**Smoking and Associated Factors among Universiti Malaysia Pahang Students**

**Background of Study**

Smoking habit is becoming more popular these days. People smoke all the time, everywhere. It is like you are weird for not smoking since everybody is doing it. You can just simply walk by anywhere; say from Lowyat to The Pavilion in and count up to 100 people smoke from students to adults. Aren’t they well-aware the bad causes smoking leads to, or they’re just being ignorant?

It is not a surprise that a study by the National Health Ministry resulted that currently, there are approximately over three million smokers in Malaysia and they believe that the numbers will keep on growing. The study also concluded that 46.5% of them are male adults, 3.0% are female adults and more surprisingly 21.5% are students aged between 18 to 25 years old.

Although most negative effects of smoking starts later in adult life, establishing the habit occurs mainly in adolescence. This is why we decided to study on the smoking habits among students.

**Problem Statement**

According to a study by Department of Community Health, Universiti Kebangsaan Malaysia the prevalence of smoking was 26.6 per cent among students in Malaysia. This can be say the same to UMP students. From our own observation, most male students and few female student are smokers. It’s becoming a curiosity as to why engineering undergraduates that are smart otherwise wouldn’t be in such field, couldn’t care less when it come to self health and the environment. In other words, why do they smoke when they already know it is bad to them and the surrounding.

This is the main reason why we have got to educate the public about the bad causes smoking does so that they would not even want to try for those who have not tried and they will stop for those who have already started.

**Research Objectives**

1. To find out the factors that lead students to start smoking.

2. To determine the related health effects experienced by smokers and the environment.

**Research Questions**

1. What the factor that lead student to start smoking?

2. What are the effects of smoking to students’ health and to the environment?

**Significance of Study**

The findings of this study are important to expose the students about the harmful effects they might experience if they keep on smoking, not to mention the people around them are also affected. This study can also raise awareness among them and might influence them to quit.

**Scope of Study**

This study involves the participation of 60 students of University Malaysia Pahang in Gambang Campus. The respondents that we randomly selected are between 18 to 25 years old. The method we will use to collect data is questionnaires. The survey might be done from 8th of April 2012 onwards.

**Definition of Key Terms**

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| Key Terms | Definition |
| Smoking behavior | The act of smoking a cigarette |
| University students | Students enrolled in a college or university. |
| Stress | Mental or emotional tension such as anxiety or overworking. |

**Methodology**

The method that we want to use in this study is surveying. This is done by distributing a set of questionnaires to each of our 60 participants that we have chosen. After they have responded to the questions, we will collect them back and analyze the data.

**Work Schedule**

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| Activities | Person in Charge | Week |

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| 1 | 2 | 3 | 4 | 5 | 6 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Identifying Topic of Research | Nabil  Bidin  Saiful |  |  |  |  |  |  |
| Preparation of Research Proposal | Nabil  Bidin  Saiful |  |  |  |  |  |  |
| Discussion of Research Design and Instruments | Nabil  Bidin  Saiful |  |  |  |  |  |  |

**References**

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