Innovations

Retention Factors of Smoking Behaviour among Terengganu's Youth: Implications for Free Smoking Zone Planning in Coastal City

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Abstract

Smoking behaviour is considered a social problem that is widely discussed in society as it is a form of violation of the norms of life established in the social system. Smoking habits lead to addiction and harm to health (Sa'ari, et al., 2007). Therefore, they will continue smoking habits as a daily routine and continue to be detrimental to their health (Komasari et al., 2000). The purpose of this study was to identify factors affecting smoking behaviour among youth in Terengganu and find out mechanism for free smoking zone planning. Researchers use quantitative techniques to get more accurate answers. The total number of respondents was 437 men who participated in this study and all were from Terengganu. They were asked to complete the Smoking Consequences Questionnaire (SCQ) in this study. Researchers use factor analysis to identify the dominant factors in the retention of smoking behaviours and implications for social work. The results show that there are 18 dominant factors that influence smoking retention. The findings from this study can be used and applied to the public to stop smoking behaviour. A healthy society will advance and develop the country (Shafii, 2008).

Keywords: Smoking, Terengganu, Youth, Planning.

Introduction

Day-to-day smoking behaviour among youth is increasing, and even youths already involved with smoking symptoms are more likely to be exposed to other social symptoms such as hangouts, gambling, school drop-offs and so on. World Health Organization (2020) estimates that worldwide one in every five youths aged 13 to 15 are smokers. About 80,000 to 100,000 people from the youth around the world will start smoking. Notably in Malaysia for instance, Hashimet al. (2002); Lim et al. (2013); NurAtikah et al. (2019), reported that adolescent smoking were initiated among secondary school students between the ages of 13 to 17 years. In addition, the WHO estimates that some youth who start smoking at a younger age later continue to smoke until they are 15 to 20 years old (WHO, 2020). If this is left unchecked, then it is extremely alarming and poses a threat to the youth of the country (Chotidjah, 2013; Wee, 2016; WN Jazmina et al., 2023). Therefore, given the awful consequences smoking poses to youth if left unchecked such as chronic diseases in adulthood, it is imperative at this juncture to delve into the retention factors of smoking behaviour.

Today's society uses smoking behaviour as a measure of maturity, resilience, maturity and sadness in the responsibility (Wong et al., 2016; Owotomo et al., 2018; Kavita-Jetly et al., 2019). Not minding the fact that smoking behaviour can promote a variety of deadly diseases such as cancer and contribute to the injection of harmful substances. On one hand, according to the National Health and Morbidity survey, smoking accounts for 20,000 deaths of Malaysians on a yearly basis (Institute for Public Health, 2015). The metals found in cigarette smoke are lead, nickel, arsenic and cadmium. Radioactive compounds also cause cancer to be found in cigarettes (International Agency for Research on Cancer, 1982). Furthermore an estimates of 15.0% and 35.0% of hospitalisations and inpatient hospital deaths respectively in Malaysia are as a result of smoking (Wee et al., 2016).

In another way, substances like nicotine has a far reaching effect on the human body by affecting the nervous system, increasing heart rate, increasing blood pressure and narrowing blood vessels and can cause wrinkles (Hammond et al., 2002; Rees et al., 2012). Hydrogen cyanide also damages hair which acts as the main purifier of the human body for the accumulation of toxic substances in the lungs (Norbanee et al., 2006; Al-Naggar and Kadir, 2013). Carbon monoxide is a toxic gas that reduces the amount of oxygen transported by the brain's red blood cells (Al-Sheyabet al., 2015; Pinsker et al., 2015). This is further proven by the study of Adaletey et al. (2020) which found that smoking behaviour have been singled out as the major cause of relatively half a million cases of coronary heart disease.

There are numerous studies worldwide that have been conducted to identify the causes or risk factors that influence smoking behaviour (Kumar and Zain, 2004;

WHO, 2010; Rahmadi et al., 2013; Simon et al., 2018; Lechner et al., 2018; NurAtikah et al.,2019). The factors identified are complex to resolve and there are many factors that influence the retention of smoking behaviours such as individuals, families and the social environment (Tohid et al., 2012; Mahabee-Gittens et al., 2013; Wee, 2016; Ibrahim et al., 2018). The problem is, a strong and well-equipped profession is required.

The role of social workers is very helpful and can be helpful in addressing these smoking behaviours. Social work is a profession that promotes social change and assists people in restoring their social functions (Huraerah, et al., 2008; Ibrahim et al., 2023). Social workers are also responsible for providing and delivering services to customers so that their needs and welfare are met. With the help of social workers, this problem of smoking behaviour can be stopped. In addition, the role of every community and social worker is crucial to solving this problem. They should work together to develop and implement interventions that lead to changes in smoking behaviour (Asalal et al., 2013).

Material and Method
Participants
The respondents in this study were selected for sampling purpose among the youth in Terengganu. This study also focused on male smokers only. This is because, male smokers are easier to find than female smokers in Kuala Terengganu. Therefore, a total of 437 men participated and assisted the researcher in completing the data needed to further this study. Researchers also use quantitative research methods and use factor analysis to identify factors that influence smoking behaviour.

Instrument
The study used a sampling method aimed at obtaining 437 respondents where the respondents were focused on male smokers only. The researchers used G-Power software to determine the sample size of this study. Therefore, the consistency of this study required 210 respondents to reach the level of reliability. This study used Factor Analysis to identify factors of smoking behaviour among youth in Terengganu. The Smoking Consequences Questionnaire (SCQ) in this study was divided into two sections, part A relate to the respondents' demographics and part B was a questionnaire containing factors that were identified that could influence smoking retention among youth. The anaesthesia of the data in this section is based on a five-point Likert Scale, 1 strongly disagree (STS), 2 disagree (TS), 3 uncertain (TP), 4 agree (S) and 5 strongly agree (SS).

Statistical Analysis

Pre-processing data: The youth matrix set containing 9177 matrix data (21 variables × 437 youth) was calculated in this study. For matrices that have a bit of missing data (~ 3%) of the overall data recorded, the nearest neighbour method can be used (Norzaida et al., 2017). This method studies the distance between each point and its closest point (Hassan, et al., 2019). The nearest neighbour method is the simplest method, where the endpoint of the gap is used as an estimate of all missing values (Maliki et al., 2018).

Factor Analysis (FA): FA is a common technique for finding patterns in high dimensional data (Jemal et al., 2010). The idea behind FA is by which numbers of correlated variables are transformed into a smaller number of uncorrelated variables (Johnston et al., 2001). Two main aims of FA were to reduce the large quantity of data and extracts discriminatory principal components that characterize and functionally interpret different patterns (Kobus, 2003). With the use of FA, it became possible to identify all the differences obtained with the parametric variables, and it was still possible to identify the location in the landing cycle where the differences between tasks could be explained. FA also was functioned to analyse an athlete's technique, and then used to determine the mean posture and principal movements carried out by the athletes. It can be used to compress a high dimensional dataset into a lower dimensional dataset. Recent studies also revealed FA is particularly useful when data on a number of useful variables have been gathered, and it is plausible that there is some redundancy in those variables (Komasari, and Helmi, 2000; Abu Hassan et al., 2019).

Result And Discussion

According to the table below, after multiple varimax cycles were performed from 21 main component types, only three dominant factors representing 72.68 variants of the overall data were selected because the eigenvalue was greater than 1 (> 1.0). Cumulative reading was at VF1 of 64.1512 while at VF2 was 72.6843. VF1 reported 2 significant questions namely 15 (smoking, increasing my health) and Question 18 (smoking is dangerous to my health). The VF2 had 2 questions at P> 0.05, which contained questions 10 (i feel smoking on my tongue and lips) and question 13 (smoking helps me to control weight loss).

Table 1: Rotation After Varimax

	VF1	VF2
S1	0.7652	-0.0433
S2	0.9018	-0.0458
S3	0.9002	0.0039
S4	0.9068	-0.0093
S5	0.9114	-0.0278
S6	0.8931	-0.0592
S7	0.9145	-0.0184
S8	0.9105	0.0120
S9	0.8611	0.0409
S10	0.8199	0.0547
S11	-0.0510	0.7322
S12	0.8773	0.0742
S13	0.8660	0.0477
S14	0.8623	0.0709
S15	0.0271	0.8514
S16	0.7876	0.0402
S17	0.7628	0.0645
S18	0.0473	0.7004
S19	0.8917	0.0282
S20	0.8942	0.0071
S21	0.8160	-0.0955
Eigenvalue	13.4717	1.7920
Variability (%)	64.1435	8.5409
Cumulative %	64.1435	72.6843

To answer the objective of the study of why smoking behaviour is still practiced in Malaysia? Researchers have summarized all of these factors in relation to a smoker's personal needs. The findings show that there are 18 dominant factors that influence smoking behaviour. Smoking helps to deal with depression, anxiety, anger and frustration. In addition, smoking behaviour can also be calming and can control anxiety in dealing with people. The early stages of adolescent smoking behaviour

start from the early teens where they wanted to try something new(Munafo, 2002). After all, they think that smoking can give them peace and eliminate the problems they face. They also think smoking behaviours can reduce the anxiety they face without considering long-term risks. At a young age, they tend to explore something new while also satisfying them without considering the risks they face. One of the most common behaviours of teenagers is smoking behaviour. The adolescent phase is a critical phase where at this stage they learn to make mistakes (Kobus, 2003). At this stage they will also learn something that helps them to use it in the future, develops their level of thinking and changes their behaviour. Cigarette smoking at an early age is seen as a habit to experiment with before youth remain smokers in adulthood where they consider smoking behaviour to be more enjoyable (Johnston, 2001). There are various parties trying to curb this smoking behaviour from ever expanding. However, this problem continues to be more and more perplexing as youth become the governing body of the future.

Findings show that smoking is a dominant factor contributing to smoking cessation among youth in Terengganu. Researchers have found that most ex-smokers strongly agree that cigarette smoking influences factors in smoking behaviour. But not all cigarettes produce an attractive taste and cause them to quit smoking. Each cigarette has different tastes depending on the type and brand and suits their taste. Therefore, it can be said that smokers can provide them with the satisfaction of enjoying the taste of their cigarettes and contribute to the smoking cessation factor in Terengganu (Hassan et al., 2019)

Clinical studies have found that smoking can calm and reduce the stress that a person experiences. Youth in Terengganu think that the effects of smoking can make them feel at ease and enjoyable when they smoke. They also think that smoking cigarettes can alleviate the problems they face but only for a moment. The people of Terengganu have adopted this smoking habit as one of the ways in which they think that smoking can show that they are mature, mature and willing to take responsibility (Hussin et al., 2004). Although researchers agree that smoking behaviour can reduce stress and provide a sense of calm, the actual factor in maintaining smoking behaviour is due to the addiction to the nicotine content of a cigarette. This has been proven by studies that smokers who feel that their behaviour is intended to seek pleasure only (Munafo, M.et al (2002).

Accessibility to cigarettes should be tightened so that teenagers today find it difficult to obtain cigarettes (Bakar et al., 2013). The researchers strongly agree with the stated statement that enforcing the sale laws to minors can reduce smoking behaviour among youth. In Malaysia, youth are particularly vulnerable to access to these substances where traders do not enforce laws made to prohibit the sale of cigarettes under the age of 18 to protect their behaviour from directly engaging in

this smoking behaviour. Dealers selling cigarettes in small quantities make today's teenagers easy to access. As licensed traders should adopt the attitude of not selling cigarettes to minors so that they are not encouraged to adopt this smoking habit. Today's traders are only thinking of profit without considering the risks that will be faced in the coming years for the environment and the country. The government should also take firm action against retailers who violate the rules by cancelling their business licenses or heavy fines so that other traders can learn from what the retailer is doing.

In addition, the study's objectives have been addressed through the findings of a study that shows smokers are aware of the dangers they face when they smoke. The findings also show that smokers agree that smoking is harmful to their health. This is because, based on the question "The more I smoke, the more I am at risk" has recorded the highest number of strongly agree 189 equals 43.25% and followed by agreeing 99 respondents together 22.65%. Moreover, the respondents did not account for 83 people at 18.99%. Comparison of the highest and lowest perceptions of respondents was 144 respondents. Also, on the question "Smoking is harmful to my health".

According to the data, the highest respondents agreed with 193 respondents together 44.16% and followed by the respondents agree 98 respondents together 22.43%. However, they continue to smoke because they are addicted to nicotine contained in a smoked cigarette. Smokers who are already experiencing serious addiction will show symptoms when they cannot smoke. Therefore, to quit smoking gradually should not have a detrimental effect on the health of smokers. Usually, when they are addicted to and cannot smoke they have the effects of being offended and angry, anxious and restless, distracted, unable to sit still, restless, headache, drowsiness and indigestion (Huxley and Woodward). Tobacco can cause human death. Life expectancy difference between non-smokers is that smokers die 14 years earlier than non-smokers (Centers for Disease Control and Prevention (CDC (2002). In addition, tobacco smoking is a leading cause of cancer and the leading cause of death in developing countries. About 70% of tobacco-related deaths are recorded in developing countries (Jemal et al., 2010).

Conclusion

The findings of this study have revealed 18 dominant factors in smoking retention among youth in Terengganu. Researchers have summarized all of these factors in relation to a smoker's personal needs. In addition, the study also found that the majority of smokers are aware of the harmful effects of smoking behaviour on themselves but continue to do so. Therefore, in order to solve this problem, social worker services are essential to give smokers a new incentive to quit smoking.

Recommendations

Today, smoking behaviour is rampant and is on the rise, raising concern for future generations. Smoking behaviour has a negative effect on health. This is also a concern because with the onset of smoking behaviour, it can lead to drug abuse problems. Generally young people are trapped in drug abuse after being involved in smoking, alcohol and drug abuse (Ibrahim et al., 2018).

From the observations of the researchers based on the results of this study, there are several suggestions that are suitable for further study in the future. For further research, other researchers may conduct studies on the perceptions of youth for comparison of urban and rural groups to illustrate the similarity of the findings from all groups to smoking behaviour. Researchers have found that research on perceptions of smoking behaviour in Malaysia is difficult to obtain. This is because in terms of data and information gathering, the researchers suggest that the items and statements made are clearer so that the respondents understand the question better and can provide accurate information. Researchers who wish to conduct further studies should be aware of the questions used in order to prevent respondents from answering and providing information. Therefore, the questionnaire answered by the respondent could not be used in the study because it was incomplete.

In addition, today the trend of smoking to electronic cigarettes is also known as "vape" or "pod". This electronic cigarette is growing rapidly. As we know, this electronic cigarette uses batteries and has many flavours. It can also be mixed with nicotine so that users can enjoy it more. There is also news of a near fatal case of electronic cigarette use. There is a question between tobacco or electronic cigarettes, which is more harmful to health. Therefore, in further studies, researchers can study new products, electronic cigarettes, which is a youth craze today.

On the other hand, investigation of the smoking phenomenon in the context of touristic urban spaces is considered crucial given the importance of environment in shaping the sustainable future development of a destination (see Azinuddin et al., 2022a; 2022b; 2022c). For this reason, all government and non-governmental organizations should work together to curb smoking behaviour from ever-increasing numbers every year. Some of the communication strategies need to be implemented such as awareness campaigns on the dangers of smoking to health. The inclusion of print or electronic media also plays an important role in causing information while advising people to quit smoking to ensure better health. In addition, the Ministry of Health of Malaysia wants to enhance the functionality of the Stop Smoking Clinic. This is because youth and smokers are easier to visit in these clinics. This in turn can

help reduce the number of smokers and may attract smokers who want to quit smoking.

Acknowledgment

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