**CHAPTER 2 - LITERATURE REVIEW**

It is recorded 10,000 deaths annually due to smoking, but is expected to increase up to 20% from that number each year (MOH, 2004). The numbers are worrying as smokers are from all ages, even from 13 years old according to Malaysia Global Youth Tobacco Survey (GYTS) by Manimaran Krishan in 2003. Smoking is estimated to have caused more than half a million coronary events here in Malaysia (Khor, 2005). According to an article Prevalence and of Smoking and Associated Factors among Malaysian University Students (Redhwan Ahmed Al-Nagga, Sami Abdo Radman Al-Dubai, Thekra Hamoud Al-Naggar, Robert Chen, Karim Al-Jashamy; 2011) they tried to find out the factors that cause people to smoke from teenagers to adolescents. They believed to encourage and convince people to quit the habit, first we must identify how they get started because smoking is controlled by mental addictiveness unlike drugs which is physical addictiveness. In short, it’s all in the head and smokers can make a better decision which is to quit the habit.

The use of tobacco by adolescents is a major public health concern worldwide. There are 1.2 billion smokers globally, of which more than 50 percent are young people. The Southeast Asian countries have about 600 million tobacco smokers within the global burden of tobacco users. Most smokers begin at early stage of life and persist through adulthood. Malaysia alone has about 5 million smokers, 20 percent of whom are younger than 18 years old. Many factors are implicated in the continuous rising trend of tobacco use among adolescents in Southeast Asia. A triad of family, environmental, and individual factors synergistically acts to motivate adolescents toward smoking. (Adolescent Tobacco Use and Health in Southeast Asia, 2006).

For their study, they chose to conduct it in Management and Science University (MSU) whereby a total number of 199 university students were participated in this study recruited from various faculties. questionnaires were distributed to library and cafeterias of the campus. Malaysian students older than or equal to 18 years old and can speak Malay language and English were included in this study. I find their method is efficient and unbiased, and I will implement their method to my study. The questionnaire consists of three parts; first part contains socio-demographic characteristics. The second part asked about factors associated to smoking. The third part consists of knowledge, attitude and beliefs. By this way, they wouldn’t confuse the participants and makes it easier for them to classify and analyze the data once they collect them back. Their findings are summarized in the table below,

**3**







**4**

The majority of smokers reported that the reason for smoking was stress (10.1%), smoke more than one cigarette per day (29.6%). Regarding the place of smoking, the majority of the smokers reported that they smoke in the public places such as restaurant (16.1%). Some even smoke because of the believe that can help in losing weight and making friends while most of the non-smokers are health conscious and believes it is disapproved by their religion . Speaking of which, in the survey also include question on knowledge of smokers about the bad effects of smoking such as second hand smoke can cause higher risk of cancer to people around smoking increase the risk of dying below age 65, and more.





It can be concluded the major reason of smoking is stress. Stress was reported by the majority of smokers in the current study as the most important reason for smoking (20%). This finding is consistent with a previous study that showed that the majority of the smokers (31%) did so in order to cope with stress and the stress was the second common reason for smoking after pleasure (Adetunji et al., 2008).

**5**

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