



UNIVERSITI TEKNOLOGI MARA

**A STUDY OF SMOKING HABIT AMONG  
STUDENTS IN UITM (SARAWAK BRANCH)**

**BY**

**NADYA BINTI MARZUKI  
NOR SHAHERRIN BINTI MOHD TOHAH  
SITI HANISAH BT MATENI**

**DIPLOMA IN PUBLIC ADMINISTRATION  
FACULTY OF ADMINISTRATION SCIENCE  
AND POLICY STUDIES**

**UNIVERSITI TEKNOLOGI MARA SARAWAK BRANCH**

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## ABSTRACT

Research on our thesis started on the first week of December in our fifth semester as Diploma in Public Administration (DPA) students. After the creation or forming of our group, the first meeting was held to discuss on the matters on the scope of topic that are needed to be completed with the group members, so that the real topic can be selected from the overall topics given. To achieve our goal here is the chapter outline that will be presented in our thesis research.

There are five chapters that contain in this study. First chapter is introduction that will introduce to the readers about the research. This is important for readers to know the flow of the research. This chapter includes the background of the study, problem statement, objective of the study, scope of the study, hypothesis, assumption, significant of the study, and limitations of the study.

Chapter two is literature review on the information that is related to the topic of this study. The literature review is to assist you in attacking your problem for research. Here, we will familiarize the readers with the smoking habit among student in UiTMCS. This literature review contains the definition, cause of smoking, effect of smoking, the way to overcome and also a beneficial changes within the body that occur when smoker stop smoking.

Chapter three is the research methodology. In this research methodology, it explains the data gathered for the research. It also includes the method use on making research like primary and secondary data. Primary data include questionnaire, interview and observation while secondary data include library, Internet, newspaper, magazine and journal.

Chapter four is proposed finding. In this chapter the researchers analyze the data and information gathered from various method used such as questionnaires, interview, observation and etc. This chapter is the most important part of our research as it contains the outcome of the study on our topic.

Chapter five is the last chapter in our research. Chapter five is a conclusion where we conclude our research with the opinion and suggestion on how to overcome the smoking habit among student in UiTMCS

# CHAPTER 1

## RESEARCH INTRODUCTION

### 1.1 Introduction

Nowadays, smoking habit among teenagers especially the students become a serious phenomenon in our country. Although there have many action taken by the government to reduce and resolve these habit, the smoking habit still increase in anxiety condition.

For briefly understand with this smoking practice or smoking habit, firstly we must determine and identifying what are the factor contribute to the smoking habit among the students. In this way, we can see the behavior of smoker in batch of citizen individuality. The factor can contribute the smoking habit still occur are from the attitude and behavior of that individual itself. Beside that, influence from not health environment that is overcome the normal norm in our country. Norm can be referring as the acceptable standards of behavior within group that are shared by the group members. All these can influence the mind, personality, and attitude of the particular person.

This statement is reality and we must accept it. Student, lecturer, or staffs in the institution are behaving of that society itself. So, they also cannot be escape from the norm of that society.

From the aspect which can be influence into the standard norm of the institution, generally we can make hypothesis that practice or smoking habit can be happen because of that norm which are already have in the society itself. Existing in fact, these norms already influence the value of culture in that society of an earlier period.

## 2.2 The Truth About Tar and Nicotine Ratings

Why do some smokers choose “ low tar ” and “light “ cigarettes? Because they think cigarettes may be less harmful to their health than regular cigarettes.

*The Federal Trade Commission* wants you to know that cigarette tar and nicotine ratings cannot predict the amount of tar and nicotine you get from any particular cigarette, That is because how you smoke a cigarette can significantly affect the amount of tar, nicotine and carbon monoxide you get from your cigarette. Research indicates that many smokers of “low tar “ or “light “ cigarettes compensate by taking deeper, longer, or more frequent puffs from their cigarettes. The amount of tar and nicotine a smoker actually gets also can increase if the smoker unintentionally blocks tiny ventilation holes in cigarette filters that are designed to dilute smoke with air.

When it comes to “low tar “ and “ light “ cigarettes, the FTC wants you to know:

- The tar and nicotine numbers used in advertising and on packaging are determined using a smoking machine- a smoking “robot” so to speak- that smokes every brand of cigarette exactly the same way.
- The numbers do not represent the amount of tar and nicotine a particular smoker may get; first, people do not smoke cigarettes the same way the machine does; second, no two people smoke the same way.