SMOKING HABIT AMONG RESIDENTS IN KUALA PILAH

By

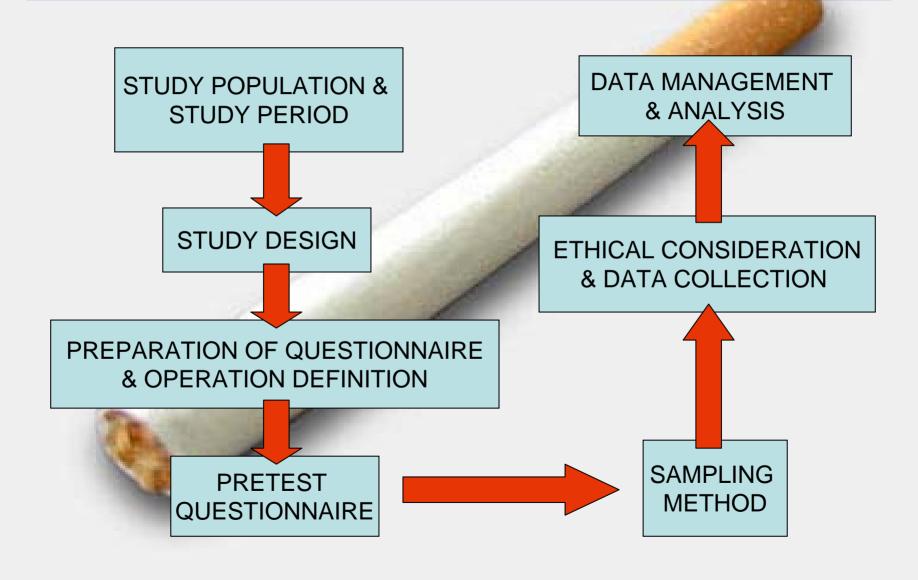
COMMUNITY RESIDENCY PROGRAMME

KUALA PILAH 2004

INTRODUCTION

- The World Health Organisation estimates that tobacco will kill 10 million people per year in 20 years' time and 70% of these deaths will occur in the developing world.
- Smoking causes one-fifth of all deaths due to heart diseases and one in three cancer deaths worldwide - more deaths than the deaths of malaria, tuberculosis and Aids combined.
- In Malaysia, anti-smoking policies were introduced based on section 34 and 36 of The Food Act 1983 and Trade Descriptions Act 1972. However the number of smokers still remains high until today.
- If smokers can be persuaded to quit and maintain their abstinence, their health will improve and they can save money by not purchasing any cigarette. This in turn will reduce the cost associated with treating tobacco related disease, which is currently a major burden on the society.

METHODOLOGY



OBJECTIVE

GENERAL OBJECTIVE

- To determine the prevalence of smokers and ex-smokers, smoking habits and smoking cessation among the residents selected in 4 villages of Kuala Pilah, which are:
 - A) Kampung Seri Pilah B) Kampung Baru Seri Dangi
 - C) Kampung Gunung Pasir D) Kampung Terusan

SPECIFIC OBJECTIVES

- To determine the association between the monthly income and the amount of cigarette smoked per day.
- To determine association between the moral support and the successfulness in smoking cessation.
- To determine the association between the awareness of side effect of smoking and successfulness in smoking cessation.

HYPOTHESIS 1

 There is no association between the monthly income and the amount of cigarette smoked per day.

		No. of C	igarette 31-60	Total
Income Group (RM)	0-2999	98	6	104
	3000-5999	3	0	3
Total		101	6	107

(p=0.669)

Table 1: Association between total monthly income and number of cigarettes smoked per day (n=107)

DISCUSSION 1

- H₀: there is no association between income and number of cigarettes smoked per day.
- H_a: there is association between income and number of cigarettes smoked per day.
- Significant level (α) is at 0.05. The test statistic chosen was Pearson Chi-Square.
- P value is 0.669 (> 0.05) which means there is no association between income and number of cigarettes smoked per day.
- This is probably due to:
 - 1. Smoking is an addiction and they do not mind spending their money on cigarettes. Therefore there is no association between income and number of cigarette they smoked.
 - 2. The price of cigarettes varies. 'Keretek' usually costs around 10 cent per stick while cigarette cost around 40 cent per stick. So, it would be irrelevant to be compared.
 - 3. The number of smokers in the lower income group and the higher income group are not the same. So there is biasness in the sample.

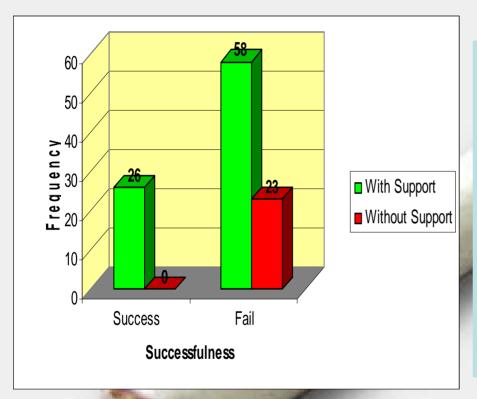
HYPOTHESIS 2

There is no association between moral support and successfulness in quitting smoking

		Support Group			
		with support	without support	Total	
Success- fulness	success	26	0	26	
	fail	58	23	81	
Total		84	23	107	

(p=0.002)

Table 2: Association between moral support and successfulness in quitting smoking (n=107)



- In contrast to our believes, 58 smokers failed to quit smoking despite support from their loved ones.
- However, all 26 persons who successfully quit smoking had full support from their loved ones.

Chart 1: Moral support and successfulness in quitting smoking (n=107)

DISCUSSION 2

- H₀: there is no association between successfulness in stopping smoking and supports given.
- H_a: there is association between successfulness in stopping smoking and support given.
- Significant level (α) is at 0.05. the test statistic chosen was Pearson Chi-Square
- P value is 0.002 (<0.05) which means there is association between successfulness in quitting smoking and support given.
- This is probably due to:
 - 1. Individuals that received moral support feel more likely to quit smoking because of the motivation and push they get from their loved ones.
 - 2. The thoughts of quitting smoking benefits not only themselves but also their loved ones.

HYPOTHESIS 3

 There is no association between the awareness of side effect of smoking and successfulness in smoking cessation.

		Support Group		
		Awareness of side-effect	without awareness	Total
Success- fulness	success	23	3	26
	fail	73	8	81
Total		106	11	107

(p=0.808)

Table 3: Association between awareness of side effect of smoking and successfulness in smoking cessation (n=107)

The chart shows there are almost equal percentage of awareness of side effects of smoking between smokers (90.1%) and ex-smokers (90.5%).

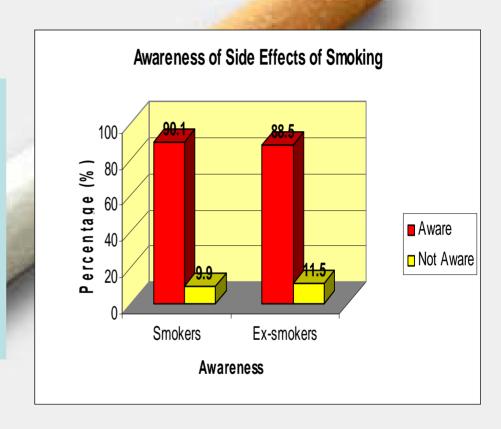


Chart 2: Awareness of Side Effect of Smoking and Successfulness in Smoking Cessation (N=107)

DISCUSSION 3

- H₀: there is no association between awareness of side effects of smoking and successfulness in smoking cessation.
- H_a: there is association between awareness of side effects of smoking and successfulness in smoking cessation.
- Significant level (α) is at 0.05. The test statistic chosen was Pearson Chi-Square.
- P value is 0.808 (> 0.05) which means there is no association between awareness of side effects of smoking and successfulness in smoking cessation.
- This is probably due to:
 - 1. The addictive effect of nicotine causes withdrawal syndrome. This fact causes individuals with low self-determination to put off their desire to quit smoking.
 - 2. From the smokers' point of view, their family and friends and themselves may or may not acquire a disease if they continue smoking. Thus, they do not see any reason to quit smoking.

CONCLUSION

- From this study, there is low awareness of smoking dangers among the subjects involved.
- The roles of medical personnel in smoking cessation has been neglected by the smokers in Kuala Pilah.
- The following are our recommendations in overcoming this problem:
 - 1. Promotion of quit-smoking clinic among the residents in Kuala Pilah. Make the clinic known through mass media in Kuala Pilah.
 - 2. More emphasis laid on the danger of passive smoking, It is crucial to inform the smokers that passive smoking will cause six fold harms to the health of their beloved.
 - 3. Further studies on the prevalence of smoking-associated diseases among smokers. This is in view of the surprisingly low awareness and understanding of the smoking-related illnesses among the residents interviewed.

REFERENCES

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