**CHAPTER 1 - INTRODUCTION**

**1.1 Background of Study**

Smoking is the single most important preventable cause of death (WHO,1995). Despite tobacco is the main avoidable cause of death worldwide, each year approximately five million people die from tobacco related diseases (WHO,2008). Cigarette smoking is the major cause of many chronic diseases such as stroke, heart disease, miscarriage, lung cancer, oral cancer and more (McGinnis and Faege,1993; Wald and Hacksaw,1996; Ockene and Miller,1997). Currently, there are three million smokers in Malaysia ranging from all ages and genders. In Malaysia artery disease are now the main cause of deaths in Peninsular Malaysia (Choon N.S,1996). The reason for such huge number of smokers maybe because lack of education on the bad effects of smoking, influence from friends or family and more. According to Redhwan Ahmed Al-Naggar (2011), most smokers start smoking during early adult years when they are still university students. So this is why we think we should start from university level, particularly here in UMP to spread awareness also to educate students on smoking.

**1.2 Problem Statement**

It is estimated that tobacco-related deaths will be the most important cause of deaths in developing countries by 2020 (Lopez et al. ,2006). As stated, many smokers started or tried smoking when they were still students and at young age. This statement relates to the Malaysian Global Youth Tobacco Survey conducted in 2003, where the results found one in three students have ever smoked cigarettes with higher rates in males (53.6%) than females (Manimaran,2003). From our own observation here in UMP, most male students are smokers and few female students are smokers. We are curious why engineering students that are smart otherwise won’t be in this field, could not care less when it comes to their health and the environment. Many of our friends are smokers, so as a friend we could not stand seeing them killing themselves and wasting money. So we would like to share with them the bad effects of smoking not only to themselves, but also people in surrounding which inhaling second hand smoke as also the negative effects to the environment. This way, hopefully we can encourage smokers to quit and others to never try it. Another reason we would like to conduct this study is to find out factors that may have lead students to start smoking.

**1**

**1.3 Research Objectives**

1. To find out tobacco-related effects which can cause chronic diseases to smokers.

2. To find out factors that may lead students to start smoking.

**1.4 Research Questions**

1. What are the effects of smoking to student’s health, people in surrounding and also to the

environment?

2. What are the factors that could lead students to smoke?

**1.5 Significance of Study**

The outcome of this study are important to educate students about the bad effects of smoking to their health, not to mention people around them and the environment which are also affected from it. Our findings could raise awareness among students and may encourage smokers to quit and non-smokers to avoid it.

**1.6 Definition of Key Terms**

Smoking - The act of smoking, which in this case is cigarette.

University students - Students enrolled in a college or university.

Current smoker - one who smokes currently, regardless of frequency and amount smoked.

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