

ABSTRACTS FOR INTERNATIONAL FAMILY HEALTH CONFERENCE 2019 I-FaH 2019

Health Intervention Towards Community Wellness

**Held at Oriental Crystal Hotel,
Kajang, Selangor, Malaysia
On 4-5th September, 2019**

Editorial Information

Scientific Committee/Abstract Editors

Zamberi Sekawi, MD, MPath (Microbiol), Universiti Putra Malaysia (Advisor)

Anisah Baharom, MBBS, PhD, Universiti Putra Malaysia (Chairperson, I-FaH 2019)

Salmiah Md. Said, MD, M.Comm.Med, Universiti Putra Malaysia (Chair of Scientific Committee)

Nor Afiah Mohd. Zulkefli, MD, PhD, Universiti Putra Malaysia

Lim Poh Ying, BSc, PhD, Universiti Putra Malaysia

Hayati Kadir @ Shahar, MBBch. BAO, PhD, Universiti Putra Malaysia

Huda Zainuddin, MD, M,Comm. Med, Universiti Putra Malaysia

Ahmad Azuhairi Ariffin, MBBS, M.Comm.Med (OH), Universiti Putra Malaysia

Norliza Ahmad, MD, PhD, Universiti Putra Malaysia

HMPOP 15

Environmental Influence and Intention to Quit Smoking among College Students

Muhammad Adil Zainal Abidin^{1,2}, Hayati Kadir Shahar^{1,*}, Rosliza Abdul Manaf¹

¹ Department of Community Health, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia,

² Department of Community Medicine, Kulliyah of Medicine, International Islamic University Malaysia, Malaysia

*Corresponding author: hayatik@upm.edu.my

ABSTRACT

Introduction: Secondhand tobacco smoke is a known carcinogen and has shown positive association with smoking status, susceptibility and cessation. Smoke free environment policy seem to reduce this exposure and influence intention to quit and frequency of quit attempts. Despite having a smoke free policy, smokers are still exposed to second hand smoke and this might influence their smoking behaviour and cessation. The objective of this study was to examine the association between environmental tobacco smoke exposures with intention to quit smoking among young adults in college with smoke free policy. **Methods:** Data were drawn from a cluster based randomised controlled trial in 10 government colleges in Selangor. Baseline characteristics of 160 college smokers were measured using adapted questionnaire. Intention to quit was measured using Transtheoretical Model and environmental influence of tobacco smoke exposure. **Results:** Majority of the smokers were male (99.4%), single (100%), of Malay ethnicity (94.4%) and Muslim (95.6%). Most of them are in pre-contemplation stage where they do not have any intention to quit (65.6%). On environmental influence, at work or college environmental exposure, majority were exposed between 1 to 2 hours (36.9%) and 3 to 8 hours (40.6%). On exposure at home or hostel, majority were exposed between 1 to 4 hours (44.4%) and 5 to 14 hours (21.9%). In terms of friend's exposures, majority have most of their friends smoking (68.1%). We found no statistically significant association between environmental influence and intention to quit smoking. **Conclusion:** Although we found no relationship, future research should examine the pathway between environmental influence and smoking behaviour.

Keywords: Environmental tobacco smoke, Quit intention, Smoking, Transtheoretical model, Young adult