

RESEARCH REPORT

RESEARCH ON SMOKING HABIT AMONG STUDENTS: THE CASE OF INSTITUT TEKNOLOGI MARA PERLIS.

**A report submitted to the Bureau of Research & Consultancy for the requirement of
completing the research program.**



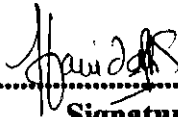
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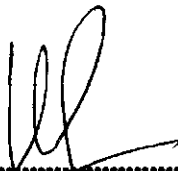
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ABSTRACT

The purpose of this study was to examine the smoking habit among youth at the Institution of Higher Learning in Malaysia, particularly Institut Teknologi Mara Perlis. As part of the survey, 279 males and 153 female students had completed a self-administered questionnaire during class hours in March 1997. The findings indicated that 37.3% (36.6% of male students and 0.7% of female students) were smoking. Peer influence and self-motivation were associated with smoking status among them. And, self-satisfaction as well as stress were the main reasons for them to smoke. With regards to the quantity of cigarettes smoked per day, the study revealed that most of them smoked between 1 to 11 cigarettes per day. And, the most popular brand among them was Dunhill. This study also revealed that 98.3% of the smokers have an intention to quit smoking in the future. Recommendations for prevention efforts to inhibit cigarette smoking among students are given.

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