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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^{1*}, Hui Li Lim², Chien Huey Teh¹, Chee Cheong Kee¹, Yi Yi Khoo³, Shubash Shander Ganapathy³, Mlaw Yn Jane Ling³, Sumarni Mohd Ghazali¹ and Eng Ong Tee⁴

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

* Correspondence: limsh@tem.gov.my

¹Institute for Medical Research, Jalan Pahang, 50588 Kuala Lumpur, Malaysia
Full list of author information is available at the end of the article

Smoking Among Secondary School

Oriana Josseu Kalant



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 Smoking Among Secondary School Children, 1986 *Morbidity and Mortality Weekly Report*, 2003

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Monitoring the Future: Secondary school students Lloyd Johnston, Patrick M. O'Malley, Jerald G. Bachman, 2004

Harnessing Official Statistics Deana Leadbeter, 2000 An examination of the range of sources of official statistics relevant to healthcare and the benefits and potential pitfalls of using them in research and in everyday clinical work It highlights the issues that need to be considered when accessing and using data and shows how the reader can transform data from being on a system to something that is of practical use The contributors include John Charlton Steve Price Sheila Anderson Gillian Matthews and Colin Cryer Monitoring the Future, National Survey Results on Drug Use: Secondary school students, 2004

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