Abstract

Among the remarkably challenging preventable cause for death all over the world is cigarette smoking behavior. Smoking among adolescents in cities has proved unusually challenging in spite of determined efforts in developed and developing countries. Dearth of governmental will and source to implement wide-ranging anti-smoking policies to reverse the trends in youth smoking (Stanton & McGee, 2009) makes the need to develop an attitude change towards smoking cessation very crucial in controlling the smoking behavior.

A novel approach to smoking cessation is considered in this study, here the emphasis is laid on the importance of acquiring skills to quit rather than quitting itself. The objectives of the study were achieved through several phases, where in the relevant literature was reviewed and an apt theoretical framework was built, based on which the program content was developed and finalized under the guidance of experts in the field. The final step was the creation of a manual for the RSCP. The outcome measures were selected considering the study sample characteristics. The study was carried out by randomly assigning the study participants in the two groups with respective interventions. Outcome measures were determined before and after the training. The results indicate that the two groups significantly differed in the variable ‘Readiness to change’, Defensiveness and behavioral components of change. Specifically, the experimental group was ready to change their behavior when compared to the controlled group, suggesting that the developed RSCP facilitates adolescent’s to realize a more realistic aspect of themselves relating to smoking behavior and are very much willing to make lifestyle changes which would eventually result in behavioral change among adolescents when compared to providing a general awareness on smoking behavior.
Readiness to change is the very crux of smoking cessation, and here the researcher was able to clearly demonstrate that the program that was developed initiate a thoughtful readiness to change, which can further facilitate smoking cessation aids available in India.

*Keywords:* adolescents, smoking behaviour, smoking cessation