**CHAPTER 5 - CONCLUSIONS AND RECCOMENDATIONS**

**5.1 Introduction**

In this chapter, we will provide the summary of our result and the concluding remarks based on the analysis of our data. Besides that, we also need to provide the limitations and the suggestions for further studies based on our research outcome.

**5.2 Summary of the study**

Based from our study, the main reason among UMP students to smoke is because of stress. 27% agree that by smoking cigarette, it can give them relaxation from the stress and also calm their anger or frustration. Clearly students still unaware of more positive and healthier ways to manage stress. We also found out that most of them started smoking at very early age of 12-15 years old . Most of them were trapped in smoking as influenced by family members who are also smokers, for example father and brother. Moreover, students who smoke do not have deep understanding of the hazards, for instance smoking can cause chronic diseases and fatality. On the other hand, some are aware with the diseases associated with smoking such as lung cancer, stroke and heart disease but they chose to ignore it. We also found out that they are unaware of the second hand smoke effects. For example, the smoke released from cigarette which is inhaled by people around them. The effects of second hand smoke experienced by those who are non-smokers are equally bad as the smokers.

**14**

**5.3 Limitations of the study**

This section discusses the limitation of this study. Following are the limitations of our study:

1. Not enough time for us to discuss about our study report.

2. Some of the respondents answered the survey with inappropriate answers. For example,

V20 is an open-ended question and some respondents didn’t answer it seriously by making

fun of their answers.

3. Not many articles that specifically focus on the study of smoking among Malaysian university

students. Most articles that we found are more on study of smoking habit in secondary schools

and study on smoking in overseas universities.

4. Our survey has too many open-ended questions, which makes it hard for us for coding.

**5.4 Suggestion for further study**

1. Try to broaden the study by including female respondents as well.

2. Improve time management between group members, better use of Gantt chart.

3. Use more close-ended questions instead of open-ended to avoid inappropriate answers.

4. Find better and more relevant articles to help with the studies, choosing title of study that

has many articles related to it.

**15**

**5.5 Concluding remarks**

Our purpose doing this study is to find out the factors that resort UMP students to become smokers and factors that cause them to continue the habit. We gained information and data for our study by giving out questionnaires to 60 randomly picked UMP students and asked for their feedback. Based on what we have collected, it helped us to achieve our research objectives. In short, UMP students smoke because of stress and influence from close people (families or friends) and they continue the habit because lack of knowledge about bad effects of smoking to their health and lack of knowledge of better stress management. There is a need to implement an anti-smoking program for UMP students, also stress management counseling sessions.

Overall, the entire research question also had been answered for this research. Therefore, we achieved the two objectives. We tried our best to cooperate with each other and conduct the study properly. We are satisfied with our findings, but know that future studies can do better than us and hopefully gain better information on the study.

**16**