**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 and most of them influenced by family members who is also smokers, for example father and brother. Moreover, students who smoke do not know about the hazards which come with smoking which can cause chronic diseases and fatality. Some knew about diseases such as lung cancer, stroke and heart disease but chose to ignore it. We also found out that they are unaware of second hand smoke which is release from their cigarette, and inhaled by people around them who also face the same health risk as smokers themselves.

**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.

3. Not many articles about the study of smoking among students especially Malaysian students.

4. Our survey has too much 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.

**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.

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