

UNIVERSITI TEKNOLOGI MARA

**AWARENESS AND KNOWLEDGE OF VAPE
AMONG STUDENTS OF UNIVERSITI
TEKNOLOGI MARA (UiTM) SELANGOR
KAMPUS PUNCAK ALAM**

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS.....	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	vi
LIST OF FIGURES	viii
ABSTRACT.....	ix
CHAPTER ONE (INTRODUCTION)	1
1.1 Objectives	3
1.2 Hypothesis	4
1.3 Research Questions	4
1.4 Significant of Study	4
CHAPTER TWO (LITERATURE REVIEW)	5
2.1 Vape	5
2.2 Contents of Vape	6
2.3 Side Effects of Vape	9
2.4 Awareness and Knowledge of Vape around the World	9
CHAPTER THREE (METHODOLOGY)	10
3.1 Study Design	10

ABSTRACT

Introduction: Vapes are battery-powered devices designed to deliver nicotine and other substances, including flavouring, to the user in the form of a vapour. They mimic the sensations of traditional cigarettes but do not burn or create tobacco smoke or ashes. Nor do they contain tar, the main cause of cancer in smokers. In Malaysia, the study on the level of awareness and knowledge about vape is very limited. Therefore, this study is done to evaluate the level of awareness and knowledge about vape in Malaysia, specifically among the students of UiTM Selangor, Kampus Puncak Alam. The assumption is that the students of UiTM have high awareness and knowledge about vape as there are many articles and media statements about vape in the country.

Objectives: This study was aimed to identify the prevalence of awareness about vape among UiTM Puncak Alam students, to evaluate the level of knowledge about vape among the students of UiTM Puncak Alam and to identify the perception towards vape among the students.

Methods: This is a cross-sectional study because it covers a selected sample of population. An adapted questionnaire was distributed to 377 students from different faculties in UiTM Puncak Alam. The students were asked to fill in the questionnaire by themselves. It was a self-administered written questionnaire in English.

Results: The prevalence of awareness of vape among the students is high (100%) and this high prevalence come from younger age of students, students from health-related faculty as well as business-related faculty. Most of the students have moderate level of knowledge of vape and most of them also have bad perception towards vape where they perceived that vape is harmful to the health of the users and vape should be banned in public area.

Conclusions: In conclusion, the students of UiTM Puncak Alam have high awareness towards vape but moderate level of knowledge of vape. They also have bad perception towards vape which corresponds to their level of knowledge of vape.

CHAPTER ONE

INTRODUCTION

Vapes are battery-powered devices designed to deliver nicotine and other substances, including flavouring, to the user in the form of a vapour. They mimic the sensations of traditional cigarettes but do not burn or create tobacco smoke or ashes. Nor do they contain tar, the main cause of cancer in smokers. Vaping can be defined as the act of inhaling water vapour through a personal vaporizer. Vaping is an alternative to smoking. It is like smoking minus several of the adverse effects of the latter which are no bad smell and bad breath, no cigarette burns, no more dirty ashtrays, less likelihood of getting cancer and other smoking-affiliated illnesses. In short, vaping is the name given to the use of a vaporizer. The process involves applying heat to a liquid which generates vapour. The user, called a vaper gets their nicotine hit through inhaling the almost odourless vapour (“What is Vaping? Your Complete Guide,” n.d.).

Vapes are increasingly popular among adolescents. Although they contain nicotine derived from tobacco, they are not yet subject to regulation as tobacco products, including the requirement that purchasers be a certain age. Some states have banned sale of vape to minors, but they can get around that by ordering online. Their easy availability in addition to their wide array of cartridge flavours such as coffee, mint,