

ABSTRACTS FOR POSTER PRESENTATIONS

Smoking and Health-Related Quality of Life among Villagers above 15 Years of Age in Kampung Radtak

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Background: Tobacco products can be classified into combustible and smokeless types. It kills up to half of the users and globally around 5 million deaths every year. There are strong associations between smoking and health-related quality of life (HRQOL) measures. **Objective:** To identify the association between smoking and quality of life, factors for continuation of smoking and smoking cessation among villagers aged 15 years and above in Kampung Radtak. **Methods:** A cross-sectional analytical study was done with 185 respondents were selected using convenient sampling method. A questionnaire was developed using NHMS 2015 and WHOQOL-BREF. The respondents were classified according to their age and smoking status to compare their HRQOL in physical health, psychological, social relationships and environment. Focus group discussions were done among the smokers and ex-smokers to identify factors for continuation of smoking and smoking cessation. **Results:** Smoking status is associated with gender, occupational status and per capital income of the respondent. Smokers also scored lower in all domains of the HRQOL namely physical, psychological, social and environmental in both age groups (less than 50 years old and more than 50 years old) except for the social domain in age group more than 50 years old. Main reasons for smoking continuation are addiction, peer pressure, it helps them to carry out their work and it has become a part of their life. The ex-smokers stopped smoking due to

awareness on the negative effects of smoking on their health and personal finance, and that they prioritized health over the enjoyment of smoking. **Conclusion:** Smoking is associated with lower health-related quality of life. Smokers continue smoking due to addiction,

peer pressure, to help them carry out their work and it has become part of their life. Ex-smokers stopped smoking due to awareness on the negative effect of smoking on their health and personal finance, and that they prioritized health over the enjoyment of smoking.