

BELIEF, BEHAVIOUR AND ATTITUDE OF TOBACCO SMOKING
AMONG UCSI UNIVERSITY STUDENTS

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ABSTRACT

Smoking is the single most preventable cause of death and disability. Three million people die worldwide each year as a result of smoking. The current interest in cigarette smoking among university students has brought attention to problems concerning attitudes, beliefs, knowledge towards smoking. Cigarette use by the university students and administrative policies concerning smoking are significant aspect of critical public health issues. New policy initiatives and environmental design types have emerged along with anti –smoking policies at universities all over the world, Including Malaysia On the other hand, despite the widespread social communications and findings about the consequence of smoking that portray a highly objectionable human condition and a dreadful end for smokers and second hand smokers, the rate of smoking is still on the rise. Health care professionals, educators, students need to understand the importance of maintaining a non smoking status. The purpose of this study is to determine the beliefs, behavior and attitudes of tobacco smoking among UCSI university students. It is aimed to determine (1) the prevalence of smoking habits among UCSI University student (2) the association between smoking and age, sex, race, religion, education, total income level and smoking history (3) the factors associated with smoking among current smokers (4) the knowledge, belief, behavior and attitude on health effects of smoking among student (5) the awareness of UCSI University student on anti-smoking measures in the school and public places.

A descriptive study and randomized sample was conducted with a self administered questionnaire distributed among the students of UCSI University to determine the prevalence of smoking, effects of smoking and association between smoking with age, sex, race, religion and education among the student. A total of 118 students in all the 6 different faculties were included in the study (Faculty of Medical Sciences, Faculty of Applied Sciences, Faculty of Management

and Information Technology, Faculty of Music, Social Sciences and Design, Faculty of Engineering, Architecture, Building Environment, A-level academy).

The prevalence of current smokers and non smoker among UCSI University student was 39.0% and 61.0% respectively. The age of initiation was 10-15 years old. The major factor associated to smoking among the current smoker was tension (37.8%). Out of the 118 respondents, 66 (55.9%) are aware of the antismoking campaign in the university. Hence, it is important to promote antismoking campaign in the university. This study shows that the smoking habit might in future become a major public health and social problem that the public will face, and which will worsen unless effective preventive measures are put in place.

It is vastly recommended that further research should be done with those in the primary school and high school population to closely understand the foundation of smoking and allow more efficient prevention strategies to be planned in order to alleviate smoking.