UNIVERSITI TEKNOLOGI MARA

THE EFFECTIVENESS OF SMARTPHONE APPS TO VAPING CESSATION.

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Thesis submitted in fulfillment of the
requirements for
Bachelor's degree (Hons) in Graphic Design

Faculty of Art & Design

29th JULY 2022

CONFIRMATION BY EXAMINER

I certify that an examiner has met on 29th July 2022 to conduct the final examination of Muhamad Syukri Bin Shahar on his Bachelor Degree (Hons) in Graphic Design thesis entitled The Effectiveness of Smartphone Apps to Vaping Cessation in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Vaping is inhaling vapors generated by electronic cigarettes (e-cigarettes) or other vaping devices is known as vaping. Vaping is made possible by a liquid being poured onto cotton and then being burnt by a gadget to generate vapor. Vapes come in a wide range of shapes, sizes, and weights, they always have three basic parts which is a battery, a sensor, and an atomizer/ flavor cartridge. The devices used for vaping have likewise advanced over time, moving from disposable electronic cigarettes to refilled tanks, mods, and lastly is pod mods. The problem is most existing vape apps do not help users to try to quit instead encouraging users to maintain their vape behavior. 87 percent of vaping-related apps in the Google Play Store are intended to help users maintain their habit and enhance it. These apps include educational ones that provide "recipes" for users who want to mix their own vape liquids, shopping apps for purchasing vaping accessories online, and navigational ones that help users find vape shops nearby. In addition, it can be difficult to tell whether independently created apps were genuinely based on theoretical and scientific research given how widely circulated they are. Unverified app contents may have negative health repercussions on the users who use them. The objective of this research is to identify the benefits of mobile apps to help someone to stop vaping and determine the effectiveness of mobile apps to someone to stop vaping. Research was conducted using several methods such as quantitative, qualitative research methods and primary and secondary data. This research method is used to help researchers obtain information and support for this study.

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