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Abstract- *Background:* The self-regulating in adolescent's smokers as prevention is one of the lines of the work team in the consultation of Ceasing Tobacco. Objective: to identify the incidence on the self-regulation to prevent the tobacco in adolescents. The investigation embraced one period from March 2017 to September 2018.

Method: A descriptive study of traverse court was used. Registered to 31 students for sampling intentional non probabilistic, of an universe of 50 adolescent students. It was used empiric. Methods; Clinical histories, interviews structured and the questionnaire.

Conclusion: The female sex prevailed, where 54,8 % between the 12 to 19 years of age.

Results: The incidence the factors of risks that impact on the self-regulation to prevent the tobacco in adolescents are the group contagion with 54,7 %, family problems for a 29,0 % and situational depression with 16,1 %, where it is necessary the self-regulation that should have the adolescents in the life.

Keywords: *adolescence, addiction, habit of smoking, tobacco.*

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I. Introduction

The adolescence like period of the human development has been object of the social scientists' attention and of international instances who have tried to define its limits, as well as the characteristics that define this stage. [1]

The space of the adolescents has vital importance in the formative process of the personality, propitiating that the same ones can self-teach with a clearer vision of the harmful effects that causes the tobacco and to prevent its consequences with the help of the professionals of the health but with a model function.

The tobacco, is considered a true drug diffused in the entire world. It reaches a world prevalence of 47 % in the masculine population of adults, in front of 12 % in the woman, and in the last years a more precocious beginning of the habit is observed, particularly in the beginning of the adolescence. [2]

The habit of smoking could be immerse in the integral style of people's life, expert this as the group of individual decisions that affect the health and envelope which you could exercise certain control degree that also has an effect on the health and the behavior of those who cohabit. [3]

At the moment Cuba occupies the fifth place in Latin America and the Caribbean as for the prevalence of the tobacco, being Chile and Republic of the Dominican Republic the countries of more incidences in our continent.

Cuba is inside this problem, presenting very similar statistical numbers to the national stocking, with a runs off with as for the breathing illnesses, cancer, cardiovascular affections and diabetes like consequence of the habit of smoking, being considered the illness non genetics that more reduces the hope of life.

The phenomenon that exists around this real problem, conditioned the position of the following scientific problem in the present investigation: ¿That incidence impact on the self-regulation like prevention of the tobacco in adolescents?

General objective: to identify the incidence on the self-regulation to prevent the tobacco in adolescents.

II. Materials and Methods

Was carried out a descriptive study, traverse with adolescents belonging to the policlinic "José Ramón León Acosta" of the municipality Santa Clara, Cuba in the understood period of March 2017 to September 2018, with the objective of identify the incidence in the self-regulation to prevent the tobacco in adolescents. It was study constituted by 31 adolescents and in those that was identified the incidence on the self-regulation in the adolescents' consumers of tobacco, to those which previously were requested informed consent. The selection was based on the following approaches:

a) *Inclusion approaches:*

– All the adolescents with factors of risks of the area of health that possess favorable psychic conditions to respond the questions.

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– That they resided in the area of chosen health.

b) Exclusion approaches

– Adolescents that emigrate of their residence place during the study.

c) Exit approaches

– Adolescents that abandon the investigation voluntarily.

It was used the following variables starting from the obtained data: age, sex and risk factors on the self regulation in adolescents.

Authorization was requested the adolescents, belonging to the educational policlinic "José Ramón León Acosta" for the realization of the study. To these they were explained the importance of the investigation. The data were used by the specialists of the health and with investigative ends, fulfilling the principle of the confidentiality of the data.

d) Collection of the information

To begin the development of the investigation was carried out a bibliographical revision of the topic making a meticulous analysis of the most excellent aspects in the Cuban means as at international level. It was used as technical, the documental revision that included individual clinical histories and the open interview.

III. Statistical Prosecution

The information was stored in a file of data in SPSS version 21.0 and it is presented in statistical charts; for the description it was calculated the arithmetic stocking, standard deviation, absolute frequencies and percent's. In the analysis it was used non parametric tests as Squared Chi for adjustment kindness and independence of factors. One worked with significance levels to 5 %.

IV. Results

Table 1: Distribution of adolescents according to age and sex of group

Age of Group	12-14	12-14	14-16	14-16	17-19	17-19	Total	Total
Sex	No.	%	No.	%	No.	%	No.	%
Female	9	29,0	6	19,3	2	6,4	17	54,8
Male	6	19,3	5	16,1	3	9,7	14	45,2
Total	15	48,4	11	35,5	5	16.1	31	100,0

Source: Clinical history of healt

In the studied sample, the female sex predominated (54,8 %) and the group from 12 to 14 years with 48,4 % (Table 1).

Table 2: Distribution of incidence on the self-regulation in adolescents

Incidence on the self-regulation in adolescents	No.	%
Group contagion	17	54,8
Family problems	9	29,0
Situational depression	5	16,1
Total	31	100,0

Source: Open interview

To analyze the risk factors, the approach of fragility was applied where they were group contagion in 54,8 %, only 16,1 % was situational depression (table 2) and 29,0 % was family problems.

V. Discussions

The results of this investigation belonged together since with the world and national tendency every time it increases more the addiction in early ages. It coincides with a study carried out according to the authors.[4]

Other investigations starting from authors like on the tobacco in adolescents in a community in Spain, where it was reported that the half age of beginning in this habit, is located in the 12 years of age.[5]

Due to the early age in that this addiction appears, was carried out this investigation where was appreciated that the committed ages in the study are from 12 to 15 years being predominant the female sex, coinciding with that argue that the biggest prevalence in the tobacco is among the adolescents of the male sex, standing out the enormous risk that have of smoking the adolescents whose family makes it and the fateful consequences that brings the habit of smoking for its future life.[6]

In Cuba the differences among the indexes of male and female adolescents' consumption are not marked, according to that referred in the National Program of Control of the Tobacco of the Ministry of Public Health outlined for however doesn't behave of

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for the lack of professors' demand that facilitate the cigarette to the student in many of the cases. [8]

In spite of the present behavior patterns in these adolescents, and the permissive of the habit for some parents and tutors, the way of obtaining of the cigarettes is through friends or contemporary, followed by traveling sales persons. Is belongs together with other studies like the one carried out in Argentina. [9]

On the other hand, other studies for they reflect the place of the smoking adolescents' more frequent consumption (50,9 %) between friends' house and parties, and in 40,4 % in their houses. [10]

According to authors like they outline that it is known the influence that has the example of the parents to adopt attitudes, by what becomes precise to surround the adolescents of positive examples that redound in the prevention of the tobacco, in order to reinforce the attitudes that go against the adoption of the habit of smoking, and where the family plays a fundamental list, behaving as another factor of risk for the consumption of the tobacco as family problems and situational depression. [11]

VI. Conclusion

The male sex prevailed in the study as present addiction to the tobacco. By way of conclusion the female sex prevailed, where 54,8 % between the 12 to 19 years of age. Results: the incidence the factors of risks that impact in the self-regulation to prevent the tobacco in adolescents are the group contagion with 54,7 %, family problems for a 29,0 % and situational depression with 16,1 %, where it is necessary the self-regulation that should have the adolescents. The investigation team made use in a preventive way in the necessary self-regulation that should have the patients from the psychological component the regulation and to avoid harmful bigger factors of risks for the health in the adolescents.

Conflicts of interest: The authors declare that they have no conflicts of interest and that there is no economic compensation.

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