survey participants was 154 people, of which 62% were aged 17-19 years, 12.5% were from 19 to 25 years old and 38% were aged 20-22 years. The survey was conducted on the Google Doc platform. forms. 9 questions were compiled about the attitude of young people towards smoking, electronic cigarettes, the reasons why they smoke, whether they know about the dangers of electronic cigarettes, etc.

Research results. The survey results showed that 79% of respondents have an idea about electronic cigarettes. At the same time, 33% of them believe that electronic cigarettes are safer than regular cigarettes. 65% of respondents responded that they use e-cigarettes from time to time. 12% of respondents noted that, along with electronic cigarettes, they sometimes use regular cigarettes.

To the question "Why did you start smoking?" the majority of students (58%) responded that they were curious about trying e-cigarettes. 25% answered that they wanted to replace regular cigarettes with electronic ones, 8% of respondents simply wanted to feel confident in the company, 9% answered that they started smoking to calm the nervous system.

To our question, "Would you like to quit smoking?", 68% of students answered that they are trying to do it, 22% have tried, but they have not yet succeeded, and only 10% of respondents answered that they have not thought about it yet. To the question "Do you know about the dangers of electronic cigarettes?" the majority responded that they consider e-cigarettes harmless to the body (65.5%).

We were also interested to know the boys' opinions about smoking among girls. TO our question "How do you feel about girls and women smoking?" all respondents answered negatively and do not approve of such behavior.

Conclusions. Thus, the survey we conducted showed that today among young people it is still relevant to carry out work on the dangers of smoking in any form. In most cases, this is due to the personal and psychological characteristics of young men and lack of self-confidence. Active promotion of electronic cigarettes in the media has a negative impact on the consciousness of young people. In schools, lyceums, and institutes, it is necessary to hold events not only about the dangers of smoking, but also about the dangers to the environment and health of electronic cigarettes.