

JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO
ILOILO CITY

REASONS AND EFFECTS OF SMOKING TO PASSIVE AND ACTIVE SMOKERS

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Abstract

This descriptive study was conducted to find out the reasons and effects of smoking to active and passive smokers. The respondents of this study were 400 students of JBLFMU-Molo, Inc. The result of the study revealed that more male students were engaged in smoking than female students. The top three reasons of active smokers for smoking are as follows: it helps them relaxed; they enjoy doing it; and it is something to do when they are bored. The top 5 reasons why the students of JBLFMU did not smoke are as follows: it is bad for their health, they do not enjoy smoking, it was a bad example for the children, it is bad for the health of people near to them when they smoke, and it makes their clothes and breath smell bad. The most common effects on the health of male or female smokers' were bad smell and coughing.