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# Smoking among school-going adolescents in selected secondary schools in Peninsular Malaysia- findings from the Malaysian Adolescent Health Risk Behaviour (MyaHRB) study

Kuang Hock Lim<sup>1\*</sup>, Hui Li Lim<sup>2</sup>, Chien Huey Teh<sup>1</sup>, Chee Cheong Kee<sup>1</sup>, Yi Yi Khoo<sup>3</sup>, Shubash Shander Ganapathy<sup>3</sup>, Mlaw Yn Jane Ling<sup>3</sup>, Sumarni Mohd Ghazali<sup>1</sup> and Eng Ong Tee<sup>4</sup>

## Abstract

**Background:** A multitude of studies have revealed that smoking is a learned behaviour during adolescence and efforts to reduce the incidence of smoking has been identified as long-term measures to curb the smoking menace. The objective of this study was to determine the prevalence as well as the intra and inter-personal factors associated with smoking among upper secondary school students in selected schools in Peninsular Malaysia.

**Methods:** A study was carried out in 2013, which involved a total of 40 secondary schools. They were randomly selected using a two-stage clustering sampling method. Subsequently, all upper secondary school students (aged 16 to 17 years) from each selected school were recruited into the study. Data was collected using a validated standardised questionnaire.

**Results:** This study revealed that the prevalence of smoking was 14.6% (95% CI:13.3–15.9), and it was significantly higher among males compared to females (27.9% vs 2.4%,  $p < 0.001$ ). Majority of smokers initiated smoking during their early adolescent years (60%) and almost half of the respondents bought cigarettes themselves from the store. Multivariable analysis revealed that the following factors increased the likelihood of being a current smoker: being male (aOR 21.51, 95% CI:13.1–35), perceived poor academic achievement (aOR 3.42, 95% CI:1.50–7.37) had one or both parents who smoked (aOR 1.80, 95% CI:1.32–2.45; aOR 6.50, 95% CI:1.65–25.65), and always feeling lonely (aOR 2.23, 95% CI:1.21–4.43). In contrast, respondents with a higher religiosity score and protection score were less likely to smoke (aOR 0.51, 95% CI:0.15–0.92; aOR 0.71, 95% CI 0.55–0.92).

**Conclusion:** This study demonstrated that the prevalence of smoking among Malaysian adolescents of school-going age was high, despite implementation of several anti-smoking measures in Malaysia. More robust measures integrating the factors identified in this study are strongly recommended to curb the smoking epidemic among adolescents in Malaysia.

**Keywords:** Adolescent smoking, Intrapersonal, Interpersonal, School-going adolescents, Peninsular Malaysia

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# Smoking Among Secondary School

**Northern Ireland. Department of  
Health and Social Services.  
Management Services Division.  
Statistics and Research 1 Branch**

## **Smoking Among Secondary School:**

*Smoking Among Secondary School Children* Joy Dobbs, Alan Marsh, 1983 *Smoking Among Secondary School Children* Great Britain. Department of Education and Science, 1984 *Smoking Among Secondary School Children* Northern Ireland. Department of Health and Social Services. Management Services Division. Statistics and Research 1 Branch, 1985 *Alcohol and Drug Problems in Women* Oriana Josseau Kalant, 2013-11-11 Over the last decade the world has experienced a growing interest in problems associated with the nonmedical use of drugs This interest has corresponded to a real growth in the extent diversity and social impact of the use of alcohol and drugs in many societies As a result the amount of research and writing on the subject of drug problems has greatly increased and it has become very difficult for one individual to keep up with all the relevant literature There is thus an acute need in the field for critical reviews that assess current developments and the present series is intended to fill this need The series is not to be an annual review in the usual sense The aim is not to cover all the work reported during the preceding year in relation to a fixed selection of topics Rather it is to present each year evaluative papers on topics in which enough recent progress has been made to alter the general scope in a particular area Owing to the multidisciplinary nature of problems of drug use and dependence the papers published in each volume will be drawn from several disciplines However some volumes may be devoted to one particular problem with individual reviews and papers examining various aspects of it The composition of the editorial board and the international advisory board reflects these objectives The editors are members of the senior scientific staff of the Addiction Research Foundation of Ontario

**Nicotine Addiction** C. Tracy Orleans, John D. Slade, 1993 Despite persistent warnings from the medical profession about the health risks involved in cigarette smoking millions of people continue to smoke cigarettes With contributions from renowned experts this ground breaking work defines and explains nicotine addiction as a primary problem or disease instead of as a habit or risk factor for other diseases A comprehensive clinical text on tobacco dependence this book provides clinicians with essential information on how to diagnose and treat nicotine addicted patients It also offers the medical epidemiological and behavioral science backgrounds necessary for understanding the process and dynamics of tobacco dependence Following the traditional format of medical texts the book first covers etiology pathogenesis and complications then diagnosis and treatment and finally public health and prevention Part One presents an overview of the biological psychological and social factors that contribute to nicotine dependence including such topics as a description of nicotine delivery systems psychopharmacology economics natural history and epidemiology mortality morbidity and environmental tobacco smoke exposure The second part offers practical guidelines and tools for treating nicotine dependence and describes a stepped care treatment model with brief interventions that can be easily integrated into routine medical practice This section also covers the role of psychopharmacologic and formal treatment programs the treatment of smokeless tobacco addiction and treating nicotine dependence in pregnant women and in people with medical illnesses other

chemical dependencies or psychiatric disorders The last section focuses on worksite and community intervention programs and summarizes the research on smoking patterns and history in women Blacks Hispanics youth and older adults discussing how intervention and prevention programs could be made more effective in these groups Written by the nation's leading tobacco control researchers and clinicians this important work contains new and critical information not previously available

**Morbidity and Mortality Weekly Report**, 2003 *Preventing Tobacco Use Among Young People*, 1994 Preventing Tobacco Use Among Young People M. Joycelyn Elders, 1997-03 This report focuses on the vulnerable adolescent ages of 10 through 18 when most users start smoking chewing or dipping educational efforts public policies Charts tables graphs Glossary Index *Cumulated Index Medicus*, 1989 *Health Protection Act of 1987* United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Transportation, Tourism, and Hazardous Materials, 1987

**Tobacco: The Growing Epidemic** Rushan Lu, Judith Mackay, Shiru Niu, Richard Peto, 2012-12-06 This book contains the full proceedings of the Tenth World Conference on Tobacco or Health held 24-28 August 1997 in Beijing China and hosted by the Chinese Association on Smoking and Health and the Chinese Medical Association Tobacco is now causing a worldwide epidemic of premature death and disability affecting first men and then women in developed countries and now increasingly affecting developing countries The theme Tobacco The Growing Epidemic was chosen to reflect the increasingly global nature of the problem Smoking and Health Bulletin, 1986 **Women and Smoking**, 2001 The second report from the U S Surgeon General devoted to women and smoking Includes executive summary chapter conclusions full text chapters and references Proceedings of the 3rd World Conference on Smoking and Health, New York City, June 2-5, 1975: Steinfeld, J. ... et al. Health consequences, education, cessation activities, and governmental action, 1976 **Smoking Among**

**Secondary School Children**, 1986 *Preventing Tobacco Use Among Youth and Young Adults* United States. Public Health Service. Office of the Surgeon General, 2012 This Surgeon General's report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social environmental advertising and marketing influences that encourage youth and young adults to initiate and sustain tobacco use This is the first time tobacco data on young adults as a discrete population have been explored in detail The report also highlights successful strategies to prevent young people from using tobacco *Proceedings, 3rd World Conference Smoking & Health*, 1976 *Principles of Gender-Specific Medicine*, 2004-07-02 Principles of Gender Specific Medicine examines how normal human biology differs between men and women and how the diagnosis and treatment of disease differs as a function of gender This revealing research covers various conditions that predominantly occur in men and as well conditions that predominantly occur in women Among the subjects covered are cardiovascular disease mood disorders the immune system lung cancer as a consequence of smoking osteoporosis diabetes obesity and infectious diseases Gathers important information in the field of gender based biology and clinical medicine proving that a patient's sex is increasingly important in preventing illness making an accurate diagnosis and

choosing safe and effective treatment of disease Addresses gender specific areas ranging from organ transplantation gall bladder and biliary diseases to the epidemiology of osteoporosis and fractures in men and women Many chapters present questions about future directions of investigations

**Tobacco Use Among United States Racial/ethnic Minority Groups** United States. Department of Health and Human Services,1998 This Surgeon General s report on tobacco use summarizes current information on risk factors and patterns related to tobacco use among members of four major racial and ethnic minority groups in the United States African Americans American Indians and Alaska Natives Asian Americans and Pacific Islanders and Hispanics In addition this report presents information on national and regional efforts to curtail consumption of tobacco products among members of these four groups Previous Surgeon General s reports on smoking and health have briefly summarized findings related to one or more of the racial ethnic groups covered in this report but this is the first Surgeon General s report to concentrate specifically on the four major racial ethnic groups in the United States Several factors prompted the development of this report First the information in this report has never before been compiled in one source Consequently policymakers community leaders researchers and public health workers have had difficulty determining the extent of the problem identifying gaps in in\_ formation regarding tobacco use among members of the four groups or being aware of existing tobacco con\_ trol programs that have demonstrated effectiveness Thus incorporating such information into the design and implementation of culturally appropriate services has been difficult Second the four racial ethnic groups currently constitute about one fourth of the population of this country and the Bureau of the Census projects that by 2050 the non Hispanic white population in the United States will total only 53 percent Day 1996 Prevent\_ ing health problems related to tobacco use among the individuals in racial and ethnic groups will be integral to achieving U S public health objectives such as those proposed in Healthy People 2000 National Health Promotion and Disease Prevention Objectives U S Department of Health and Human Services USDHHS 1991 1995 National Center for Health Statistics NCHS 1994 This report contributes essential knowledge that must be incorporated into efforts to accomplish the Healthy People 2000 objectives

*Children at Risk* Arthur V. Carrington,2002 There was a day when society shielded its children from the often cruel world At least in the so called developed countries the exposure of children to the worst perversions society can conjure up has never been greater Children have reached the exalted level of being treated seduced and targeted to as a market This bibliography brings together the literature providing access by subject groupings as well as author and title indexes

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6. In chapter 5, this book will draw a conclusion about Smoking Among Secondary School. This chapter will summarize the key points that have been discussed throughout the book.

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