**CHAPTER 4 - DATA ANALYSIS**

The bar chart shows the knowledge of smokers about bad effects that are associated with smoking. They are categorized into two, which knowing the effects of smoking or unaware of it.

Result shows that out of 60 respondents that took part, 21 respondents said yes and know about the harmful effects of smoking while 39 respondents said no and never learned about the harmful effects from smoking.

This finding is similar to Redhwan Ahmed Al-Naggar and Sami Abdo Radman Al-Dubai (2011). They tested their respondents knowledge towards harmful effects of smoking by giving a list of eight statements regarding the harmful effects of smoking such as: smoke contains more than 40 cancer agents, smokers have a twice risk of dying before the age of 65 years old, smoking cause lung cancer, hypertension. They found that smokers were less knowledgeable than non-smokers on sex out of eight issues.

Because of more students are unaware of bad effects of smoking, the university might want to organize a campaign educating students about the danger of smoking and try to encourage students that are smokers to quit and non-smokers to never try it. This can be done by having posters and banners promoting anti-smoking campaign, and also by having an exhibition and talk on harmful effects of smoking by Malaysia Health Department.

**8**

The pie chart shows the common feelings that lead students to smoke. They are stress, frustration, boredom, loneliness, anger, sadness, need to concentrate, want to be like others and others.

Stress is the main factor (27%) that contributes to students to smoke. The second highest factor is boredom (16%) followed by frustration (15%), anger (12%) and sadness (10%) respectively. Finally the feeling of wanting to be like others (2%) is the least factor causing students to smoke.

This finding can be related with the study of to Redhwan Ahmed Al-Naggar and Sami Abdo Radman Al-Dubai (2011). They found that students smoke due to the feeling of stress regarding their study and other problems in life .The majority of smokers reported that the reason for smoking was stress (10.1%).

We can conclude that stress is the main factor leading students to smoking habit. The university can conduct a stress and anger management class, which are optional for students to join. That way, students can look for help and learn more positive ways to overcome stress rather than using cigarette as a solution.

**9**

The chart above represents factors that cause certain sensation which make smokers like most about smoking. They are relaxation, feel more awake, can have better focus, just a habit and others.

Among five options given, the highest is 31 of respondents agreed that smoking gives them relaxation. 22 respondents answered that smoking is just a habit to them and the least picked option is that smoking makes them more awake which consist of 16 respondents out of 60.

The result is similar to the finding from the article Endy A.W den Exter Blokland, Engels R, Hale W, Meeus W and Willemsen M (2007). They found that nicotine produces somatic sensations where smokers find relaxation through smoking.

Due to the highest selected factor which is to find relaxation through cigarette, Universiti Malaysia Pahang (UMP) students should find other ways that are more positive and healthier to find relaxation rather than smoking. Suggested ways include playing sports, reading books, watching movie and more.

**10**

The chart above shows the number of respondents (students) who have members in their family that smokes in their home, for example their fathers or brothers. The answers are simply ‘yes’ or ‘no’.

Respondents who answered ‘yes’ was the highest which is 43 out of 60 respondents. While the other 17 respondents answered ‘no’.

This result is similar to the finding from Endy A.W den Exter Blokland’s (2004) which they concluded that adolescents with both parents being current smokers were four times more likely to be a smoker compared to adolescents with parents who had never smoked.

Based on our findings, it can be said that UMP students smoke mostly because of influence from family members which also are smokers.

**11**

The graph shows the age for respondents when they started smoking. It consists of 10-12 years old, 12-15 years old, 15-17 years old, 17-19 years old, and 19 and above.

From the graph, we can see that the most common age is between 12-15 years old which is 16 respondents. The second highest is the student start at 15-17 years old with total of 15 respondents while the lowest is at the age of 10-12 years old with total of 6 respondents.

This finding is similar to Wakefield M.A, Chaloupka F.J, Kaufman N, Orleans C.T, Barker D.C, Ruel E (2000) which shows most smokers are from primary school. This is because during this age, students are easily influenced by friends to start smoking.

We can conclude that most student started smoking when they were still in primary school. Awareness should be spread by the government not only to secondary schools but also primary schools as well. This can be done by having talks and exhibition on the bad effects of smoking at schools to educate primary students and prevent them from smoking.

**12**

The graph shows how respondents feel when the smoke from their cigarette is inhaled by other person around them. They are categorized to guilty or feel bad, don’t care, uncomfortable or annoyed by friends, avoid smoking near them and others.

By referring to the graph above, we can see that the highest is respondents don’t care which is 25 respondents, and the lowest is uncomfortable or annoyed by friends and avoid smoking around them which is 4 respondents.

This finding is also similar with (Smoking and The Environment : Action and Attitudes, 2003, p.17) which shows about non-smoking regulations has decreased. Smokers feel that they are free to smoke wherever they want in public, without concerning others that are inhaling second hand smoke from their cigarette.

Because of the big gap in the total respondents which do not care about others inhaling from their smoke, awareness should spread among students in the universities to educate them about second hand smoke and its effects which is just as devastating as smoking cigarette itself.

**13**