

# **Analysis on The Negative Influence of Smoking Behavior in the Process of the Integration of University Culture and Citizen Culture**

An Weina<sup>1</sup>, Yang Yanling<sup>2\*</sup>

College of Health Management, Xi'an Medical University, Xi'an 710021, China

Institute of culture and history, Shaanxi Academy of Social Sciences, Xi'an 710065, China

E-mail: vanweina@xmu.edu.cn, michell1025@163.com

## **Abstract**

Culture has a subtle and huge influence on people, and advanced culture should have the function of educating people. University is the carrier of excellent cultural inheritance and the holy land of ideological and cultural innovation. The role of education is not only reflected in professional knowledge, but also reflected in moral values. All kinds of university cultures are a process of edification for both students and teachers. As one of the urban cultures, university culture is closely related to the development of the city and has an important impact on the urban population culture. University culture not only influences population structure culture, quantity culture, but also population accomplishment culture in urban population culture, which represents the cultural connotation of a city to a certain extent. Smoking is an indispensable activity that some people need to carry out in their daily life. It not only solves people's needs but also produces harms in many aspects. Smoking has become one of the most important public health problems in the world today. This topic in the university culture and urban population culture integration process, further explore the negative impact of citizens smoking behavior.

**Key words:** university culture, urban population culture, smoking, harm

## **1. Introduction**

With the continuous development of society, people's cultural and moral qualities are required to be higher, so the development of education is more and more important. Not only to receive education, the level of education has become the pursuit of contemporary people. University culture has become a universal pursuit, it is not only academic knowledge culture but also a wide and far-reaching inner culture. In the process of urban modernization, urban economic development must be in harmony with the development of urban population and culture. The development of urban economy will promote the emergence and development of urban culture, and the characteristics of urban economy and urban culture often reflect each other. With the current economic development, the improvement of urban population's cultural literacy has become an urgent problem. In order to adapt to China's economic, political and cultural development, the quality of population has become far more important than the number of people.

Population is one of the most positive factors in urban development. The change of population quantity, quality, structure and spatial distribution leads to the change of urban form, structure and function, and has a profound impact on the sustainable development of cities. As a kind of urban culture, university culture affects urban population culture to a certain extent.

As an important part of city culture, university culture has a very important influence on the development of city culture and citizen culture. In the final process of development, all cultures will move towards integration. In the process of the integration of university culture and urban population culture, the behavior development of people, as the main part of urban existence, is also changing. The daily smoking behavior of citizens all reflects the state of urban cultural development.

## 2. University culture

### 2.1 Scientific connotation of university culture

University culture usually includes academic culture, spiritual culture, system culture and environment culture. To some extent, college is culture. University culture refers to a unique social and cultural form gradually formed by university on the basis of long-term practice of running schools and through historical accumulation, own efforts and the influence of external environment. It is based on professional knowledge and disciplines, and is embodied in the profound cultural heritage of the university. It is the sum total of university spirit culture, material culture, system culture and environment culture. It is the cultural foundation of university as the knowledge authority of human society and an important part of advanced human culture. University culture is the core competitiveness of a university, including cohesion, educational power, creativity and influence. University culture is the foundation on which a university depends for survival, development, running a school and undertaking great social responsibilities.

### 2.2 University culture construction

#### 2.2.1 Fundamental compliance of university cultural construction

The value of social core doctrine is the basic content of university culture construction. General Secretary Xi Jinping has stressed the need to "cultivate and promote socialist core values as a fundamental project to strengthen the foundation and consolidate the foundation". "Three advocated" as the main content of socialist core values is one of the important results of the sinicization of marxist theory of moral values, actively cultivate and practice the socialist core values, are armed with the theory achievements in adapting marxism to the party, education of the people's important content, is the basic content of university culture construction. In the construction of university culture, teachers and students should be guided to be firm believers, active disseminators and model practitioners of socialist core values. Core socialist values should be internalized into people's spiritual pursuit and externalized into people's conscious behavior through education and guidance, publicity, cultural edification, practical cultivation and institutional guarantee.

### 2.2.2 The significance of university culture construction

The important mission of university cultural construction is to build up the cultural confidence of teachers and students, and to gather people's minds, attract talents and focus the joint force for adhering to and developing socialism with Chinese characteristics and taking the cultural path of socialism with Chinese characteristics.

Developing university culture construction is an inevitable choice to promote the connotative development of higher education. In the report to the 19th CPC National Congress, General Secretary Xi Jinping explicitly called for "realizing the convolution development of higher education". Under the background that socialism with Chinese characteristics has entered a new era and major social contradictions in China have undergone new changes, the development mode of higher education must be reformed, and it is also the internal requirement for the healthy development of higher education in China. Since the 18th CPC National Congress, higher education has made more and more contributions to economic and social development, and China has become a veritable country of higher education. The cultural attribute of university is more prominent, and the connotative development of higher education is more closely related to the university culture. Therefore, the development of university culture is the inevitable choice to promote the convolution development of higher education in the new era.

Developing university culture construction is the necessary condition of constructing first-class university and first-class discipline. The party central committee under the State Council officially determine the 42 schools in 2017 into the university ranks top university construction, 95 schools into the first-class discipline construction in colleges and universities, first-class universities should focus on discipline construction first-class university school on the basis of the whole construction, key construction, improve personnel training level and innovation ability; Construction of first-class disciplines universities should focus on the construction of dominant disciplines and promote the development of characteristics. The designation of first-class universities and disciplines is not only an improvement of the quality of the nearly 150 institutions of higher learning, but also a new "double first-class" standard for national institutions of higher learning. University culture is the comprehensive embodiment of a university's school-running idea, school-running direction and humanistic thought, and also the ultimate goal pursued by the university itself. To develop and construct universities is to highlight the essence of universities, give full play to their functions, and form a certain culture on the basis of training talents, so as to lead social fashion and national spirit. Therefore, university culture is always the inner spiritual motivation and the primary basic condition of university construction.

## 3. Urban population culture

### 3.1 Connotation of urban population culture

For the understanding of population culture, population culture is the concept, ethics, morality and code of conduct formed in the process of population change and development, and the ideology reflecting population change and development as well as the materialized form of this ideology. Population culture is specifically expressed as several kinds of population culture phenomena. Specifically, it includes population quantity culture, population quality culture,

population structure culture and population combination culture. Sex and age structure is the most important characteristic of population, and urban population is the population with higher education level. Urban culture is the special history, image and spirit of a city, as well as the unique value concept, way of thinking, way of behavior and way of life of city residents. From the physical point of view, urban culture is the city's cultural facilities, cultural activities, cultural management, etc. The content of urban population culture is dominated by modern new population culture and mainstream culture.

### 3.2 Construction of urban population culture

In the concrete practice of population culture construction, it can be divided into two categories: urban population culture construction and rural population culture construction according to the geographical and social economic levels. Today, we must also know this background in the understanding of urban population culture construction, and regard urban civilization and development as the fundamental task of population culture construction. Taking the harmonious development of urban population as its direct goal. The construction of urban population culture must take promoting the civilization development and progress of the city as the pursuit, and take the harmonious development of urban population as the fundamental goal. The new population culture mainly includes the modern concept of marriage and rearing, the concept of family, the culture of respecting and respecting the elderly, the positive and healthy culture of generation rearing, diligence and frugality, and the unique outlook on life and so on. In the city form a kind of population features that can not only show the advanced civilization, but also suitable for the community population culture active communication and optimization of the characteristics of the model.

## 4. Social reasons for urban citizens to smoke

### 4.1 Traditional Ideas

In people's traditional ideas, in the smoking in the people impression seems to be a kind of take for granted, even have no smoking no normal, how can a man do not smoke, so to stop smoking, the restriction of the traditional ideas, can't stop, justly and reasonably smokers can also to rebut the behavior of the stopper. Traditional ideas make people's thought and behavior not only get fixed-line, also makes the status of the passive smoking is quite common, for smokers, smoking is not only exist in normal daily life time need of things, if someone don't smoke or quit smoking behavior, can appear even the phenomenon of being laughed at, this leads to can't from the most fundamentally solve the problem.

### 4.2 Social Interaction

According to a report published in the Lancet, smoking is mainly concentrated among people in their 40s and 50s, with well over 50% of men smoking in this age group. At this stage, men have their own career outside, and their wife, children and family responsibilities inside. They have a heavy burden, heavy work and family tasks, life pressure is relatively large. In order to relieve the pressure of life and get temporary relaxation, I choose to refresh myself by smoking to relax myself and relieve pressure. And to some extent, smoking is often regarded as a sign of grace,

sophistication and maturity in social interaction. In particular, group smoking is more common among young peers, thus creating psychosocial dependence on smoking.

#### 4.3 The communication role of new media

The spread of new media has led to the expansion of smoking groups and the development of young people's smoking, which is a bad phenomenon. It is different from adult smoking, which is addictive and habitual. Adolescent smoking is mostly passive and unconscious. Smokers are getting younger and younger, and there is a negative correlation between nicotine dependence and the age at which they start smoking. The lower the age at which they start smoking, the higher the degree of nicotine dependence.

The main culprit is the communication function of new media. New media platforms have become the "gray area" for tobacco advertising. Teenagers are in their growth period, and all organs need a healthy environment. If children are exposed to smoke early, their health risks are three to five times higher than those of adults. The Internet, wechat public number and other new media communication platform, for the tobacco advertising wanton manyan provides a place to ride. Tobacco sellers have shifted their attention from traditional tobacco advertising to new media platforms, not only releasing illegal tobacco advertising, but even revealing illegal cigarette tools. In addition to tobacco advertisements, tobacco communication content on new media platforms has an impact on the values of today's teenagers. Smoking is cool, smoking regardless of age and gender, and other communication contents all affect the values shaped by teenagers when they are still growing up. New media are characterized by fast communication, wide communication content and more personalized communication behaviors. With the development of society, teenagers have become the main group of new media users.

### 5. The negative impact of urban citizens' smoking behavior

#### 5.1 The impact of lifestyle

Scholars at home and abroad also found that smoking can change a person's lifestyle and eating habits. Smokers like to eat meat and alcohol, and are more likely to suffer from cardiovascular and digestive diseases, resulting in the imbalance of body nutrition. According to the research, smoking leads to a heavier diet of alcohol and meat, as well as poorer sleep. Smoking has an impact on a person's living and eating habits, that is, smoking makes people like to eat alcohol, meat, do not like to eat fruit and coarse grains, poor sleep quality. When smoking, tar, nicotine and other components in cigarettes act directly on the human body, causing changes in taste and metabolism in the body, leading to changes in food choice behavior, and thus changes in eating habits. This diet has brought great harm to people, among which the quality of sleep is greatly reduced. After the change of smokers' eating habits, their blood lipids and lipid peroxides are affected, which is easy to cause the occurrence of cardiovascular diseases.

#### 5.2 Health Impacts

Statistics show that the degree of smoking has a great influence on whether people get sick or not. Tobacco kills more than one million people in China every year. And six of the top eight causes of death worldwide are related to smoking. Smoking is closely associated with diseases,

especially chronic noncommunicable diseases. In recent years, the prevalence of hypertension, coronary heart disease, brain death rate, disability rate and death rate caused by tobacco have risen sharply. Smoking is the main risk factor of many cardiovascular and cerebrovascular diseases, and the incidence of coronary heart disease, disease, cerebrovascular disease and peripheral vascular disease in smokers is significantly increased. The most terrible is carcinogenic effect, epidemiological investigation shows that smoking is one of the important pathogenic factors of lung cancer, the risk of lung cancer of smokers is 13 times that of non-smokers, lung cancer mortality of smokers is 10 ~ 13 times higher than non-smokers. The polycyclic aromatic hydrocarbons in tobacco smoke have cytotoxic and mutation-inducing effects only after the metabolism of polycyclic aromatic hydrocarbon hydroxylase. The concentration of polycyclic aromatic hydrocarbon hydroxylase in smokers is higher than that in non-smokers. Smoking can reduce the activity of natural killer cells, thus weakening the body's ability to monitor, kill and eliminate tumor cell growth, which explains that smoking is a high risk factor for the occurrence of various cancers.

At the same time, smoking harms others, forcing others to "passive smoking". In fact, smog contains more than 7,000 chemicals, of which more than 250 are toxic and do great harm to human health. Adolescents are growing and developing period, harmful and toxic substances are more easily absorbed than adults, and are more toxic. Secondhand smoke exposure is particularly harmful to the health of pregnant women and children. Researchers at Virginia Commonwealth University found that secondhand smoke causes fluctuations in gene expression regulation in infants. Evidence suggests that exposure to second-hand smoke in pregnant women can lead to sudden infant death syndrome and low birth weight. Exposure to second-hand smoke in pregnant women can also lead to premature birth, neural tube abnormalities in newborns and cleft lips and palates. Exposure to second-hand smoke in children can lead to respiratory infections, bronchial asthma, reduced lung function, acute otitis media, recurrent otitis media and chronic middle ear effusion.

### 5.3 Impact of social civilization

In modern society, no smoking signs are everywhere, reminding people not to smoke in public places. Whether citizens can strictly abide by it is the embodiment of civilized quality. However, the phenomenon still exists in today's society is that there are still many people who turn a blind eye to these regulations and smoke freely in public places, even in non-smoking areas. Some people even smoke in some strictly prohibited private areas with security risks, posing a threat to the safety of others.

In addition to smoking, smoking residual cigarette butts, ash and other garbage, randomly discarded, not only cause pollution to the environment, but also because fireworks are not completely extinguished cause fire and other social safety hazards. The behavior of the masses is conformity, just like crossing the street, when everyone crosses the red light, the rest of the people waiting for the green light will unconsciously follow and run the red light together. Similarly, people who smoke in public places will lead to the next person who wants to smoke, and the more smokers there are. People will not care about the rules and signs that are explicitly prohibited, and the social civilization will deviate from the development.

## 5.4 Economic Impact

China has become the world's largest tobacco producer. According to the data of the National Bureau of Statistics, the operating revenue of industrial enterprises in China's tobacco products industry increased year by year from 2016 to 2020. From January to June in 2020, the revenue of enterprises in China's tobacco products industry was 640.84 billion yuan, with a year-on-year growth of 5.9%. The tobacco epidemic is severe, causing a huge disease and economic burden. Tobacco industry occupies an important position in China's national economy and has a large market scale. However, every thing has both good and bad sides. Every year in Our country, the loss caused by smoking is also very huge. The number of deaths from smoking-related diseases in China is so large every year that the economic losses are enough to offset the benefits of tobacco. Tobacco increases the risk of morbidity and mortality from cancer, cardiovascular disease and other related diseases. In recent years, the death rate from tobacco-related diseases has risen rapidly. The result of the tobacco epidemic is not only a huge increase in illness and death, but also a decline in productivity and an inevitable surge in health care costs.

The survey found that smoking takes a big chunk out of family budgets. Due to the limited income of the family, they have reduced their spending on education, medical care, agricultural machinery, seeds, and food to buy cigarettes. Tobacco is the single largest preventable risk factor for human health. Low price, effective promotion, lag of health hazards, and inadequate policies against tobacco use, etc., make China's tobacco production and sales rise year by year, resulting in a serious epidemic of tobacco, bringing a huge disease burden and economic burden.

## 5.5 Environmental Impact

Smoking increases carbon emissions and pollutes the environment. Tobacco smoke is produced by complex organic compounds, tobacco, additives and paper at high temperatures. Smog consists of many kinds of gases and particles, and contains many toxic ingredients that can cause tissue inflammation, cancer and other health hazards. There are as many as 5068 kinds of chemical components in cigarette smoke, 69 of which are carcinogens, including some carcinogens or auxiliary carcinogens, mainly carbon monoxide, heavy metal elements and polymer compounds in the form of gaseous and aerosol toxic substances. Smoking pollution to the environment includes nicotine pollution, particulate pollution and organic pollution. Smoking environment in the air, there are a lot of harmful substances, harmful to human health. At the same time, the pollution caused by tobacco processing is also very serious. Tobacco processing generally goes through seven production processes, including initial curing of tobacco leaves, recuring of tobacco leaves, tobacco fermentation, cigarette formulation, cigarette silk making, cigarette roll making and cigarette packaging. In the process of production, exhaust gas, waste water, noise and tobacco waste emissions will cause different degrees of pollution to the workplace and the environment.

## 5.6 Impact of urban development

To sum up, the negative effects of smoking have a direct impact on the development of cities. The prevalence rate of smoking is increasing, and the increased burden of treatment has a certain hindrance effect on urban economic development. The environmental pollution caused by

smoking makes the urban living environment governance problems can not be fundamentally eliminated. The survey shows that the general smoking quality of citizens in developed cities is higher than that in underdeveloped cities. For example, the management and publicity of underdeveloped cities are not in place, public facilities are not complete, and the population quality is not high. The smoking ban cannot be compared with that in developed cities, which will have a negative impact on the development of cities.

## 6.Countermeasures

### 6.1 Strengthen the publicity of the health hazards of smoking and raise the awareness of smokers' control

At present, the prohibition of smoking in public places is only limited to "departmental regulations", which is mainly restricted by social moral mechanism, leading to the laissez-faire of smoking in public places. Practice has proved that health education is an effective way to prevent chronic non-communicable diseases. It is necessary to strengthen the publicity of health literacy among the general public, improve health skills, and deepen the concept of "prevention first". People don't realize the seriousness of the harm health tobacco, especially to the pathogenic with hysteresis, smoking in the smoking twenty or thirty years later, smoking attribution of death to peak this characteristic understanding insufficiency, plus the country not strict control laws and regulations, promulgated the smoking harm health education and health promotion is not timely follow up, Future health departments should strengthen the propaganda, the harm to smoking to smoking and secondhand smoke exposure facts which cause serious damage to human health, smokers a shorter life expectancy than non-smokers 10 years such as scientific evidence to show the general public, so as to promote people actively involved in the tobacco control act, make yet smokers refuse to smoking, is smokers to quit smoking as soon as possible.

### 6.2 Help smokers to overcome tobacco dependence, actively participate in the implementation of tobacco control, and speed up the process of tobacco control

Smoking is addictive, and tobacco dependence is an important reason for smokers to continue smoking. It is very difficult for long-term smokers to quit smoking only by their own will. In the process of quitting smoking, due to their weak control and willpower, they cannot resist the temptation to smoke again. The main reason why smokers cannot leave tobacco is that the human body relies on nicotine in tobacco. Actively organize related activities to stop smoking and encourage the public to participate. For smokers who cannot quit smoking, places can be established to help smokers effectively overcome the difficulties of quitting smoking.

### 6.3 Strengthen supervision over tobacco advertising and set up tobacco isolation zones to keep young people away from tobacco harm

Studies have shown that the rate of attempted smoking and smoking among adolescents increases with increased exposure to tobacco advertising. A study in the United States proved that 37% of all new teenage smokers were influenced by on-screen smoking. Tobacco advertising and promotion affects adolescents three times more than adults. Government departments should strengthen online supervision, formulate relevant strict requirements for the release and



dissemination of tobacco advertisements on the Internet, explicitly prohibit the advertising of tobacco and the illegal sale of products to teenagers under the age of age, formulate a strict punishment system, and deal with relevant illegal behaviors according to law, and severely punish them. At the same time, strictly strengthen the network audit of relevant communication content, do not slip through the net, to create a green and healthy online environment for teenagers.

## Conclusion

Smoking is a plague that harms people's health, not a healthy medicine to relieve people's mental stress. Relevant departments should unremittingly carry out tobacco control health education and take scientific measures and methods. At the same time, we should spread some healthy ways to relieve pressure and a balanced healthy and nutritious diet, so that smokers can better understand the health hazards of smoking. This can achieve good tobacco control effect and improve the overall physical fitness of the people. Smoking is harmful to human health, but the most innocent are those passive smokers.

## Acknowledgements:

The research was founded within the project No. 2019ZDWT14 entitled: "Investigation and Research on the construction of Shaanxi new era civilization Practice Center", supported by Shaanxi Social Science Foundation.

## Reference

New Directions for Mentoring: Remaking the School-University Culture[J]. Action in Teacher Education, 2000, 22(1):112-124.

student : Negotiating university culture. 2008.

Sporn B . Managing university culture: an analysis of the relationship between institutional culture and management approaches[J]. Higher Education, 1996, 32(1):41-61.

Jin Z . Discussion on the Main Problems and Countermeasures in the Urban Cultural Construction of China[J]. Chinese culture BBS,2015(3):191-192.

Xie D X , Hua-Cong L I . City Culture Construction under the Background of Cultural Globalization: Based on Constructing Guangzhou as the "World Famous Cultural City"[J]. journal of fujian jiangxia university, 2013.

Fang X . Thoughts and Suggestions on Promoting the Construction of University Culture[J]. Journal of Central South University of Forestry & Technology(Social ences).

Smoking, body weight, and their effects on smoking behavior: a comprehensive review of the literature.[J]. Psychological bulletin, 1989.

Smoking, body weight, and their effects on smoking behavior: a comprehensive review of the literature.[J]. Psychological bulletin, 1989.

Smoking is harmful not only for the smoker. 1969.

[10] Attitudes toward smoking and smoking rate: implications for smoking discouragement.[J]. International Journal of the Addictions, 1985, 20(3):483-488.

[11]Pine ze, xing fei, vines, keisuke, kubo, HuiSi.Effects of workplace smoking restrictions and individual smoking cessation intervention on the smoking rate in workplaces[J]. 2015.

[12] Han J Y , Cho B H . Adolescent Smoking and Peer Group Structure - A Social Network Analysis -[J]. 2005.

[13]Wakefield, MA, Chaloupka, et al. Effect of restrictions on smoking at home, at school, and in public places on teenage smoking: cross sectional study[J]. BRIT MED J, 2000, 321(7257)(-):333-337.

[14]Guirao M T , Garcia M , Ares J , et al. Population cultural level and ageing, education and dependence on the physician, and type of institution as factors governing prescription. 1995.

[15] Hong M I , Jing L I . The Influence of the Population Cultural Quality on Population Quantity and Population Structure[J]. Population Journal, 2009.

[16]Hudzinski L G , Sirois P A . Changes in smoking behavior and body weight after implementation of a no-smoking policy in the workplace.[J]. Southern Medical Journal, 1994, 87(3):322-7.

[17]What's so "new" about "new media?": comparing effective features of children's educational software, television, and magazines[M]. 2004.

[18]MuñozBacasehua César,RosasRodríguez Jesus A,LópezZavala Alexis Alonso,ValenzuelaSoto Elisa M. Spectroscopic analysis of coenzyme binding to betaine aldehyde dehydrogenase dependent of potassium.[J]. Luminescence : the journal of biological and chemical luminescence,2021: