UNIVERSITI TEKNOLOGI MARA

IQUIT- SMOKING CESSATION COMMUNITY CARE PORTAL

NUR HIDAYAH BINTI NOR HAZLAN

BACHELOR OF INFORMATION TECHNOLOGY (Hons.)

JANUARY 2021

ACKNOWLEDGEMENT

Alhamdulillah, glory, and gratitude to Allah for His Almighty and His wonderful blessings, I have been able to finish this study within the time allotted. First of all, my great and heartfelt appreciation goes to my supervisor, Dr. Fariza Hanis Bt Abdul Razak, for all her support and advice for the completion of this project. Next, I would also like to give my special thanks to my final year project lecturer, Dr. Emma Nuraihan Binti Mio Ibrahim, for all the encouragement, knowledge, and generosity she has displayed in conducting this project. Well, without their help and assistance, I would not have been able to finish this project on my own. I would also like to express my gratitude to my examiner, PM DR. Wan Abdul Rahim Bin Wan Mohd Isa, for her helpful comments and feedback on this project. Besides, my special thanks go to my beloved parents, who have given me a lot of never-ending emotional encouragement and prayers during this project. Last but not least, I would like to thank my dearest classmates, seniors, and friends, especially Afifi Bin Khalili, Qhayratul Ain, Amiruddin, and Ahmad Fareez, for their support in the development of the project. For the last time, thank you to those who have been personally or indirectly involved in making this project a success.

ABSTRACT

In the 20th century, tobacco was killing 100 million people worldwide, many more than all deaths combined during World War I and World War II (Eriksen et al., 2015). Smoking is a major cause of cancer and the top preventable cause of death. Most of the tobacco smokers (68%) want to stop smoking completely (Babb, 2017). The reason why people cannot stop smoking is because of limited information at that time. Some of the respondents stated that they do not know how to find a solution and guidance to quit smoking. This project aims to develop a smoking cessation community care portal to help people quit smoking. The scope of this project is for people who are seeking help to quit smoking and find a good community to communicate and sharing information with others. The platform that will be used in this project is a Web-based application. The methodology that this community portal used is Web Development Life Cycle. Five WDLC phases allow the entire design process which is Planning, Analysis, Design and development, testing, and implementation and planning but this project will only focusing until the fourth phase. The significance of this project is helping a smoker to easily find a consultant or guidance to quit smoking. It also helps to onboard new community members by providing an online forum in the community portal. Besides, this app also helps the smoker to save the cost and energy to find the nearest consultant. In conclusion, the iQuit community portal may assist the smoker to help them quit smoking.

Keywords: Web Development Life Cycle (WDLC), PHP, Online Forum, Community Portal, HTML, JavaScript.

TABLE OF CONTENTS

STUD	PENT DECLARATION	1
ACKN	NOWLEDGEMENTiv	V
ABST	RACT	V
TABL	E OF CONTENTSv	i
LIST	OF TABLESxi	i
СНАР	TER 1	l
INTRODUCTION		l
1.1	Project Background	l
1.2	Problem Statement	3
1.3	Project Aim	5
1.4	Project Objectives	5
1.5	Project Scope & Limitation	5
1.6	Project Significance	5
1.6.1	Volunteer or ex-smoker	5
1.6.2	Smoker	5
1.6.3	IT developer	7
1.7	Chapter Summary	7
СНАР	PTER 2	3
LITE	RATURE REVIEW	3
2.0	Introduction	3
2.1	Cigarettes)
2.1.1	What is cigarettes?10)
2.1.2	Effect of smoking cigarettes1	l

CHAPTER 1

INTRODUCTION

An outline of this project is given in this section. This chapter includes background information, problem statements, project priorities, scopes, and project significance.

1.1 Project Background

New technologies and smart applications were developed for the use of communication between people and society. One of the examples in the web community portal. This new application has become a trend for a government or organization to use to increase their quality of service. A community portal is a central place for people to interact, engage, consume organizational content, and connect with communities.

Nowadays, the community portal is widely used by the government in their organization. Most government agencies take the opportunities by building a community portal for a citizen to provide community services. For example, Beebe Healthcare is one of the health community portals that provide many services such as smoking cessation, medical services, and support services (Beebe Healthcare, 2020). Another example of a community portal is Sunset Health. This portal provides a support services platform for people to communicate with their specialists. Other than that, they also provided an appointment to the patient who wants to make a private talk with their consultant or qualified provider under their organization. It also provides a 24/7 live chat platform that enables the person in charge to know the progress of their patients in handling the smoking problems.

Another example of a health community portal is Smokefree. This webbased application is a part of the U.S. Department of Health and Human Services' efforts to overcome the smoking rates in the United State, particularly among