

The association between nicotine dependence and smoking practices among Malay male smokers working in Selangor municipalities

ABSTRACT

Introduction: Nicotine dependence develops over time. It radically contributes to adverse health effects and influences smoking cessation. Globally the prevalence of current nicotine dependence has been reported as being between 46 to 53 percent. Nicotine dependence is associated with many factors, one of which is smoking practices.

Methods: This cross sectional study was conducted among 112 Malay male smokers working in two selected municipal council. Smokers were identified and then randomly selected. Nicotine dependence was assessed using Fagerstrom Test for Nicotine Dependence (FTND). Smoking practices and data on respondents' characteristics were collected using a validated self-administered questionnaire.

Results: The percentage of high nicotine dependence among this study population is 37.56%. Nicotine dependence is significantly associated with current smoking practices (number of cigarette and frequency smoke per day, $P=0.001$), smoking cues (such as feeling sad and lonely, $P=0.017$ & 0.013); waking up in the morning and while driving, ($P=0.01$ & 0.018); smoking rewards (feeling accepted, $P=0.026$); smoking environment at workplace (smoking in the toilet, $P=0.05$) and at home (not smoking neither inside nor outside the house, $P=0.013$).

Conclusion: Nicotine dependence is associated with smoking practices, smoking cues, smoking rewards and smoking environment. Understanding the associations could help in establishing better smoking cessation programs. The smoking cessation program should focus not only on individual smokers but also their smoking environments at the workplace (such as making sure sufficient no smoking signage are present to remind smokers) and as well as at home (such as empowering family members to encourage smokers not to smoke at home).

Keyword: Nicotine dependence; Malay male smoker; Smoking practices; Smoking environment