

Smoking Behaviour among Secondary School Students in Malaysia

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Abstract—The purpose of this study was to scrutinize the smoking behaviours among high school students around Kuala Nerus Terengganu. The two main objectives were 1) smoking behaviours among students and 2) smoking habits among students. This study was conducted involving 419 secondary school students around the Kuala Nerus district in Terengganu, Malaysia. Respondents of this study are limited to students who are smoked only. This study was adopting descriptive analysis approach by using questionnaire as a research instrument. The overall study found that there are various behaviours and smoking habits that influenced secondary school students. The results showed that peers and sex influence were the biggest contributor to the smoking behaviour of students and individuals who had a lot of smokers who influenced smoking habits of school students.

Keyword—Cigarette, Behaviour, Habits, Secondary school student, Kuala Nerus

I. INTRODUCTION

These days, smoking has becoming a trend among school students [1]. There are numerous students associated with smoking conduct. Optional school students are youngsters aged 13 to 19 years old [2]. As a rule, at this fascinating age, the youngsters are almost certain needed to take a stab at something new without considering the awful ramifications that will happen like smoking[57]. Smoking is a wellbeing hazard, it is progressively obtained at more youthful ages, amid late youth and juvenescence [3].

Additionally, smoking has turned into a marvel among them now and it has turned into a culture, so they are never again reluctant to smoke in the school zone[58]. Most smokers begin smoking when they are young or in the early grown-up years. The sooner they begin smoking, the most certain they are to end up as a normal smoker [4]. Moreover, smoking is an addictive conduct that is regularly started in teenagers and has been perceived as a vital grimness and aversion of death [5]. Cigarette makers are known to target youthful kids with their forceful publicizing [6] however they accidentally gained profits mostly from grown-up who heavily consumed this fatal item[59].

Cigarettes are the pivotal concerns greatly related to human general wellbeing[60]. Cigarettes can endanger the wellbeing[61]. Likewise, cigarettes can also lead to demise and various unending sicknesses to human body. Numerous studies have discovered solid proof that tobacco smoking

influences physical ailments, for example, diabetes and cardiovascular sickness [7]. Tobacco is greatly renowned as one of the prominent causes contributed to death superior than some other drugs [8]. Consequently, the target of this study is to recognize smoking behaviour among secondary school students around Kuala Nerus, Terengganu, Malaysia. Plus, other objective is is to identify smoking habits among secondary school students around the Kuala Nerus, Terengganu, Malaysia. The upshot of this study will give the data about smoking behaviour and habits among secondary school and furthermore to gather attention to address this issue.

II. LITERATURE REVIEW

Toward the start of the twentieth century, smoking is uncommon yet has expanded rapidly, and turned into a worldwide scourge. [9]. In 2006, the National Tobacco Monitoring Survey demonstrated that 14.0% of optional school students utilized stogie's, or tobacco from pipes and 8.9% utilized no-smoking tobacco a month ago. Albeit numerous investigations have demonstrated that high rates of smoking pervasiveness in schools increment the danger of smoking [10], there is a paucity of research on the impacts of smoking rates on genuine students.

2.1 Social Cognitive Theory / Social Learning Theory

Albert Bandura is extremely outstanding for social learning hypothesis (Social Learning Theory). This hypothesis is one of the ideas in the stream of behaviorism that underscores intellectual segments of the brain, comprehension and assessment. Social learning set forth by Bandura has accentuated how human conduct is impacted by nature through support and observational learning, and the manner in which we consider data and the other way around, that is the manner by which our conduct influences the earth and create fortification and chance to watch others (observational chance).

As per Albert Bandura the way toward watching and imitating the conduct and demeanors of others as a model is considered as a learning demonstration. For instance, a child who lives in a larceny domain will in general do a similar thing as well. This hypothesis recognized that conduct is dynamic, and all the while impacted by their temperament and their condition [11]. As indicated by social intellectual hypothesis, both students and the attributes of the school, and the connection

between these two, could turned to be a vital start for smoking activity among students[62]. Social subjective hypothesis can help clarify why similar students that go to various schools can create distinctive examples of smoking conduct[63]. Social intellectual hypothesis expressed that the distinctive smoking conduct is affected by perception learning as obtained from the students' own observation which observe the smokers' reactions and practices that will eventually drives the students to acknowledge this matter by adapting it in the future[64].

Models that are appearing to be alluring, supported and wanted are bound to impact [11]. Companions, relatives and experienced students who smoke are the potential models for people to be involved in smoking practices and their impact has been socially bolstered[65]. As per social learning hypothesis, young people are bound to smoke on the off chance hence they are hypersensitive towards the other smokers. [12]. Proof proposed that smoking guardians and companions certainly affect adolescents to smoke [13]. Not just the conduct of guardians smoking that influences adolescents to smoke yet in addition the disposition of guardians towards smoking and hostility of the smoking guardians also played a role [14]. Peer pressure is additionally connected with the students' participation in joining the smoking gathering [15] and the ubiquity of smoking practices among teenagers will eventually become customary [16]. Besides, the family structure, for example, living in a solitary parent's house, is a hazard factor for high schooler to be involved in smoking [17]. Social intellectual hypothesis gives a system to concentrate the impact of conduct in a social domain.

2.2 Smoking Behavior Factor

Families that are involved in smoking practices have significantly contributed to the social impact faced by the immature smokers [18]. Social impact is referred to as social standard and pressure felt [19]. A few studies demonstrated that smoking guardians will influence the children [20], caused them to engage with smoking issues [21]. For instance, smoking guardians did not reliably anticipate the start of adolescent smoking [22] and the others imagined that the kids will have the tendency to smoke like their guardians did to enable them to feel like a grown-up [23]. In short, as a result of smoking activity by the family members eventually lead the students to start smoking [65].

History of smoking guardians, who have turned out to be previous smokers, might be critical indicators for smoking adolescents [24]. Parental expulsion of smoking can help diminish the danger of smoking [25]. Some proof found that the connection between parental rejection and smoking conduct that proposed parental retirement amid youth may decrease the probability that youngsters start smoking [26]. Some argued that the smoking moms have a bigger role in affecting the children to start to smoke [27]. Notwithstanding, there are some evident that suggested the smoking dads

influences adolescents smoking yet not experimenting[66]. Another investigation depicted that smoking dads shouldered a vital role for young men to smoke however not for smoking young ladies and authors expressed that young men mimic their dads smoking and young ladies are likely to impersonate their mom smoking [28].

Furthermore, smoking kin are likewise one of the elements that cause school students or young people to begin smoking[67]. When taking a gander at an investigation concentrating on the impacts of smoking on kin, it is solid apparent that smoking youngsters bolstered the sentiment that kin improve the probability of smoking among teenagers [29]. Some proof additionally discovered that the impacts of smoking kin were more grounded than smoking guardians [30]. In any case, some proof found that the smoking impacts of kin would vanish every now and then while the smoking impact of companions is changeless [31].

On contrary, anti-smoking guardian's practices can likewise be a factor for school students to oppose against smoking. Parent's attitude and behavior towards tobacco intake is a vital social factor related with smoking [32]. Past investigations identified with anti-smoking guardian's practices have strengthened the presumption that anti-smoking guardians can protect an adolescent from smoking[68]. A few authors have expressed that regardless of whether guardians themselves smoke, they can positively affect their kids by taking part in against smoking practices [33]. There is likewise some proof that guardians smoking may demonstrate less smoking than non-smoking guardians [34] or smoking guardians may deliver more anti-smoking activity subtly as their youngsters try different things with cigarettes rather than the non-smoking guardians [35].

Correspondingly, the financial status of the family is also a factor that caused students begin to smoke. Family financial status, including family pay and parent's work influences juvenile smoking practices [35]. Teenagers who live in groups of low financial status will in general smoke more regularly than adolescents who live in a higher group of monetary status [36]. A Finnish report has demonstrated how the dimension of parental training influences their youngsters' smoking conduct [37]. Other than that, past investigations have proposed that people might be smoking because of stress caused by troublesome conditions, for example, low salary sources [39] lead them to become a model of smoking conduct for their kids [38]. Furthermore, the family structure may have flighty outcomes that lead to teenager smoking. For instance, smoking danger might be higher among young separated from their guardians [39] and single family [40]. Parental separation can be trailed by further anxieties, for example, personal change and financial downturn [41].

Moreover, the impact of companions is one of the elements of school students to begin smoking. Friend impact is credited to assemble participation [15]. At times, peer impact urges youngsters to smoke and in different cases it keeps

adolescents from smoking [16]. Companion, great companion and beau or sweetheart smoking will urge young people to smoke. Adolescent choices in regard to smoking practices are found to represent the decisions that have been set as per social understandings, prominence and independence [16]. Young people can change their smoking conduct in a way that is suitable to their friend's smoking conduct, including the number and recurrence of cigarettes smoked [42]. There is additionally some proof that teenagers will in general pick companions who have indistinguishable smoking propensities from themselves as opposed to modify their smoking propensities like their friend's [43]. Different studies demonstrated that young people who were at first non-smokers would be bound to wind up smoker on the off chance that they have a place with a smoking group and group individuals who change bunches are bound to pick the group with compatible social smoking habits to themselves [44].

The last factors are associated with age and gender. Smoking issues among young people as a rule developed in parallel with the developing pre-adult age. Begin smoking at a youthful age will expand the danger of turning into a customary smoker [45] and tend to have issues when it comes to stop smoking [46]. Previously, it has been accepted that if youthful grown-ups accomplish adulthood without smoking, the danger of smoking inception is generally minute [47]. In the past, young men smoked more than ladies. The distinction between sex for this situation is nearly gone [48] and in the west there is a larger number of ladies who smoke than men [49]. Considering the consequences of the National Health and Morbidity Survey in 1995 the pervasiveness of smokers among 12-multi year-olds in the year overall was 16.7%. Independently, the predominance of smokers among teenagers is 30% and youthful young ladies are 5%. In 2000, a subsequent report led by the Illness Control Division, Ministry of Health Malaysia, demonstrated that smoking pervasiveness among teenagers expanded to 18%. The expansion in smokers' commonness among youths from 16.7% in 1995 to 18% in 2000 was because of the sudden increment in smokers' predominance among young people from 5% to 8%.

III. METHODOLOGY

This study was an enlightening quantitative investigation. Descriptive analysis was utilized to get frequency and percentage esteems. This study has been employing survey instrument to figure about smoking conduct among optional school students around Kuala Nerus, Terengganu, Malaysia. For this investigation, the questionnaire developed was the inquiries taken from the National Tobacco Review and different overviews distributed in the past study entitled "Smoking Behaviour among College Student". Nevertheless, a few sections of the researchers have been adjusted by the reasonableness of the investigation and the respondents of this study. The researchers' aspects were defined dependent on adjustments from surveys that have been perceived as legitimate. The researchers for this study comprises of 33

questions and partitioned into 3 segments which Section A are centred on respondent foundation, Section B is to figure the students' smoking conduct and ultimately Section C is related to smoking habits.

3.1 Data Collection

The questionnaire has been dispersed to respondents from September eleventh, 2018 until October thirteenth, 2018 which was roughly in a month. The respondents could reply within the given time and all study amid the period the survey was dispersed online to all optional school students around the Kuala Nerus, Terengganu, Malaysia. Just smoking school students need to answer this survey while non-smokers ought not reply. The approximated number of respondents that answered the survey was 419 individuals and comprised of men and ladies. At the point when the survey was close on October thirteenth, 2018, the gathered information was then traded to an exceed expectations spreadsheet for information cleaning and study.

IV. RESULTS AND DISCUSSION

The researcher cleaned the information by taking out all inquiries from the spreadsheet acquired until the point that all that remaining parts were the digit esteems. The inquiry messages and replies from inquiries in Segment A, B, and C in the questioner were separated, and the frequencies and table were utilized to speak to the discovery's dependent on the exploration questions.

4.1 Smoking Behaviour among Secondary Students

The findings demonstrated that the dominant part of respondents who smoke cigarettes in schools are 16 years of age where the outcome appear as much as 35.8% (n=150) as can be found in Table 4.1. The discoveries of this investigation are supported by researcher who conducted a study on school students in Kota Bharu Kelantan, found that 33% of school students required with cigarette indications are matured students somewhere in the age range of 15 and 16 years old [50]. Considering the discoveries of this study, 94.5% (n=396) of men in optional schools are engaged with cigarettes and only 5.5% (n=23) of them are female students. This is in accordance with the past studies where a greater number of men smoke than ladies. In the past studies, male smokers were higher than ladies which was 8.2% of men smoking, while only 2.4% of ladies were smoking (Results from the 2010 National Review 2011). This demonstrates the preponderance of students who smoke in schools area are male students and just a small rate are female students. This conclusion is strengthened by [51] stated that men are bound to smoke regardless of age.

Moreover, 51.1% (n=214) of respondents required with this study had guardians working in the private division (Table 1). Thus, researchers trust that most secondary school students live in families with high financial status. The results of this study are in opposition to the past investigations directed by

[35] which expressed that youths living in low-pay financial families will in general smoke more regularly than teenagers who live in a higher family monetary status. The financial status of the family, including the dimension of parental training, family salary and parent's job influences immature smoking practices. Begin smoking at a youthful age will jeopardize the student in turning into a normal smoker [45]. Accordingly, the discoveries found that 28.9% of respondents (Table 1) had begun smoking at 16 years old years. This demonstrates the period of students has begun smoking is lower or later than the past investigations. The findings of this investigation are conflicting from the past study, albeit next to no information on smoking is gathered consistently for youngsters under 12, the pinnacle years to start smoking are first in the 6th and seventh grade or between the ages of 11 and 13 [52]. As indicated by [53], the utilization of tobacco, cigarettes or different items begins at age 13-14 years in most different nations.

The fundamental factor secondary school students required with the manifestations of cigarettes is because they are influenced by companions. 52.0% (n=218) of secondary school students began to smoke because they are impacted by companions (Table 1). As indicated by social learning hypothesis, young people are bound to smoke if they are oversensitive to different smokers [12]. The discoveries are steady with a study ran in the United States [53] that about 90% of immature smokers in the United States conceded that somewhere around one of their four mates smoked consistently whereas just 33% non-smokers had the acquaintance who are smokers. Consequently, the analyst trusts that peer impact greatly affects smoking side effects. This supposition is upheld by different study demonstrated that adolescents who were at first non-smokers would be bound to end up as a smoker on the off chance that they have a place with a smoking group and group individuals who change the group are bound to pick the group with harmonious conduct smoking to themselves [44]. Furthermore, 27.7% of secondary school students smoke 10 to 12 cigarettes per day. This showed the quantity of cigarettes smoked day by day by secondary school students were very high. The discoveries of this investigation are supported by an ongoing report directed in Canada. The aftereffects of this investigation in parallel with past study demonstrated that post-optional Canadian students smoke fewer cigarettes than the new developing grown-ups [54]. Concentrates additionally demonstrated that post-secondary students smoke in excess of 10 cigarettes every day [55].

Table 1: Smoking Behaviour among Students

Variables	Frequency (n)	Percentage (%)
<u>Age</u>		
13 year	4	1.0
14 year	7	1.7
15 year	24	5.7
16 year	150	35.8
17 year	112	26.7
18 year and above	122	29.1

<u>Gender</u>		
Boy	396	94.5
Girl	23	5.5
<u>Father's Occupation</u>		
Self-employed	101	24
Public sector	83	19.8
Private Sector	214	51.1
Unemployed	21	5.0
<u>Mother's Occupation</u>		
Self-employed	62	14.8
Public sector	93	22.2
Private sector	214	51.1
Housewife	50	11.9
<u>Age begins smoking</u>		
6 year	2	0.5
7 year	2	0.5
8 year	4	1.0
9 year	2	0.5
10 year	4	1.0
11 year	16	3.8
12 year	19	4.5
13 year	38	9.1
14 year	121	28.9
15 year	88	21.0
16 year	60	14.3
17 year	63	15.0
<u>Number of Smoked Cigarettes Per Day</u>		
1-3	40	9.6
4-6	69	16.5
7-9	84	20.1
10-12	116	27.7
13-15	71	17
16-18	27	6.4
19-20	4	1.0
More than 20	8	1.9
<u>Smoking factor</u>		
Forced by a friend	55	13.1
Triggered by a friend	43	10.3
Want to try	50	11.9
Stress with life	46	11.0
Influenced by mother / father / brother / sister who smoke	7	1.7
Influenced by friends	218	52.0

4.2 Smoking Habits among Students

Each smoker has their own smoking propensity. In view of the discoveries of the investigation found in section four, different sorts of smoking propensities are found among secondary school students. The primary propensity is that most respondents who smoke have numerous companions who smoke. An aggregate of 88.8% (n=372) of respondents had a great deal of smoking companions (Table 2). The discoveries of this investigation bolstered by past study found that peer pressure is a noteworthy supporter of smoking [56]. In this way, in the opinion of students, smoking will incline toward companions who smoke to be companions. Moreover, there is likewise proof that young people are knowledgeable about

choosing companions who smoke as their own rather than changing their smoking propensities as their friends [43].

Next, secondary school students are observed to be smoke cigarettes amid stress, dismal or furious. Some of them are 69.9% who smoke amid pressure or irate and feel that smoking gives them serenity (Table 2). Furthermore, in light of the discoveries of the part four, 72.6% of school students expressed that smoking diminished the weight of the regular inclination. The findings of this investigation are upheld by the past study that focused on level related with expanded recurrence or recurrence of smoking [51]. Specifically, numerous smokers think smoking as an approach to diminish dread or pressure. Nonetheless, a few youngsters viewed smoking as a charming, unwinding and compensating conduct. Cigarettes are regularly alluded to as reliable companions through a glad and tragic time. At last, 75.4% (n=316) of the respondents who addressed the question are persuaded that they could stop smoking at the coveted time. The results of this study are contradicted to the past investigations. This is on the grounds that the propensity for smokers is hard to stop smoking. This conclusion is upheld by an ongoing report that argued early beginning of smoking is related with expanded danger of getting to be unbending smokers, higher cigarette utilization frequencies, and less effective in the suspension of smoking [46].

Table 2: Smoking Habits Among student

Variables	Frequency (n)	Percentage (%)
<u>Smoking habits</u>		
Many friends are smoking	372	88.8
Frequently smoking yourself	282	67.3
Frequently smoke with friends	249	59.4
Smoking habits are known to parents	144	34.4
Silently smoke	278	66.4
Openly smoke	164	39.1
Impossible at school because of smoking	194	46.4
Ever tried to quit smoking but failed	203	48.5
Buy cigarettes using daily school expenses	290	69.2
Buy a cigarette using your own savings or work	161	38.4
Cigarettes are easy to buy in residential areas	300	71.6
Keep your smoker identity	288	71.6
Not yet classified as cigarette addicts (hardcore smoker)	299	71.4
Heavy smokers	188	44.9
Smokes when during stress, sad or mad	293	69.9
Smokes gives calmness	293	69.9
Smokes reduces the pressure of the natural feeling	304	72.6
Effort to quit smoking next year	267	63.7
Believes to quit smoking at the desired time	316	75.4
Feels more confident or 'cool' when smoking	297	70.9

Believes smoking creates more friends	278	56.4
Believes smoking is not addicted	242	57.8
Smokes for fun	293	69.9
Smokes does not affect health	116	27.7
Doesn't feel that the 'Smoking Hazard' is correct	176	42.0

V. CONCLUSION

By and large, this investigation has demonstrated an assortment of smoking practices among school students around the Kuala Nerus region. Through this study, smoking practices among students were portrayed and clarified in this investigation. Albeit smoking is a typical thing and is acknowledged by our general public today, smoking among schoolchildren is something that isn't proper for them. Furthermore, peer impact additionally influences youngsters in smoking manifestations. Huge numbers of them begin smoking due to being impacted by companions. Likewise, through this study the smoking propensity among secondary school students in Kuala Nerus area can be recognized. The finding indicated that the smoking propensities among school students in the Kuala Nerus region are very disturbing. Along these lines, a few stages to address cigarette issues among school students might be taken to adapt in solving this matter. In a nutshell, smoking will give negative effect to the students either in wellbeing or scholastic accomplishment.

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