Interrupting of Quit Smoking for Nursing Student in Japan: Using Text Mining Analyzed

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ABSTRACT

Introduction	The population of cigarette smokers is slowly decreasing as a consequence of TV health advertisements and the rising cost of tobacco in Japan. Furthermore, there are separate rooms for smokers and non-smokers in most public buildings today. However, many people who wish to quit smoking have not been successful as yet, particularly nursing students whose are under stress to complete their studies and get hospital placement. There is very little knowledge about smoking habits among nursing students.
Objective	To identify cigarette smoking habits among nursing students in Japan in order to provide appropriate guidelines to help nursing students quit smoking.
Methods	Respondents were requested to fill a four-page questionnaire including free writing space for additional comments. Questions dealt with their demography, health behavior and their free opinions. The data were collected over a one-month period in 2010 from nursing students at a university in Hiroshima, Japan. Analysis was done using language-analysis software called Text Mining Studio.
Results	Although the majority of the nurses wanted to stop smoking, their health behavior had not changed yet. They were concerned about their health and had knowledge about the harmful effects of smoking. While smoking reduced their stress, they were not strongly aware of knowledge about smoking-prevention and outpatient units at hospitals.
Conclusions	These results suggest that in order to change their behavior, the provision of public health information is vital.