

**SMOKING BEHAVIOR OF UNIVERSITY OF FORESTRY
STUDENTS IN YEZIN, PYINMANA CITY,
MYANMAR**



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THESIS ADVISORY COMMITTEE: JUTATIP SILLABUTRA, Ph.D.,
BOONYONG KEIWKARNKA, Dr.P.H.**ABSTRACT**

A cross-sectional descriptive study was conducted on the smoking behavior of University of Forestry students in Yezin, Pyinmana City, Myanmar to identify the association between factors contributing to smoking behavior among the respondents. Data was collected through a self-administered questionnaire from January 1-20, 2010. Descriptive statistics and Chi-square test were applied to show the frequency of variables and the association between socio-demographic factors, enabling factors, reinforcing factors, and smoking behavior. The total number of subjects in the study was 230 students, aged 19 – 22 years old.

The results reveal that the prevalence of smoking among the respondents was 35.65%, with more male smokers (51.33%) than female (6.34%). The median age to start smoking was 17 years. Most of the smokers were in the age group 21 – 22 (43.53%). This study concluded that gender (p-value < 0.001), level of study (p-value = 0.002%), allowance per month (p-value < 0.001), attitude (p-value = 0.015%), accessibility of cigarettes (p-value < 0.001) were found to have a statistically significant association with smoking behavior. Peer group influences towards behavior and frequency of smoking such as from classmates (p-value < 0.001), roommates (p-value = 0.001%), and close friends (p-value < 0.001), were also found to have a significant influence.

The results suggest that the university management team should develop further research trials, and evaluate a peer education program for students. Furthermore, the university management team should intensify health education through anti-smoking programs in universities in order to successfully accomplish results. Local shops near the university also should be barred from selling cigarettes, and a tobacco-free environment should be established at the university in order to prevent students from smoking.

KEY WORDS : SMOKING BEHAVIOR/ STUDENTS

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