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Prevalence of Cigarette Smoking Among University Students (A Study of Bahauddin Zakariya University Multan)

Junaid Raza[1], Imran Raza[1], Iqra Almas[2*]
junaidr351@gmail.com, Iqra.almas@iub.edu.pk*

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ABSTRACT

Smoking is one of the important causes of hopeless death. According to World Health Organization (WHO) tobacco use is at this time responsible for the death of one in ten adults' worldwide (about 5 million deaths each year). The main objectives of the study have been; To examine the cause of smoking. To analyze the impact of smoking on human life. To find out the source of smoking among university students. The parent study was intended to provide the information regarding habit of youngster smoking, its harmful effect and cause to being and develop the habit of smoking in university students. This study was providing guideline to the youth to prevent themselves from smoking. The researcher was presented some applicable suggestion in order to control smoking rate among university students.

[1]Research Scholar, Government College University Faisalabad
[2]Associate Lecturer, The Islamia University of Bahawalpur

1 INTRODUCTION

Smoking is one of the important causes of hopeless death. According to World Health Organization (WHO) tobacco use is at this time responsible for the death of one in ten adults' worldwide (about 5 million deaths each year). In Pakistan, more than half of smoker (51.7%) medical students studying in various medical colleges of Pakistan start smoking after incoming the medical college. As most of medical students during their studies live in hostels, and start smoking during their medical studies. Many causes have been official to the prevalence and taking of smoking in Pakistan, Main causal factor is the bad company/ peer pressure. A strict parental influence is an important factor in general, and mostly in Asian cultures, in dissuading young people from smoking. Social rations, to help concern, tension, anger, and frustration, along with the addictive nature of nicotine in cigarettes forms the variety of attitude towards smoking in our medical students (Akram et al, 2014). Tobacco is a well estimated danger factor for different diseases including lung cancer, cardiovascular disease and lung disease. Passive smoking has been related with upper respiratory tract infections (URTIs) and bronchial asthma in children. The WHO estimates that tobacco will kill more than five million people this year. Despite its health risks, the use of tobacco is common throughout the world, especially in developing countries like Pakistan. The burning up of cigarettes in Pakistan was estimated at 90,000,000,000 cigarettes in 2005 (Nizami et al, 2011).

Tobacco use is a risk factor shared by four majors' non-combinable conditions, it is an important cause of preventable death and without urgent actions to lessen such burden, and one billion people will die from tobacco in the 21st centaur. In addition, passive smoking (second-hand smoke) causes disease, disability, and death in people who do not smoke. Tobacco smoking and passive smoking are global public health challenge. (Abu Shomar et al, 2014). In Pakistan, tobacco using up is at an all- time high with the tobacco industry witness a boom in its production. According to the Pakistan Tobacco Company, production and sale has taken a sharp leap from 1000 million rupees to 1750 million rupees in 2008. (Jajja et al, 2013). The tobacco wave is one of the biggest public health threats the world has ever faced. It kills six million people a year of whom more than 5 million are users and ex users and more than 600,000 are non-smokers exposed to second-hand smoke. Approximately one person dies every six seconds due to tobacco and this account for one in 10 adult deaths. (Ashraf and Zeeshan, 2014).

Sociological Significance

Smoking is burning issue in our society especially among young males. It is responsible for male death then all of another drug combined. Many diseases spreading due to smoking among youths, youth and also among the old people. The researcher wants to see the relationship between smoking and the negligence of their parents. The researcher was also interested in exploring the dangerous impacts of smoking as its lead towards ultimate dangerous diseases among the University students. The parent study was intended to provide the information regarding habit of youngster smoking, its harmful effect and cause to being and develop the habit of smoking in university students. This study was providing guideline to the youth to prevent themselves from smoking. The researcher was presented some applicable suggestion in order to control smoking rate among university students.

The main objectives of the study have been;

1. To examine the cause of smoking.
2. To analyze the impact of smoking on human life.
3. To find out the source of smoking among university students.

2 RELATED LITERATURE:

Hossain et al, (2017) stated that a rising development of tobacco smoking is expected to happen in the middle of institution of higher education students and this possibly will be connected to suppose improvement of strain, existence harms, look closely strain, common taking, class times gone by of smoking, inferior learning level of parents, and the wish to reach superior community group of students. The mean of this study was to approximation the occurrence of tobacco smoking in the middle of institution of higher education students and to recognize factors that may connect to in cooperation beginning and occurrence of tobacco smoking.

Khubaib et al, (2016) stated that the mean of this study was to approximation the occurrence of smoking among health check students and the factors connected with it. Our learning recognized more than a few significant aspects, together with a fairly low-down occurrence of smoking among therapeutic students as compared to universal inhabitants.

Eticha and Kidane, (2014) stated that the majority of the smokers inspired among 1–10 sticks of cigarette every day, which was comparable to the result of an additional study. On the other hand, a study conducted in the middle of institution of higher education students reported that the majority of the students smoked .10 sticks of cigarette every day. A number of smokers reported that they had attempted to end smoking before, but had unsuccessful similar to other studies.

Fatoohi, (2014) stated that injurious consequences of smoking on physical condition have been well recognized. Tobacco is previously the major reason of fully developed passing away in urbanized countries. Smokers are unable to find at smallest amount one decade of existence expectation, as compared with those who have by no means smoked.

Kessler and Witt, (1996) stated that cigarette smokers have a lower level of lung function than those people who have never smoked. Smoking reduces the rate of lung growth. Smoking hurt young people's physically fitness in term of both performance and survival, even among young people trained in aggressive management. Smoking is related with a mass of other risky behavior such as fighting and engaging in unprotected sex.

Chaloupka, (1990) stated that researched on men, women and addiction, the case of cigarette smoking, cigarette demands equation derived from the Becker. Murphy model of rational addictive behavior are estimated separately for men and women. These demands equation account for the re-enforcement, tolerance, and withdrawal factors characterizing addictive consumption. Results obtain from these demands equation support the hypothesis that cigarette smoking is an addictive behavior.

3 RESEARCH METHODOLOGY

The Present research was designed to dig out. "Prevalence of cigarette smoking among university students". (A study of Bahauddin Zakariya University Multan). The quantitative research design was adopted to see the relationship between different variables and the data was collected from the scientifically selected sample with the help of questionnaire. The following methodological strategy was adopted for this scientific venture. **Target Population:** Bahauddin Zakariya University Multan was selected as a universe/target population for this research. **Sampling Technique:** The researcher used convenient sampling technique in the present research. **Sample Size:** Since it seemed very difficult to approach all research elements respondents, a sample of 251 respondents was selected with the help of convenient Sampling method for the purpose of data collection out of the total universe of respondents. **Tool for Data Collection:** Questionnaire was prepared for the purpose of data collection, keeping in view the variables and the indicators explained in the chapter of conceptual and operational definitions of the concepts. **Pre-Testing:** It was necessary in order to ensure the validity and reliability of questionnaire. Therefore 10 questionnaires were used for pre-testing. After pre-testing some hurdles was noticed as respondents did not have clear idea regarding some words such as hype and controversies, therefore some modification were made in the questionnaire. After modification it became more appropriate for research. **Coding:** It involves the transformation of the observation gathered in the field into a system of categories into codes to quantitative analysis. For the statistical analysis the process of coding was made. The mathematical numbers to, show different responses. **Data Analysis:** After the collection of data the researcher used SPSS computer software for data analysis. Afterward the data was scattered and interpret in the frequency tables. Cross tabulation was also done

to see the relationships between different variables. **Percentage:** For the description of the basic characteristics of the sample, simple percentage was easily calculated. The purpose is to simplify the quantitative characteristics into numeric for. The percentage was calculated by using the following formula:

Where

P=F/N 100

F= Frequency

N= total number of frequencies

4 RESULTS AND DISCUSSIONS

Frequency Distribution of Respondents Regarding their age

Age	Frequency	Percent
18-21	58	23.1
22-25	105	41.8
Above 25	88	35.1
Total	251	100.0

This table shows that (23.1) percent of the respondents were belonged to the age group of (18-21) years and (41.8) percent of the respondents were belonged to the age group of (22-25) years while (35.1) percent of the respondents were belonged to the age group of (Above 25) years. Majority of the (41.8) percent of the respondents were belonged to the age group of (22-25) years.

Frequency Distribution of Respondents Regarding their programs

Program	Frequency	Percent
BS	131	52.2
Master	116	46.2
M.Phil	4	1.6
Total	251	100.0

This table shows that (52.2) percent of the respondents education program (BS) and (46.2) percent of the respondents education program (Master) while (1.6) percent of the respondents education program (M.Phil). Mostly of the (52.2) percent of the respondents education program (BS).

Frequency Distribution of Respondents Regarding their semester

Semester	Frequency	Percent
2^{th}	32	12.7
4^{th}	104	41.4
6^{th}	46	18.3
8^{th}	69	27.5

Total	251	100.0

This table shows that (12.7) percent of the respondents of the (2^{th}) semester and (41.4) percent of the respondents of the (4th) semester and (18.3) percent of the respondents of the (6th) semester while (27.5) percent of the respondents of the (8th) semester. Mostly of the (41.4) percent of the respondents of the (4th) semester.

Frequency Distribution of Respondents Regarding their Family income

Income	Frequency	Percent
10000-14000	20	8.0
Above 14000	231	92.0
Total	251	100.0

.This table shows that (8.0) percent of the respondents of income (10000 to 14000) rupees while (92.0) percent of the respondents of income (Above 14000) rupees. Mostly of the (92.0) percent of the respondents of income above (14000) rupees.

Frequency distribution of respondents regarding their Pocket money per month in rupees.

Pocket money	Frequency	Percent
3000	46	18.3
4000	46	18.3
5000	61	24.3
5000 Above	98	39.0
Total	251	100.0

This table shows that (18.3) percent of the respondents pocket money per month (3000) rupees and (18.3) percent of the respondents pocket money per month (4000) rupees and (24.3) percent of the respondents pocket money per month (5000) rupees while (39.0) percent of the respondents pocket money per month (Above 5000) rupees. Mostly of (39.0) percent of the respondents pocket money per month (Above 5000) rupees.

Frequency distribution of respondents regarding their Father education.

Education	Frequency	Percent
Under metric	45	17.9
Inter	81	32.3
BA	79	31.5
Master	46	18.3
Total	251	100.0

This table shows that (17.9) percent of the respondents father education in (Under Metric) and (32.3) percent of the respondents father education in (Inter) and (31.5) percent of the respondents father education in (BA) while (18.3) percent of the respondents father education in (Mater). Mostly of the (32.2) percent of the respondents father education in (Inter).

Frequency distribution of respondents regarding their mother education.

Education	Frequency	Percent
Under metric	74	29.5
Inter	101	40.2
BA	58	23.1
Master	18	7.2
Total	251	100.0

This table shows that (29.5) percent of the respondents mother education in (Under Metric) and (40.2) percent of the respondents mother education in (Inter) and (23.1) percent of the respondents mother education in (BA) while (7.2) percent of the respondents mother education in (Mater).Mostly of the (40.2) percent of the respondents mother education in (Inter).

Frequency distribution of respondents regarding their start smoking due to ignore of parents.

Categories	Frequency	Percent
Yes	65	25.9
No	186	74.1
Total	251	100.0

This table shows that (25.9) percent of the respondents response (yes) and (74.1) percent of the respondents response (No) of smoking due to ignore of parents. Mostly of the (74.1) respondents response (No) their start smoking due to ignore of parents.

Frequency distribution of respondents regarding their start smoking due to inspired from elder in the family

Categories	Frequency	Percent
Yes	67	26.7
No	184	73.3
Total	251	100.0

This table shows that (26.7) percent of the respondents response (yes) and (73.3) percent of the respondents response (No) of smoking due inspired from elder in the family. Mostly of the (73.3) percent of the respondents response (No) of smoking due inspired from elder in the family.

Frequency distribution of respondents regarding their feel relaxation during smoking

Categories	Frequency	Percent
Yes	118	47.0
No	133	53.0
Total	251	100.0

This table shows that (47.0) percent of the respondents response (yes) and (53.0) percent of the respondents response (No) of feel relaxation during smoking. Majority of the (53.0) percent of the respondents response (No) feel relaxation during smoking.

Frequency distribution of respondents regarding their feel happiness after smoking

Categories	Frequency	Percent
Yes	111	44.2
No	140	55.8
Total	251	100.0

This table shows that (44.2) percent of the respondents response (Yes) and (55.8) percent of the respondent response (No) of feels happiness after smoking. Mostly of the (55.8) percent of the respondents response (No) of feels happiness after smoking.

Frequency distribution of respondents regarding their smoking is cause of Brainhamrage.

Categories	Frequency	Percent
Yes	127	50.6
No	124	49.4
Total	251	100.0

This table shows that (50.6) percent of the respondents response (yes) and (49.4) percent of the respondents response (No) of smoking is cause of Brainhamrage. Majority of the (50.6) percent of the respondents response (Yes)) of smoking is cause of Brainhamrage.

Frequency distribution of respondents regarding their smoking impact on your attitude.

Categories	Frequency	Percent
Yes	94	37.5
No	157	62.5
Total	251	100.0

This table shows that (37.5) percent of the respondents response (Yes) and (62.5) percent of the respondents response (No) of smoking impact on your attitude. Mostly of the (62.5) percent of the respondents response (No) of smoking impact on your attitude.

Frequency distribution of respondents regarding their smoke for self-relaxation

Categories	Frequency	Percent
Yes	127	50.6
No	124	49.4
Total	251	100.0

This table shows that (50.6) percent of the respondents response (yes) and (49.4) percent of the respondents response (No) of smoke for self-relaxation. Majority of the (50.6) percent of the respondents response (Yes) of smoke for self-relaxation.

Frequency distribution of respondents regarding of against smoking.

Categories	Frequency	Percent
Yes	97	38.6
No	154	61.4
Total	251	100.0

This table shows that (38.6) percent of the respondents response (Yes) and (61.4) percent of respondents response (N) of against smoking. Mostly of the respondents (61.4) percent of the respondents response (No) of against smoking.

Frequency distributions of respondents' of their age start smoking.

Age start smoking	Frequency	Percent
Below 15 years	26	10.4
Above 15 years	225	89.6
Total	251	100.0

This table shows that (10.4) percent of the respondent's age start smoking below 15 years and (89.6) percent of the respondent's age start smoking above 15 years. Mostly of the (89.6) percent of the respondents age start smoking above 15 years.

Frequency distributions of respondents' of their cigarette smoke per day

Smoke per day	Frequency	Percent
1 to 10	90	35.9
11 to 20	139	55.4
Above 20	22	8.8
Total	251	100.0

This table shows that (35.9) percent of the respondents cigarette smoke per day (1 to 10) cigarette and (55.4) percent of the respondents cigarette smoke per day (11 to 20) cigarette while (8.8) percent of the respondents cigarette smoke per day (Above 20) cigarette. Mostly of the (55.4) percent of the respondents cigarette smoke per day (11 t0 20) cigarette.

Frequency distributions of respondents' of their chain smoker.

Categories	Frequency	Percent
Yes	53	21.1
No	198	78.9
Total	251	100.0

This table shows that (21.1) percent of the respondents response (Yes) and (78.9) percent of the respondent response (No) of chain smoker**.** Mostly of the respondents response (No) of chain smoker.

Frequency distributions of respondents' of their like to smoke.

Brand	Frequency	Percent

Gold Leaf	80	31.9
Capstan	98	39.0
Red White	11	4.4
Other	62	24.7
Total	251	100.0

This table shows that (31.9) percent of the respondents like to smoke gold leaf and (39.0) percent of the respondents like to smoke capstan and (4.4) percent of the respondents like to smoke red white while (24.7) percent of the respondents like to smoke other. Mostly of the (39.0) percent of the respondents like to smoke capstan.

Frequency distributions of respondents' of spend on smoking per day.

Spend on smoking	Frequency	Percent
10 to 20 Rupees	74	29.5
21 to 30 Rupees	124	49.4
31 to 40 Rupees	29	11.6
Above 40	24	9.6
Total	251	100.0

This table shows that (29.5) percent of the respondents (10 to 20 rupees) spend on smoking per day and (49.4) percent of the respondents (21 to 30 rupees) spend on smoking per day and (11.6) percent of the respondents (31 to 40 rupees) spend on smoking per day while (9.6) percent of the respondents (Above 40) spend on smoking per day. Mostly of the (49.4) percent of the respondents (21 to 30 rupees) spend on smoking per day.

Frequency distributions of respondents of their cough or any other disease.

Categories	Frequency	Percent
Yes	112	44.6
No	139	55.4
Total	251	100.0

This table shows that (44.6) percent of the respondents response (Yes) and (55.4) percent of the respondent response (No) of cough or any other disease**.** Mostly of the (55.4) percent of the respondents response (No) of cough or any other disease.

Frequency distributions of respondents of their if yes, which types of disease.

Categories	Frequency	Percent
Heart problem	82	32.7
Cancer	83	33.1
Teeth problem	60	23.9
Lung cancer	26	10.4
Total	251	100.0

This table shows that (32.7) percent of the respondents response (Heart problem) and (33.1) percent of the respondents response (Cancer) and (23.9) percent of the respondents response (Teeth problem) while (10.4) percent of the respondents response (Lung cancer).Mostly of the (33.1) percent of the respondents response (Cancer).

Frequency distributions of respondents of take any medicine.

Categories	Frequency	Percent
Yes	129	51.4
No	122	48.6
Total	251	100.0

This table shows that (51.4) percent of the respondents response (Yes) and (48.6) percent of the respondents response (No) of take any medicine**.** Mostly of the (51.4) percent of the respondents response (Yes) of take any medicine.

Frequency distributions of respondents' of their smell in your mouth when you talk to people.

Categories	Frequency	Percent
Yes	65	25.9
No	186	74.1
Total	251	100.0

This table shows that (25.9) percent of the respondents response (Yes) and (74.1) percent of the respondents response (No) of smell in your mouth when you talk to people**.** Mostly of the (74.1) percent of the respondents response (No) of smell in your mouth when you talk to people.

Frequency distributions of respondents' of their smoke as a fashion.

Categories	Frequency	Percent
Yes	167	66.5
No	84	33.5
Total	251	100.0

This table shows that (66.5) percent of the respondents response (Yes) and (33.5) percent of the respondents response (No) of smoke as a fashion**.** Mostly of the (66.5) percent of the respondents response (Yes) of smoke as a fashion.

Frequency distributions of respondents' of their encourage other people to smoke.

Categories	Frequency	Percent
Yes	52	20.7
No	199	79.3
Total	251	100.0

This table shows that (20.7) percent of the respondents response (Yes) and (79.3) percent of the respondents response (No) of encourage other people to smoke**.** Mostly of the (79.3) percent of the respondents response (No) of encourages other people to smoke.

Frequency distributions of respondents' of their bad effect of smoking on health.

Categories	Frequency	Percent
Yes	226	90.0
No	25	10.0
Total	251	100.0

This table shows that (90.0) percent of the respondents response (Yes) and (10.0) percent of the respondents response (No) of bad effect of smoking on health**.** Mostly of the (90.0) percent of the respondents response (Yes) of bad effect of smoking on health.

Hypothesis

Age of the respondents widely depend on their satisfaction regarding habit of smoking.

Null hypothesis:

There is no relationship between the age and satisfaction regarding habit of smoking.

Alternative hypothesis:

There is a relationship between the age and satisfaction regarding habit of smoking.

ANOVA[s]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	.004	1	.004	.004	.951[a]
	Residual	281.223	249	1.129		
	Total	281.227	250			

a. Predictors: (Constant), Age

b. Dependent Variable: satisfaction

R squar.004

Discussion

In the fourth hypothesis, researcher finds out the relationship between the age and satisfaction. For this purpose researcher used the ANOVA test. According to the alternative hypothesis there is a relationship between the age and satisfaction. And null hypothesis stated that there is no relationship between the age and satisfaction. The value of significance level is 0.951. Which approve the alternative hypothesis statement; there is a relationship between the age and satisfaction.

5 SUMMARY, CONCLUSION AND SUGGESTION

Summary and Conclusion

Smoking is the burning issue in our society especially among young males. It is responsible for male death then all of other drugs combined. Many diseases are spreading due to smoking among teenagers, youngsters and also among the old people. In spite of awareness is about its dangerous affecting on health the number of smokers increasing within remarkable speed especially among youth. This is overwhelming evidence that smoking is harmful to virtually everybody system. Smoking is leading cause of preventable death. Researchers estimate that smoking is responsible for one out of six deaths. Smoker's life expectancy decreases about 5 to 8 years. There are several reasons behind the youth smoking like peer group pressure, media inspiration, parent's involvement, enjoyment and fun.

The present quantitative study was designed to investigate the "Prevalence of cigarette smoking among university student." (A study of Bahauddin Zakariya University Multan). Respondents were selected with the help of convenient sampling techniques and sample size was 251 male students were selected from the various departments of Bahauddin Zakariya University Multan. Questionnaire was used as tool of data collection. The data was collected and statistically analyzed and interpreting by using statistical techniques.

The present study concludes that Peer group pressure is the main source to be including for youth in smoking. Parents involvement is also stimulating the youth to be indulging in smoking. Most of the youngsters smoke due the negligence of your parents that is why they adopt this bad habit. Most of the youngsters smoke just for enjoyment. Advertising is largely attributed to male smoking. Many cigarette advertisements take place in gorgeous and fun location. Most of the students start smoking at the age Above 15 years. Finally, it is concluded that there is association between chain smoker and the negligence of the parents.

Key Finding

1. Majority of the (41.8) percent of the respondents were belonged to the age group of (22-25) years.
2. Majority of the (100) percent of the respondents were belonged to the sex of male group.
3. Mostly of the (52.2) percent of the respondent's education program (BS).
4. Mostly of the (41.4) percent of the respondents of the (4nd) semester
5. Mostly of the (92.0) percent of the respondents of income above (14000) rupees.
6. Mostly of (39.0) percent of the respondent's pocket money per month (Above 5000) rupees.
7. Mostly of the (32.2) percent of the respondent's father education in (Inter)
8. Mostly of the (40.2) percent of the respondent's mother education in (Inter).
9. Mostly of the (74.1) respondents' response (No) their start smoking due to ignore of parents.
10. . Mostly of the (73.3) percent of the respondent's response (No).
11. Majority of the (53.0) percent of the respondent's response (No).
12. . Mostly of the (55.8) percent of the respondent's response (No) of feels happiness after smoking.

13. Majority of the (50.6) percent of the respondent's response (Yes)) of smoking is cause of Brainhamrage.
14. . Mostly of the (62.5) percent of the respondent's response (No) of smoking impact on your attitude.
15. Majority of the (50.6) percent of the respondent's response (Yes) of smoke for self-relaxation.
16. . Mostly of the respondents (61.4) percent of the respondent's response (No) of against smoking.
17. Mostly of the (89.6) percent of the respondents age start smoking above 15 years.
18. Mostly of the (55.4) percent of the respondent's cigarette smoke per day (11 t0 20) cigarette.
19. Mostly of the respondent's response (No) of chain smoker.
20. Mostly of the (39.0) percent of the respondents like to smoke capstan.
21. Mostly of the (49.4) percent of the respondents (21 to 30 rupees) spend on smoking per day.
22. Mostly of the (55.4) percent of the respondent's response (No) of cough or any other disease.
23. Mostly of the (33.1) percent of the respondent's response (Cancer).
24. Mostly of the (51.4) percent of the respondent's response (Yes) of take any medicine.
25. Mostly of the (74.1) percent of the respondent's response (No) of smell in your mouth when you talk to people.
26. . Mostly of the (66.5) percent of the respondent's response (Yes) of smoke as a fashion.
27. Mostly of the (79.3) percent of the respondents response (No) of encourages other people to smoke.
28. Mostly of the (90.0) percent of the respondent's response (Yes) of bad effect of smoking on health.

Suggestion

1. Government should take step to control the smoking in educational institutions.
2. Parents should also show strict behavior towards their children.
3. Elder should not use the smoking in front of youngsters.
4. Seminar was conducted for awareness in students.
5. Make an emotional appeal telling a child how hurt or disappointed you would be if they decided to smoke has more impact that reasoning with them about the health dangerous.
6. Be a good role model. If you smoke set aside your own feeling about it, and make it clear that you expect your child to not use tobacco.
7. It was suggested that parents should keep their eyes on their children and should aware of their children to the religious teaching.
8. Adolescent should keep away of yourself from the bad company.

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