



UNIVERSITI PUTRA MALAYSIA

***A CROSS SECTIONAL STUDY: SMOKING HABITS AND ITS
ASSOCIATED FACTORS AMONG UNDERGRADUATE STUDENTS IN
UNIVERSITI PUTRA MALAYSIA***

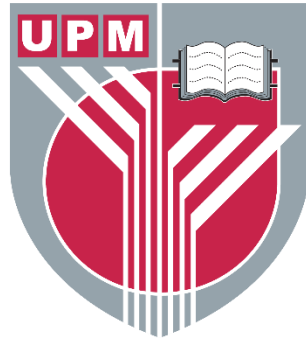
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BACHELOR OF NURSING

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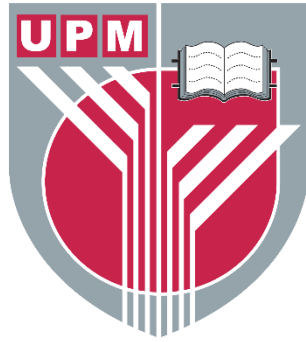
in Universiti Putra Malaysia

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OCTOBER 2020



**A CROSS SECTIONAL STUDY: Smoking Habits And Its
Associated Factors Among Undergraduate Students In
Universiti Putra Malaysia**

SHAFIKA BINTI JAMAN

**Thesis Submitted to the Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, In Fulfilment of the Requirements for the
Degree of Bachelor of Nursing**

OCTOBER 2020

ABSTRACT

A CROSS SECTIONAL STUDY: SMOKING HABITS AND ITS ASSOCIATED FACTORS AMONG UNDERGRADUTE STUDENTS IN UNIVERSITI PUTRA MALAYSIA

Shafika binti Jaman, Umiaziante binti Suchi

Abstract

Background: Cigarette smoking is one of the main causes of death worldwide. Smoking refers to the active smoking of any tobacco product including manufactured and hand rolled cigarettes, cigars, pipe tobacco and cigarillos. Studies revealed that young adults have highest rate of smoking across all age which associate with several factors such as psychosocial, stress and others. **Objective:** To investigate the factors associated with smoking behaviour among undergraduate student in University Putra Malaysia. **Method:** This cross sectional study is conducted towards the undergraduate student in Universiti Putra Malaysia from June until July 2020. This study conducted with multi stage random sampling of student who are studying in Universiti Putra Malaysia and 5 faculties were selected. Respondents asked to complete online survey questionnaire. A questionnaire from National Health and Morbidity Survey (2015) by the Ministry of Health, Malaysia was adapted. **Results:** A total of 200 respondents has participated in the study. Majority of the respondents are female, 58% and male, 42%. In this study, socio-demographic shows gender and ethnicity were significant with $p < 0.000$. Besides, peer influence was positively significant with $p < 0.000$. **Conclusions:** This study shows there are several factors that associated with smoking habit among undergraduate student in Universiti Putra Malaysia. These findings will act as indicators for the management of Universiti Putra Malaysia on how to overcome smoking habits problem from becoming worse.

Keywords: Cigarette, Smoking, Smoking Behaviour, Factors, Students

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In the name of Allah s.w.t, the Gracious, the Merciful.

All the praise to Allah with His merciful and guidance, His blessing in everything, finally I had finished my Final Year Project A CROSS SECTIONAL STUDY:. I am grateful that He allowed me to successfully complete this research project.

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Lastly, to those who were directly and indirectly contributing to the completion of the thesis, your kindness and involvement is highly appreciated.

DECLARATION (STUDENT)

I now declare that:

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- This thesis has not been submitted previously or concurrently for any other degree at any other institutions
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DECLARATION BY MEMBERS OF SUPERVISORY COMMITTEE

It is now certified that we had read this thesis entitled A CROSS SECTIONAL STUDY: by **Shafika binti Jaman** and in our opinions, it is satisfactory in terms of scope, quality and presentation as partial fulfilment of the requirement for NUR4999 (A&B) Research Project.

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LIST OF ABBREVIATIONS

UPM= Universiti Putra Malaysia

FMHS: Faculty of Medicine and Health Sciences



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CHAPTER 1

INTRODUCTION

In this chapter, the researcher will introduce the background of the study, problem statement and research question. Objective, including general objective and specific objective, also will be included in this chapter. Besides, null hypotheses, alternative hypotheses and conceptual framework also will be discussed.

1.1 Background of the Study

Cigarette smoking is one of the main causes of death worldwide and causes more than 8 million deaths per year. (World Health Organization, 2019). The mortalities expected from developing country due to high prevalence of smoking. Smoking also lead to increased health risks. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. (Centers for Disease Control and Prevention, 2018). Most of 10 COPD deaths are a result of smoking. Currently, there is no cure for COPD.

Smoking is the acts of inhaling and exhaling the fume of burning plants. The term "smoking" is not only to cigarette smoking only, but includes e-cigarette, shisha and others. Tobacco contains nicotin, an alkaloid that is addictive and can stimulating and tranquilizing psychotic effects. Electronic cigarette is a battery operated device that emits doses of vaporized nicotine or non-nicotine solutions. Most types of e-cigarettes contain nicotine, which is harmful to your health and causes addiction with smoke or without smoke. In Malaysia, e-cigarettes are still unregulated and can be sold to almost anyone.

Internationally, the legality of e-cigarettes varies; for example, they are banned in Brazil, the Seychelles, Singapore and Uruguay. (Ministry of Health, 2019). Next, Shisha also one type of smoking. Many people think that shisha is less harmful than smoking cigarettes but in fact, it contains nicotine and has the same damages of smoking cigarettes.

Nowadays, the harmful effect of smoking is no secret to anyone, unfortunately it is still causes the loss of lives for many adults and young peoples. For those who are passive smoker, they also have chance to develop lung cancer and heart diseases increase among inhalers of cigarette smoke and not only smokers. Deaths from heart diseases caused by passive smoking may also increase by chance. Infants whom exposed to passive smoke more tendency to develop some diseases such as bronchitis, pneumonia and ear infection. Nicotine is a substance that can lead to addiction, when someone inhale cigarette smoke passes through the blood to reach the brain in less than 10 seconds.(Ministry of Health – Kingdom of Saudi Arabia, 2019).

Studies revealed that young adults have highest rate of smoking across all age which associate with several factors that influence smoking behaviour. World Health Organization (2010) showed in Malaysia the highest rate of smoking among men was seen in the age group of 15 to 24 while among woman age group 70 above. As reported by World Health Organization (2010) estimated that about 47% of men and about 2% of women smoked in Malaysia. Therefore, the primary focus of this study to investigate the factors associated with smoking behaviour among undergraduate students in Universiti Putra Malaysia in order to get awareness of smoking especially young age.

1.2 Problem Statement

The need to examine the factors associated with smoking behaviour is important. The prevalence of current smoking among male and female Malaysian aged 15 years and above is 23.1% and is highest in those aged 21-30 years old (MOH, 2006). In 2015, the prevalence of smokers in the 25-44 age group was estimated at 28% for those who smoked tobacco products and also similar for any type of cigarettes, 28%. (Ministry of Health, 2015). The smoking prevalence among the male adult population is higher (25%) but significantly lower (3.5%) compared to the female population in Malaysia. Approximately 22% of male students are smokers and 5% of female students are smokers. The prevalence of current cigarette smoking by ethnicity showed the highest in Bumiputera Sarawak, 22.2%, Bumiputera Sabah 19.8%, Indian 15%, Malay 14.1% and Chinese 7.0%. (National Health and Morbidity Survey (NHMS), 2017). However, it is predicted that the rate of smoking among men will continue to increase as well as young women if nothing is done about it. Moreover, smoking also has gradually been accepted as part of 'modern culture'.

Most students have high knowledge about smoking effects. However, pro-health knowledge is not implemented into congruent attitudes and behaviour. Smokers tend to have less strong pro-health attitudes towards smoking behaviour. A significantly higher percentage of smokers than non-smokers have been offered free cigarettes. The increase in the number of smokers among young adults should not happen especially among university students due to high education level, peer influence, influenced by family members and stress.

1.3 Research Question

- a) What is the prevalence of smoking among undergraduate students in Universiti Putra Malaysia?
- b) What is the factor associated with smoking behaviour among undergraduate students in Universiti Putra Malaysia?
- c) Is there association between sociodemographic factors and smoking behaviour among undergraduate students Universiti Putra Malaysia?

1.4 Objective

General objective:

To investigate factors associated with smoking behaviour among undergraduate students in University Putra Malaysia.

Specific objective

- a) To examine prevalence of smoking among undergraduate students in Universiti Putra Malaysia.
- b) To identify association between sociodemographic and smoking behaviour among undergraduate students in Universiti Putra Malaysia

Hypotheses

Null Hypotheses

Ho = There is no significant association between sociodemographic factors and smoking behaviour among undergraduate students in Universiti Putra Malaysia.

Alternative Hypotheses

There is significant association between sociodemographic factors and smoking behaviour among undergraduate students in Universiti Putra Malaysia.



1.5 Conceptual Framework

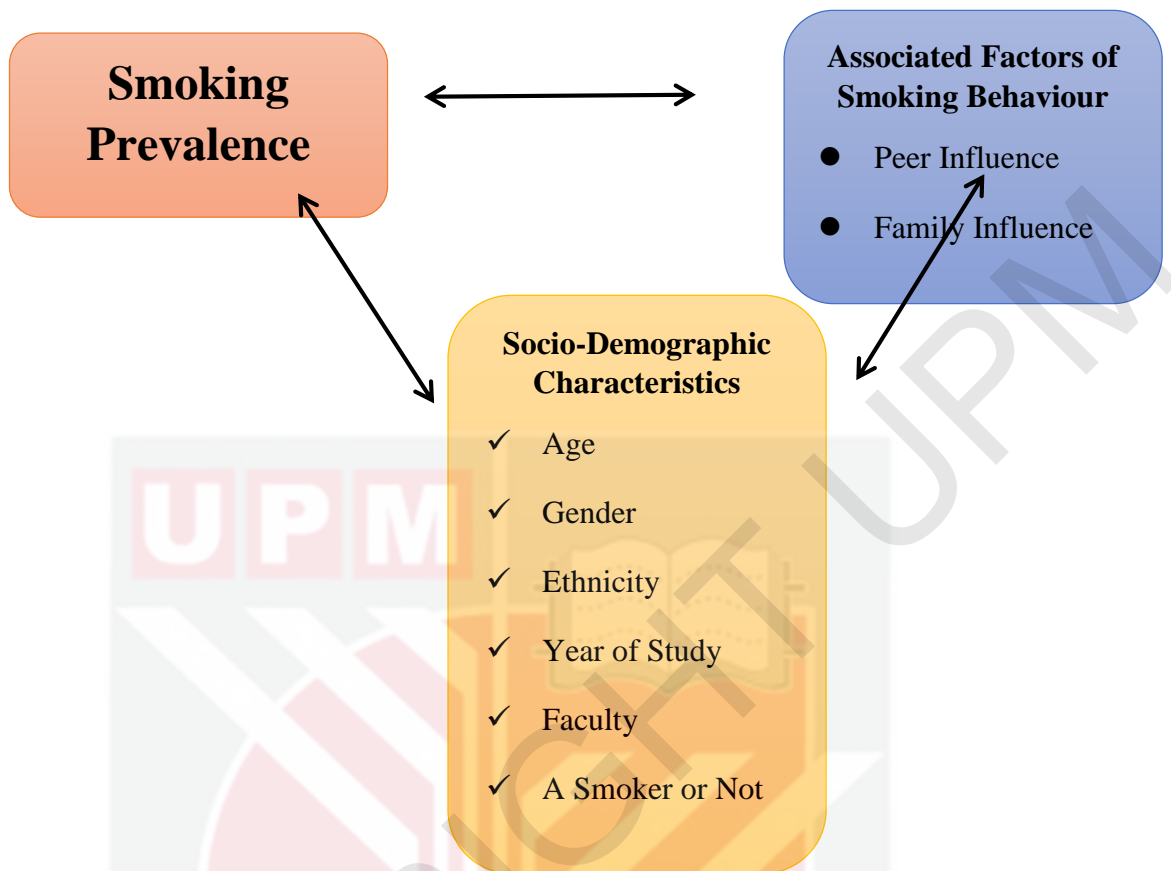


Figure 2.1: The conceptual framework of this study shows the conceptual framework of factors associated with smoking behaviour among undergraduate student in Universiti Putra Malaysia. For independent variables, it will be socio demographic data of participants and the associated factors of smoking. As for dependent variable, it will be the smoking prevalence among undergraduate students Universiti Putra Malaysia.

1.6 Operational Definition

Associated Factor

In general, factor mean something that helps produce to a meaningful result. Factors is a part or element that contributes to a result or certain effects. With this study, it will investigate the associated factors of smoking behaviours among undergraduate students in University Putra Malaysia.

Smoking Behaviour

In this study, behaviour defined as anything that an organism does involving action and response to stimulation and the response of an individual, group, or species to its environment. It is assessed how students behave with smoking and their frequency of consumption. In order to assess their behaviour in smoking, the questionnaire in Section B which will asked about the smoking behaviour.

Smoking

In general, smoking is an act of inhale and exhale tobacco products. In facts, there are few types of smoking including cigarette, e-cigarette and shisha. In this study, it will also assess in the type of smoking that select by the students and their consumption.

Undergraduate Students

Undergraduate students, an individual that is doing bachelor's degree in a college or Universiti. In this study, students at Universiti Putra Malaysia who is still studying for degree considered are considered as undergraduate students.

CHAPTER 2

LITERATURE REVIEW

In this chapter, the researcher will be discussed further about A Cross Sectional Study: Smoking Habits and its Associated Factors among Undergraduate Students in Universiti Putra Malaysia

2.1 Introduction

This chapter provides an overview of the previous study done on smoking behaviours and its associated factors. It will provide a cleared description and explanation that comprises the main key of this study. These findings from the previous studies will help in identifying the main point of the purpose of this study as well as understanding the pattern of data gained from the previous study.

2.1.1 Smoking and smoker

Smoking is the act of inhaling and exhaling the fumes of burning plant material. A smoker is someone who smokes any tobacco product, either daily or occasionally. (World Health Organization, 2008).

2.1.2 Smoking prevalence

In children and adolescents

A review of research on tobacco in Malaysia showed a paucity of large scale and reliable on tobacco uses. In 2015, approximately 22.8% (4,991,588) of Malaysian population aged 15 years above were smokers. 43.0 % (4.85 million) of men and 1.4% (143,566) of women smoked manufactured cigarettes, hand-rolled and smokeless cigarettes. According to National Health and Morbidity Survey (NHMS) ,2017., cigarette use among secondary school from Form 1 to Form 5 students in Malaysia was 1 in 10 smokes. The smoking prevalence in Malaysia was still higher when compared to others developing countries such as Singapore 16% and Australia 12.8%. The difference in the prevalence between the country might because of disparities in the socio-economics, culture, tobacco legislation and taxation. (Lim et.al).

2.1.3 Demographic characteristics

This study will identify the association between the socio-demographic data such.

Gender was found as a significant factors of smoking behaviours. Study found that male showed high rate of smoking than female. A study done by shown that male that smoking cigarette was high in male (17.6%) than female (4.2%). (Taheri et.al, 2014). Study done among religious secondary school student in district Selangor found that higher number of smoking in male students than female. Males were between 3.63 times to 11.12 times more likely to smoke than female. The age group was between 14 – 17 years old. (Olaitan,Salmiah & Azuhairi, 2014). A study conducted among adult population in Sarawak stated that showed age initiation of smoking was 18.06

years old. (Rahman et.al, 2015). Study among university students in Syria also showed that the prevalence of smoking among non-health professional was higher than health professional. The reason because of higher awareness of smoking among health professional student compared to non-health professional students. (Al-Kubaisya et.al, 2012). Therefore, sociodemographic such as gender, age and educational level was one of the factors that associated with smoking behaviour among young age.

2.1.4 Peer influence

Several studies on initiation of tobacco use have shown the influence of peers on the onset and maintenance of smoking. Adolescents who have friends who smoke but do not smoke themselves are more likely to be smokers in future than adolescents with non-smoking friends. A study found that 28.6% of respondents who stayed with smoker in a week tend to initiate smoking than those stayed 1-2 days. Most (78.9%) smoker among the respondent indicated that if their best friend offers them a cigarette they will smoke. (Olaitan, Salmiah & Azuhairi, 2014). A study also found that consumption of cigarette influence by friends. (Erdal, Esengun & Karakas, 2015). Hence, peer influence provides big impact to someone to initiate smoking.

2.1.5 Family influence

Family whom smoking have been widely studied and have sometimes been found to have a significant relationship with smoking behaviour. Parental smoking can influence young people to take up smoking. Taheri, Ghorbani, Salehi & Sadeghnia (2014) stated that starting and continuing of smoking relate to family cigarette. When one of their family was a smoker, the other relative tend to initiate smoking. Besides, study from college students in

Turkeyi found that consumption of cigarette influenced by smoking habit of parents. (Erdal, Esengun & Karakas, 2015). Thus, family influence is one of significant factors of smoking behaviour among student.

CHAPTER 3

METHODOLOGY

In this chapter, the research will explain and justify about research design of this study, study location, study population and subject criteria of participant that will be included in this study. Sample size estimation and its calculation will also be shown in this chapter. Sampling method and subject recruitment will also be justified. Besides, the research instrument and how the data will also be collected will be explained in this chapter. Study flowchart, data analysis, expected outcome and consideration will also be explained in this chapter.

3.1 Research Design

This is quantitative research method where the questionnaire will be distributed to undergraduate student in Universiti Putra Malaysia. It is a way of collecting numerical research or data which then converted into useable statistics. The variables are clearly understood and defined in advance by the researcher. This research will be conducted by using cross-sectional methods to investigate the factors associated with smoking behaviour among undergraduate students in Universiti Putra Malaysia. This study design requires cheap and shorter time. This study requires large samples to produce generalizable result.

Thus, cross sectional study is the best way to determine the factors associated with smoking behaviour among undergraduate students in Universiti Putra Malaysia.

3.2 Study Location

This study will be conducted at Universiti Putra Malaysia, involving students from various faculty, course, and year of study via an online platform. The data collection will be done within two months (April 2020 until June 2020), and the whole process of this study took to complete was approximately 11 months.

3.3 Study Population

The target population for this study are undergraduate students at University Putra Malaysia students regardless of their gender and year of study. This research conducted to 200 participants that selected using multi-stage random selection.

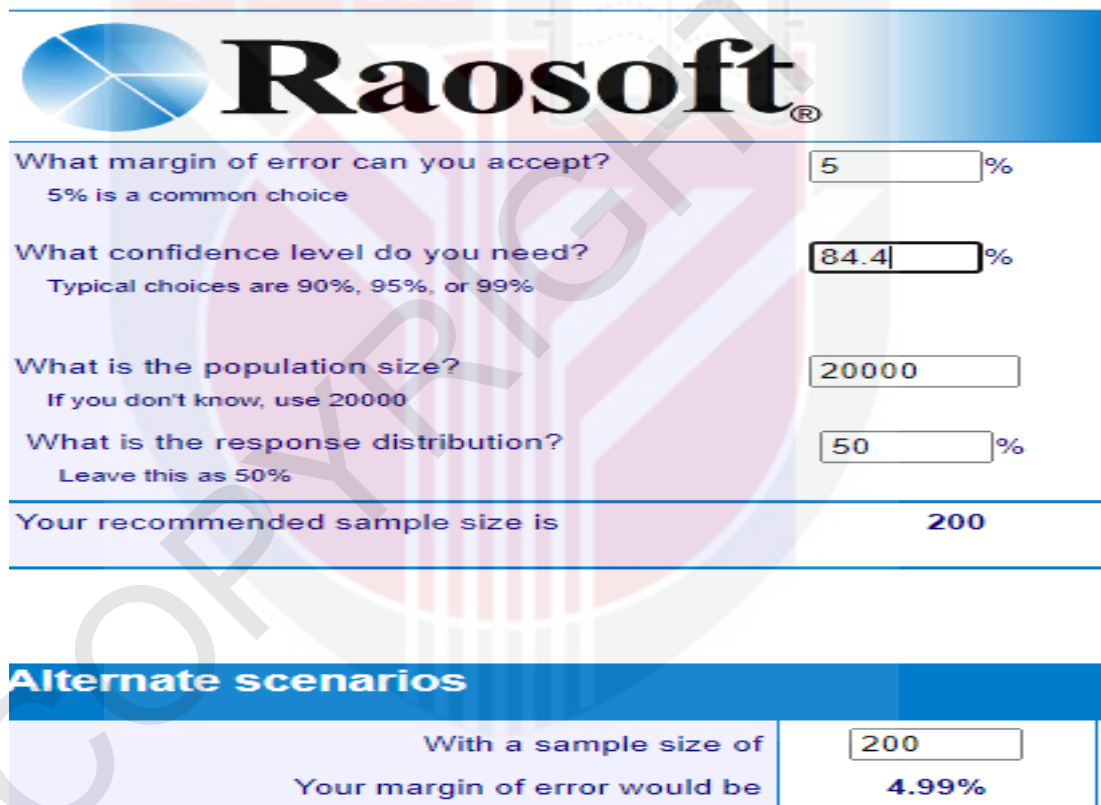
3.4 Subject Criteria

There are two part in subject criteria which are inclusion criteria and exclusion criteria. The inclusion criteria are 1) Undergraduate students at Universiti Putra Malaysia, 2) Malaysian 3) Speaks Malay or English language. The exclusion criteria are 1) Non Malaysian citizen or foreigner, 2) post- graduate student, 3) undergraduate students on leave during data collection.



3.5 Sample Size Estimation

There minimum sample size was calculated in purpose of this study. Sample size estimation is calculating by using Raosoft calculator. The total of number of undergraduate students is gathered from BHEP UPM. The population undergraduate students in Univerisiti Putra Malaysia for 2019 is 16931. By using Raosoft calculator, the estimation number of undergraduate students in Universiti Putra Malaysia which is the participant in this study are 200 samples.



The image shows a screenshot of the Raosoft sample size calculator. The interface is blue and white. At the top, there is a logo for Raosoft. Below the logo, there are four input fields with their respective values: 'What margin of error can you accept?' with a value of 5%, 'What confidence level do you need?' with a value of 84.4%, 'What is the population size?' with a value of 20000, and 'What is the response distribution?' with a value of 50%. Below these fields, it states 'Your recommended sample size is 200'. At the bottom, there is a section titled 'Alternate scenarios' which shows 'With a sample size of 200' and 'Your margin of error would be 4.99%'.

What margin of error can you accept? 5% is a common choice	5 %
What confidence level do you need? Typical choices are 90%, 95%, or 99%	84.4 %
What is the population size? If you don't know, use 20000	20000
What is the response distribution? Leave this as 50%	50 %
Your recommended sample size is	200

Alternate scenarios	
With a sample size of	200
Your margin of error would be	4.99%

The formula use for the sample size calculation is derived from [www. Raosoft.com](http://www.Raosoft.com)

For sample size:

$$n = \frac{N \times Z^2}{(N-1) E^2 + Z^2}$$

Where

n= required sample size

x= Z value (for 84.4% confidence level)

N= population size (undergraduate students)

E= degree accuracy (5%) expressed as proportion 0.05, it is margin of error.

$$n = (16931) (0.844) / ((16931 - 1)0.05^2 + 0.95)$$

$$= 200$$

Therefore, the sample size for this study is 200 participants..

3.7 Research Tool/Instrument

3.8 Questionnaire

In this study, the electronic survey and adapted questionnaire had been used in order to collect the data of this study (**Appendix 1**). Next, the content validity had been conducted in order to ensure the matching between the test questions with the items in the questionnaire is supposed to measure. Thus, the research tool had been checked by the two panels that experts in the topic of this study, which included the supervisor (lecturer) and co-supervisor. Any grammatical errors had been identified and corrected. There were three sections of the questionnaire as follow:

The questionnaire was Adapted from National Health and Morbidity (NHMS) Survey, 2015. It is a public and easy to access in the website. This questionnaire has been validated and was used by the National Health and Morbidity to conduct survey in various types. There were three section in this questionnaire which is Section A, B and C. Section A will collect the socio demographic data of participants where it is included age, gender, faculty, ethnicity year of study and question asking if you are smoker or not. If the participant not a smoker, they may skip from answer the Section B and proceed to Section C. For section B, there will be the question to assess the smoking behaviour. In section C, the question have two part which part 1 and part 2. The question for Part 1 to assess between the peer influence and Smoking and in Part 2 to assess between family influence and smoking.

3.8 Data Collection

The data collection for this study was collected through online platforms and social media to reach out students from another faculty easily. The questionnaire is made into an online format using Google form.

Firstly, the researcher will explain to the participant on the purposes of the study and ensure the privacy and confidentiality of the participant becomes the priority. Participant Information Sheet was added to the first page of the questionnaire and make sure the participant has read and understood all the terms allocated.

After the participant has answered the questionnaire, we will provide them with an information sheet regarding factors associated with smoking behaviour among undergraduate students.

3.9 Study Flowchart

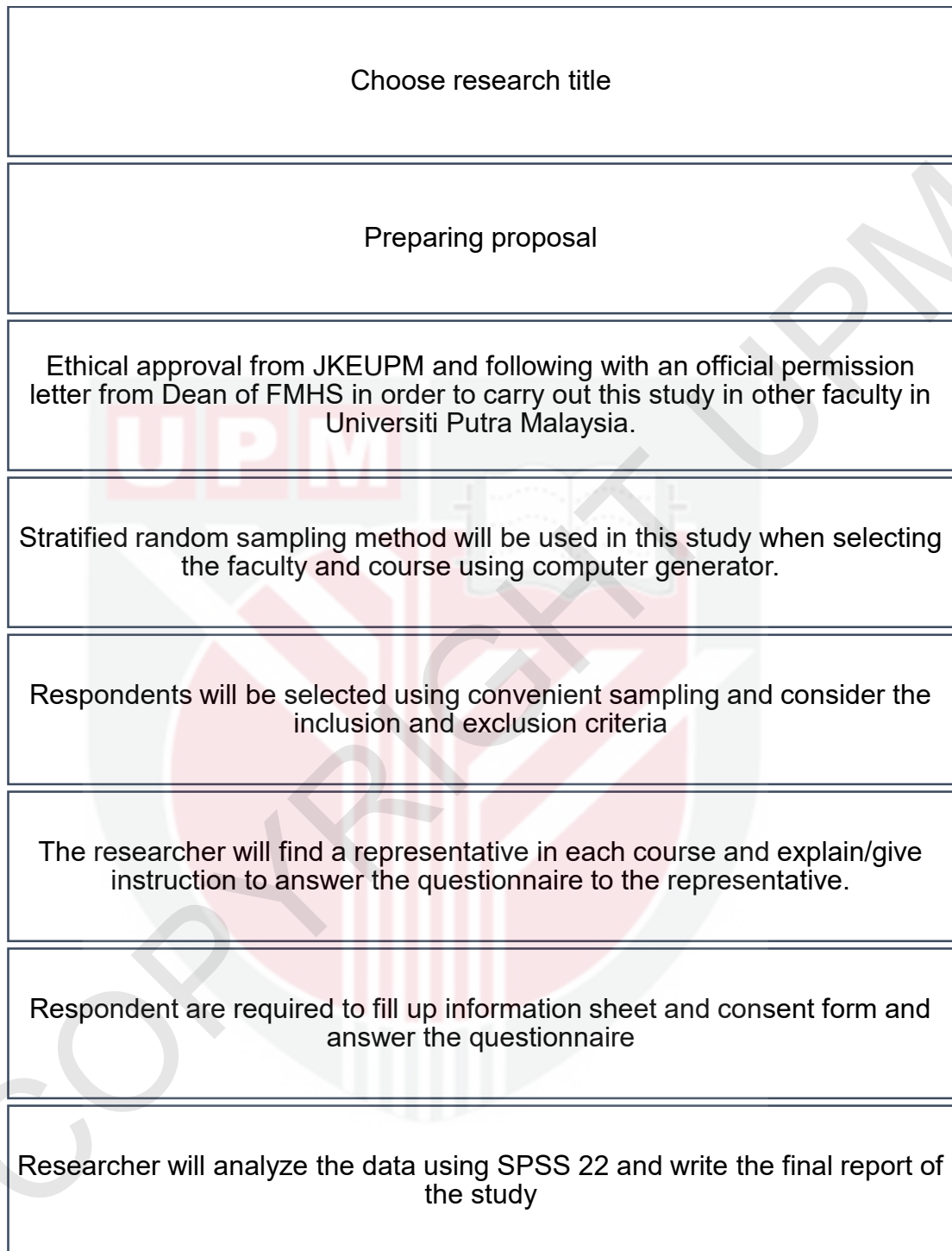


Figure 3.1 Study Flowchart

3.9 Data Analysis

In this study, the data will be analysed by using Statistical Packages for Social Sciences (SPSS) version 22.0. SPSS can be function for storing and analyse the data and will provide a plethora of basic statistical functions where it will include frequencies, cross tabulation, bivariate and univariate statistic. In this study, parametric test will be used due to sample larger sample size. For exploration data, it will include the descriptive and inferential analysis. For descriptive analysis, it involves to identify socio demographic data of undergraduate students. Mean, standard deviation, frequency and percentage will also be for each domain of socio demographic data.

For inferential analysis which involves Multivariable logistic regression to identify factors related to smoking behaviour where it will determine frequency distribution in the association between the variables.

Other than that, Pearson correlation, Independent T Test and One Way Independent Anova will be used in this study. Correlation coefficient (r) is used to measure the strength and direction of a linear relationship between two variables. The value of r normally between +1 and -1. P-value < 0.05 will be considered as statistically significant that indicate the existence of relationship between dependent and independent variables.

Descriptive analysis

Objectives	Variables	Types of variables	Statistical measurements
To identify the socio-demographic factors among undergraduate students in Universiti Putra Malaysia	Age of participants	Continuous	Mean and standard deviation
	Gender	Categorical	Frequency and percentage
	Year of study of participants	Categorical	Frequency and percentage
	Faculty of participants	Categorical	Frequency and percentage

	Ethnicity of participants	Categorical	Frequency and percentage
	Status of smoking	Categorical	Frequency and percentage
To examine smoking behaviour of undergraduate students in University Putra Malaysia.	Smoking behaviour	Categorical	Mean, frequency, percent and standard deviation.

3.10.2 Inferential Analysis

Objectives	Dependent variables	Independent Variables	Analysis (parametric)
1. To examine prevalence of smoking among undergraduate students in University Putra Malaysia.	Prevalence of smoking (continuous)	Age (continuous)	Pearson correlation
		Year of study (Categorical)	Regression
		Faculty (Categorical)	Regression
		Ethnicity (Categorical)	Regression
		Status of smoking (Categorical)	Regression
		The factors associated with smoking behaviour among undergraduate students (categorical)	Multiple Regression
2.To identify association between sociodemographic and smoking	Socio demographic	smoking behaviour	Chi Square test

behaviour among undergraduate students in University Putra Malaysia.			
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3.11 Ethical Consideration

Written approval and permission will be obtained from the Ethics Committee for Research Involving Human Subject (JKEUPM).

All the participants were provided with a participant information sheet about their willingness to join the study. After they click the consent, it will be directed to the next page, which contains the questionnaire. The participant is free to ask any clarification about the study since the contact information of the researchers are provided.

If the participant wants to withdraw from the study, it was allowable, and any uncomplete questionnaire would not be included in data collection. Inform consent are compulsory to be taken from the participants. The participants must clearly understand the study before giving their consent.

Participant confidential information will be kept and cannot be traceable by other individual and be kept secured in Google Account can only be accessed by the researcher. The downloaded data will be kept in a password protected computer, thumb-drive and cloud account and it will be for five years and will be permanently destroyed

3.12 Declaration of Conflict of Interest

There is no conflict of interest anticipated in this study

3.13 Honorarium and Incentives to Respondents

There was no token of appreciation given since an online platform conducts the study.

3.14 Other Ethical Review Board Approval

This study received ethical approval from Jawatankuasa Etika Untuk Penyelidikan Melibatkan Manusia- Universiti Putra Malaysia (JKEUPM). Appendix is the approval letter from JKEUPM.



CHAPTER 4

RESULTS

This chapter present the results of the study that aimed to determine the smoking habits and its associated factors among undergraduate students in Universiti Putra Malaysia. All the data will be analysed with IBM SPSS Statistic 22. This information is essential to determine the association between socio-demographic characteristics and smoking behavior and associated factors. that are presented later in this chapter. 200 respondents were sampled and answered the questionnaire that was blast during the period of data collection. This accounting for 100 percent response rate of this study.

4.1 Demographic characteristic of undergraduate students in Universiti Putra Malaysia (n=200)

The data implies that majority of the respondents are in the age range of 20 to 26 years old with mean age 2.41 and standard deviation 1.117. The skewness and kurtosis for age were 0.175 and 0.42 respectively so it were resulted in not normal distribution.

It is evident from the table that 44.5 percent of the respondents were from Faculty of Medicine and Health Sciences whereas the least participated from Faculty of Forestry, 5.5 %.

Table 4.1 shows that 58% percent of the respondents were female which mean the most participated in this study and 42 percent

were male respondent. The skewness and kurtosis were 0.225 and 0.446 respectively so it were resulted in not normal distribution.

Table 4.1 shows that 31 percent of the respondents were fourth year undergraduate students while fifth year was only 1% participated. The skewness and kurtosis were - 0.148 and -1.278 respectively.

Table 4.1 also shows that 51% percent of the respondents were Melayu which mean the most participated in this study and Bugis and Bisaya ethnicity 0.5 percent were the least respondent.

Socio demographic characteristic	Mean (SD)	Frequency (n)	Percentage %
Age			
(20 – 26)	22.41 (1.117)		
Faculty of participant			44.5
Faculty of Medicine and Health Sciences		89	27.5
Faculty of Modern Languages and Communication		55	10.0
Faculty of Science		20	5.5
Faculty of Forestry		11	12.5
Faculty of Human Ecology		25	

Gender			
Male		84	42
Female		116	58

Socio demographic characteristic	Mean (SD)	Frequency(n)	Percentage %
Year level			
First		40	20
Second		48	24
Third		48	24
Forth		62	31
Fifth		2	1
Ethnicity			
Melayu		102	51
Chinese		33	16.5
Indian		7	3.5
Bajau		18	9.0
Dusun		19	9.5
Iban		17	8.5
Murut		2	1.0
Bugis		1	0.5
Bisaya		1	0.5

4.2 Smoking status among undergraduate student

Table 4.2 shows that 77.5% percent of the respondents were non smoker and 22.5% percent were smoker respondent.

Variables	Smoking status				x ²	Df	P - value
	Yes		No				
	n	(%)	n	(%)			
Faculty of participant							
Faculty of Medicine and Health Sciences	5	5.6	84	94.4	36.444	4	<0.001
Faculty of Modern Languages and Communication	18	32.7	37	67.3			
Faculty of Science							
Faculty of Forestry	5	25	15	75			
Faculty of Human Ecology	8	72.7	3	27.3			
	9	17.8	16	64			
Gender							
Male	35	41.7	49	58.3	30.511	1	<0.001
Female	10	8.6	106	91.4			
Ethnicity							
Melayu	15	14.7	87	85.3	29.021		<0.001
Chinese	6	18.2	27	81.8			
Indian	4	57.1	3	42.9			
Bajau	2	11.1	16	88.9			
Dusun	10	52.6	9	47.4			
Iban	6	35.3	11	64.7			
Murut	2	100	0	0			
Bugis	0	0	1	100			
Bisa	0	0	1	100			

Status of smoking	Frequency, n	Percentage.%	Mean(sd)
Yes	45	22.5	1.78(0.419)
No	155	77.5	

4.3 Association Between Peer Influence And Smoking

Table 2 shows the association between peer influence and smoking.

The result shows that there was a significant association between

smoking and the number of days the respondent stayed with someone who smoke. Smoking was found to be more (53.3%) prevalent among respondents who stayed 3-7 days, followed by those that stayed about 1-2 days preceding the survey (33.3%). Also, respondent who riding with someone who smoked was found to be statistically significant with smoking. Riding with someone who smoke 1-2 days and the influence of smoking was found to be higher (51.1%) among respondents who rode with a smoker between 3-7days that preceded the survey and lower (31.1%) among those who rode between 1-2 days with a smoker but lowest (17.8%) among those who did not ride with any smoker 7 days preceding the survey. There was a significant association between living with someone who smoke cigarette and smoking status among respondents. About fourteen percent (73.3%) of smokers indicated they presently live with someone who smoked while 26.7 % of the smokers indicated that they do not presently live with a smoker. Having a friend who smoke was found to be significant with respondents' smoking status ($p = 0.115$). Most (55.5%) of smokers among the respondents indicated that if their best friend offers them a cigarette they maybe will smoke. Moreover, frequency of smoking with friends who were sometimes showed significant association with $p < 0.001$.

Table 4.3

Characteristic	Smoking status				χ^2	Df	P - value
	Yes		No				
	n	(%)	n	(%)			

In 7 days, how many days did you stay with a smoker?					18.362	2	<0.001
None	6	13.3	75	48.4			
1-2 days	15	33.3	36	23.2			
3-7 days	24	53.3	44	28.4			
In 7 days, how long did you ride with a smoker?					27.818	2	<0.001
None	8	17.8	95	61.3			
1-2 days	23	51.1	31	20.0			
3-7 days	14	31.1	29	18.7			
Presently, do you live with anyone that smoke?					8.737	1	<0.001
Yes	33	73.3	75	48.4			
No	12	26.7	80	51.6			

Table 4.4

Characteristic	Smoking status				χ^2	Df	P - value
	Yes		No				
	n	(%)	n	(%)			
If your best friend give you cigarette, would you smoke?						2	0.115
Yes	13	29.9	6	3.9	62.767		
No	7	15.6	121	78.1			
Maybe	25	55.6	28	18.1			

Frequency of smoking with friends					2	<0.001
Never	8	17.8	102	65.8	33.917	
Sometimes	30	66.7	47	30.3		
Often	7	15.6	6	3.9		

4.4 Association between Family influence and smoking

Table 4.4 shows the association between family influence and smoking. The results indicated that having a smoking father was found to be significantly associated with smoking among respondents. The prevalence of ever smoker was significantly higher among respondents

with father who smoke than those with non-smoker father. About 29.6% of the smokers in the survey reported that their father also smokes. Also, having a non smoker mother show (68.9%) was a smoker. Besides, brother who smokes was found to be significant with smoking among the respondents (6.846; df = 1; p = 0.009). About 35.6% of the smoking respondents reported that their brother also smokes. The study also revealed that there was significant association between smoking and attitude at home. Prevalence of smoking was found to be highest 35.6% among respondents who reported that smoking is permitted everywhere, followed by those who indicated that allowed at times smoking in the house. About 26.7% reported that smoking is not allowed in some places while 8.9% indicated that smoking is not allowed at home.

There was also significant association between smoking and counselling by parents. Prevalence of smoking was found to be highest (79%) among respondents whose both parents told not to do so. About Nineteen percent (15%) of the smokers indicated that only their mother told them not to smoke. 13% reported that only their father told them not to smoke while 48% of the smokers indicated that in the past preceding the study none of their parent told them not to smoke. The frequency at which parents counsel or advise the respondents on smoking was found to be insignificant.

Characteristic	Smoking status		χ^2	Df	P - value
	Yes	No			

	n	(%)	n	(%)			
Does your father smoke?							
Yes					8.404	2	0.004
No	29	64.4	62	40			
	16	35.6	93	60			
Does your mother smoke?							
Yes	14	31.1	13	8.4	15.42	2	<0.001
No	31	68.9	142	91.6			
Does your brother smoke?							
Yes	27	60	59	38.1	6.846	1	0.009
No	18	40	96	61.9			
Does your sister smoke?							
Yes	14	31.1	21	13.5	7.451	1	0.006
No	31	68.9	134	86.5			
Characteristic	Smoking status				χ^2	Df	P - value
	Yes		No				
	n	(%)	n	(%)			
Smoking status at home							
Not allowed	12	26.7	77	38.5	14.344	3	0.002
Allowed at times	13	28.9	41	20.5			
Permitted everywhere	16	35.6	41	20.5			
No rules about smoking	4	8.9	41	20.5			
Did your parents counseled you on not smoking							
					12.591	3	0.006
Yes, mother	9	15	20	9.7			
Yes, Father	9	13	20	8.4			
Both of them did	22	79	48.9	51			
None did							

5 48 11.1 31

Frequency of parents discuss the dangers of smoking					2.674	4	0.614
Never	9	20	27	17.4			
Rarely	13	28.9	48	31.0			
Occasionally	10	22.2	49	31.6			
Frequently	5	11.1	14	9.0			
Very often	8	17.8	17	11.0			

Factors that associate with smoking behaviours using multiple linear regression

Factors	Model 1 (β – value)
Faculty of participant	-0.200 (p=0.001)
Gender of participant	-0.209(p=0.002)
Frequency of smoking with friends	-0.2389(p=0.000)
Does your father smoke?	0.166(p=0.006)
Does your mother smoke?	0.212(p=0.001)

Factor	B	Model 1	β
		Se β	

Frequency of smoking with friends	-0.274	0.044	-0.2389
Adjusted R	0.159		
p-value	p < 0.001		



CHAPTER 5

DISCUSSION

The main objective of this study is to determine the absolute association between mobile phone addiction and quality of life among students in Universiti Putra Malaysia. In this chapter, results from the analysed data will be discussed according to specific objective of this study.

5.1 Introduction

The main objective of this study is to investigate the smoking prevalence and factors associated with smoking behavior among undergraduate students in Universiti Putra Malaysia. In this chapter, results from the analysed data will be discussed according to the specific objective of this study.

5.2 Socio demographic characteristics

Respondents aged range from twenty to twenty six years old and the mean age was 22.4 years old and the standard deviation of 1.11. Respondents' age was recorded by the list of faculty selected. The faculty involves were Faculty of Medicine and Health Sciences, Faculty of Modern Languages and Communication, Faculty of Science, Faculty of Forestry and Faculty of Human Ecology. The highest frequency of respondent was from Faculty of Medicine and Health Sciences, 44.5% and the least was Faculty of Forestry, 5.5%. Majority of female respondents (58%) took part in this study while the other 42% were male. This The high number of smokers among males could be because females are more socially restricted than their male counter

parts. Another possible reason could be as a result of familial characteristics including care and family related activities.

The most participated year was fourth year with 62% rate and the least was fifth year. This is because fifth year only valid for Medical Programme only.

There were few ethnics participated in this study which Ethnicity Melayu, Chinese, Indian, Bajau, Dusun, Iban, Murut, Bugis and Bisaya. The most high respondent was from Melayu, 51% and the least from Bugis and Bisaya.

5.3 Association between Socio demographic factors and smoking

From this study, the finding showed that there has significant association with smoking behavior. With socio demographic factors which were gender ($p < 0.001$), faculty ($p < 0.001$), year level ($p = 0.037$) and ethnicity ($p < 0.01$). Study from Alexopoulos, 2010 found that smoking prevalence increased with age and year of education. This might be because increase in period of study and age that lead to student want to try of smoking. Study from Ling et.al, 2017 showed that among adolescent school male in Malaysia, 22.4% was current smoker. The result also showed that increase in male smoker than female. Similar study also found that University student in New Zealand showed that 59.8% of male was a smoker. (Wamamili et.al, 2019).

5.4 Association between Peer influence and family influence with smoking

Smoking among friends seems to be an important factor towards smoking in the present study showed by Aho.,.Koivisto.,Pavilinen & Joronen (2019) peer relations ($p < 0.001$) were associated with smoking behaviour in both girls and boys studying in upper secondary vocational schools. Besides that the main factors for smoking behaviour is peer pressure and influence by 62.3% (n=142). (Daud, Musa & Riduan, 2019). Yue Liao,Zhaoqing,Huh,Pentz and Chih-Ping(2013), reported that friends showed a greater influence during junior high school than high school indicating a possible that friends' may have a stronger influence use among peer.

CHAPTER 6

CONCLUSION AND RECOMMENDATION

6.1 CONCLUSION

Based on the findings obtained by Chi Square, there is association between socio-demographic characteristic and smoking behaviour among students in Universiti Putra Malaysia such as gender, faculty, and ethnicity. Smoking among undergraduate student in UPM was higher among male than female.

Frequency of smoking with friends is the main contributing factors of smoking. ($p < 0.001$). Good knowledge and attitude among UPM students may help in reducing the prevalence of smoking.

6.2 LIMITATION

Several limitations are found in this study such as finding the respondents. The faculties are being selected randomly and we need to distribute it to students that are studying in other faculty. The challenges that we met was the cooperation of students to participate in our study. Some of them did not interested to participate in our study and ignore. Researcher must blast multiple time to reach our amount of targeted respondent.

This research using cross-sectional design and perform convenient sampling, thus increasing in self selection bias. The questionnaire also quite lengthy which comprises of 52 question, some respondent refused to answer all the question and choose to withdraw from the study.

Next, some of the students misunderstanding our instruction in the questionnaire such as fill up the race part with their ethnicity. This may be

difficult for the researcher to characterised them in data analyse in future. Some students also cannot respond accurately to the question due to recall bias

Thirdly, due to COVID19, the progression of the study has been in slow progress because many things have been delayed. However, researcher have tried their best to complete the data collection part.

Lastly, the population percentage of student participate in study for each faculty are not balanced, thus it may create bias because it does not represent some of student in the faculty.

6.3 RECOMMENDATION

Convenient sampling still can be used to gather data if the researcher wants to do study in UPM.. Besides that, the data collection period could be in longer period to reach more respondent.

Since nurses are also responsible in community setting, they can encourage people to campaign about smoking is dangerous.

For future researcher, they need to identify more factors that can lead to increase in smoking behaviour among undergraduate students. Researcher also need to widen their study location by involving other type of smoking such as shisha and e-cigarette.

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UPM

APPENDIX I: GANTT CHART OF THE STUDY

NO	PROJECT ACTIVITIES	2019					2020						
		11	12	1	2	3	4	5	6	7	8	9	10
1.	Project implementation plan write up	█	█										
2.	Ethics application			█	█								
3.	Conducting pilot study					█	█						
4.	Data collection							█	█				
5.	Data analysis									█	█		
6.	Meeting and writing for thesis										█	█	
7.	Final Presentation											█	█
8.	Thesis submission												█



APPENDIX II: APPROVAL FROM UPM ETHICS COMMITTEE FOR
RESEARCH INVOLVING HUMAN SUBJECT, JKEUPM



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Ref. No: UPM/TNCPI/RMC/JKEUPM/1.4.18.2 (JKEUPM)

Date: 27 April 2020

Dear Prof./Dr./Mr./Ms.,

APPLICATION FOR JKEUPM ETHICAL CLEARANCE: APPROVED

With reference to the above, I am pleased to inform you that your application for ethical clearance for the research project entitled 'Factors associated with smoking behaviour among undergraduate students in Universiti Putra Malaysia, has been approved.

Please note that the official letter of approval will be issued as soon as possible. However, the ethical clearance is considered effective from the date of this email, and you may now proceed with your research.

Kindly remind the ethical approval is required in the case of amendments/ changes to the study documents/ study sites/ study team.

Researchers should also complete a Study Final Report upon study completion. The form can be obtained from the Ethics Committee for Research Involving Human Subjects (JKEUPM) website (<http://www.tncpi.upm.edu.my/faildokumen>).

If you have any enquiries, please contact Ms. Nurulhasanah Ishak (03-97691605) or Ms. Nor Ellia Abd Ajis (03-97691244).

Note: Please use this reference number for any transaction.

- JKEUPM-2020-005

Thank you.

Yours faithfully,

Prof. Dr. Zamberi Sekawi
Chair
Ethics Committee for Research Involving Human Subjects
Universiti Putra Malaysia

APPENDIX III: CONSENT FORM

No ID:



FACULTY OF MEDICINE AND HEALTH SCIENCES

DEPARTMENT OF NURSING AND REHABILITATION

BACHELOR OF NURSING

NUR4999A: FINAL YEAR PROJECT

(QUESTIONNAIRE SHEET)

**RESEARCH TITLE: A CROSS-SECTIONAL STUDY: FACTORS
ASSOCIATED WITH SMOKING BEHAVIOUR AMONG
UNDERGRADUATE STUDENT IN UNIVERSITY PUTRA MALAYSIA**

Student Name: Shafika binti Jaman (188385)

Supervisor : Puan Umiaziante binti Suchi

Co-Supervisor: Prof. Madya Dr Sabariah Md Noor

Instruction to respondents

This study is conducted for academic purpose. All information will be kept private and confidential. Thank you for your cooperation in answering the questionnaire.

**JAWATANKUASA ETIKA UNIVERSITI UNTUK
PENYELIDIKAN MELIBATKAN MANUSIA (JKEUPM)
UNIVERSITI PUTRA MALAYSIA, 43400 UPM SERDANG,
SELANGOR, MALAYSIA**



**FORM 2.4: RESPONDENT'S INFORMATION SHEET
AND INFORMED CONSENT FORM**

Please read the following information carefully and do not hesitate to discuss any questions you may have with the researcher.

1. STUDY TITLE : A Cross-Sectional Study: Factors Associated with Smoking Behaviour among undergraduate student in University Putra Malaysia

2. INTRODUCTION:

This study will investigate the factors associated with smoking behaviour among undergraduate student in University Putra Malaysia. Smoking behaviour is actions taken by a person that are associated with the burning and inhalation of a substance.

3. WHAT WILL YOU HAVE TO DO?

A questionnaire will be provided to you while you are from various faculty in Universiti Putra Malaysia. The questionnaire consists of three sections, A, B and C. You are required to answer all the questions in the sections and take approximately 10-15 minutes. Your response to all the questions is greatly appreciated.

4.WHO SHOULD NOT PARTICIPATE IN THE STUDY?

Non Malaysian citizen or foreigner, female students with history of breast cancer, post- graduate student, foundation students, male and on leave female undergraduate students during data collection.

5. WHAT WILL BE THE BENEFITS OF THE STUDY:

(a) TO YOU AS THE SUBJECT?

Your contribution is invaluable in providing information on factors associated with Smoking Behaviour. This is student research, so no fee will be given to participants who voluntarily participate in this study.

(b) TO THE INVESTIGATOR?

Information and data from the results of this study will be used in providing the awareness of smoking initiation among undergraduate student in University Putra Malaysia.

6. WHAT ARE THE POSSIBLE RISKS?

It is anticipated that there will be no risk to the participants.

7. WILL THE INFORMATION THAT YOU PROVIDE AND YOUR IDENTITY REMAIN CONFIDENTIAL?

All the information is confidential. The findings from this study will only be used for the purpose of the research report. The questionnaire will be available at the main investigator's office for five years before it is disposed of. Any report or publication from the study will be reported in a manner that retains the validity of the respondents' names and will not include any identifying features. Respondents will only be identified by the id number. There is only the principal researchers and the supervisory committee (researchers) have full access to the findings of this research.

8. WHO SHOULD YOU CONTACT IF YOU HAVE ADDITIONAL QUESTIONS DURING THE COURSE OF THE RESEARCH?

If you have additional questions about this study or if you think you have a study related injury and you want information about treatment, please contact:

Researcher

Shafika binti Jaman
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Selangor, Malaysia
Tel No: 019-3220798
Email: md_sabariah@upm.edu.my

If you have any questions about your rights as a participant in this study, please contact the Office of the Deputy Vice Chancellor (Research & Innovation), Ethics Committee for Research Involving Human Subjects (JKEUPM), Universiti Putra Malaysia, at telephone number 03-9769 1002.

Please initial here if you have read and understood the contents of this page_____

9. CONSENT

I Identity Card No.
address.....
.....hereby voluntarily
agree to take part in the research stated above *(clinical /drug trial/video recording/
focus group/interview-based/ questionnaire-based).

I have been informed about the nature of the research in terms of methodology,
possible adverse
effects and complications (as written in the Respondent's Information Sheet). I
understand that I have the right to withdraw from this research at any time without
giving any reason whatsoever. I also understand that this study is confidential and
all information provided with regard to my identity will remain private and confidential.

I* wish / do not wish to know the results related to my participation in the research

I agree/do not agree that the images/photos/video recordings/voice recordings
related to me be used in any form of publication or presentation (if applicable)

* delete where necessary

Signature Signature
(Respondent) (Witness)

Date : Name
:

..... I/C No.
:

I confirm that I have explained to the respondent the nature and purpose of the above-mentioned research.

Date

Signature

(Researcher)



Section A

Sociodemographic

Please tick (✓) in the appropriate box and fill in the blank in the space provided.

Part A : Socio – Demographic

How old are you?

Please state your age. year old

Gender

- Male
- Female

Ethnicity

- Malay
- Chinese
- Indian
- Others (Please state :)

Year level

- First
- Second
- Third
- Forth
- Fifth

Faculty

- Faculty of Forestry
- Faculty of Human Ecology
- Faculty of Modern Languages and Communication

Faculty of Medicine and Health Sciences

Faculty of Science

Are you a smoker?

Yes

No

If your answer "yes", proceed to answer part B, then Part C.

If your answer "no" proceed to answer Part C.

Part B : Questions on smoking behaviour

INTRODUCTORY INFORMATION: I would like to ask you a few questions about the consumption of smoking.

B1. Do you presently smoke every day, less frequently than every day, or not at all?

Every Day

Less than every day

Not at all

B2. Have you smoked every day in the past?

Yes

No

B3. In the past, did you smoke every day, less frequently than every day, or didn't smoke at all?

Every Day

Less Than Every Day

Not at All

Don't Know

B4. How old were you when you first started smoking every day?

Please state your age. year old

B5. How many years ago did you first begin smoking every day?

Please state your age. year old

B6. On average, how many of the following products do you currently smoke each day?

Type of smoking	Frequency	Number of smoking
Commercially produced cigarettes	Per week	
	Per day	
Electronic cigarettes	Per week	
	Per day	
Others?	Per week	
	Per day	

Section C : Part 1

Peer influence and Smoking

1. In 7 days, how many days did you stay with a smoker?

- None
- 1-2 days
- 3-7 days

2. In 7 days, how long did you ride with a smoker?

- None

1-2 days

3-7 days

3. Presently, do you live with anyone that smoke?

Yes

No

4. If your best friend gives you cigarette, would you smoke?

Yes

No

5. Frequency of smoking with friends

Never

Sometimes

Often

Part 2

Family Influence and smoking

1. Does your father smoke?

Yes

No

2. Does your mother smoke?

Yes

No

3. Does your brother smoke?

Yes

No

4. Does your sister smoke?

Yes

No

5. Smoking status at home

Not allowed

Allowed at times

Permitted everywhere

No rules about smoking

6. Did your parents counselled you on not smoking?

Yes, mother

Yes, father

Both of them did

None

7. Frequency of parents discuss the dangers of smoking

Never

Rarely

Occasionally

Frequently

Very often

BIOGRAPHICAL PROFILE OF STUDENT

SHAFIKA BINTI JAMAN

Shafika binti Jaman is a Final Year student of Bachelor of Nursing in Faculty of Medicine and Health Sciences, Universiti Putra Malaysia. Before this she received education from Sekolah Kebangsaan Menunggui and Sekolah Menengah Arshad and also Labuan Matriculation. Throughout these four years of studies, she gains experiences and knowledge to apply in nursing field. Her interest is to shopping and explore new thing in other places. She was exposed to hospital and clinical settings during her attachment at Hospital Serdang, Klinik Kesihatan Salak Selatan, Institut Kanser Negara and Hospital Bahagia Ulu Kinta. After graduation, she plans to work as a nurse in critical area or operation theatre.