**ABSTRACT**

Most smokers begin smoking as early as the age of 12 years old (Redhwan Ahmed Al-Naggar, 2011). After an individual has smoked for some years, it is already difficult for the person to quit as the addiction starts to play its role. This study is about the smoking behavior among male students here in University Malaysia Pahang, Gambang Campus. It is important for us to find out the factors which have led students to start smoking as the result may bring awareness to smokers so that they would try to overcome it for those who want to quit. We have distributed 60 sets of questionnaire to 60 randomly chosen male students who are smokers. It was found that the main factor leading students to smoke is stress. Thus, it is recommended that students choose other healthier approaches to handle stress such as playing sports, reading and many more. It is also found that students smoke because of influence from people around them. In other words, they have been influenced from their fathers, brothers or friends who are smokers.

Keywords: adolescence, addiction, stress

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