

**SMOKING AMONG UNIVERSITY STUDENTS
IN MALAYSIA**

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Abstract

Introduction: Smoking is the second major cause of death in the world. It is currently responsible for the death of one in ten adults worldwide (about 5 million deaths each year). If current smoking patterns continue, it will cause some 10 million deaths each year by 2020. Half the people that smoke today - that is about 650 million people - will eventually be killed by smoking.

Method: A descriptive survey method was used.

Results: 60 respondents participated on this study. 45% percentage agreed with the negative impact smoking can cause socially, physically and psychologically however 55% was introduced to smoking by influence from family and peer pressure. The main reason for smoking being stress.

Conclusion: Dramatic increases in the proportion and intensity of smoking occur after the age of 18 years. The common reason given by the students were that stress was the main factor contributing to smoking and according to the results of this study student was influenced by peer pressure to start smoking.

Keys: smoking, youth, consequences of smoking