

**JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO  
Iloilo City**

**CIGARETTE SMOKING: WHAT IT CAN CAUSE**

A Research Paper Presented to the  
Faculty Members of  
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In Partial Fulfillment of the  
Requirements in Research  
(Methods of Research)

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*Abstract*

This descriptive study was conducted to find out the causes, effects, and reasons for smoking among the students. The respondents to this study were the 100 BS Cruise Ship Management students, 50 male and 50 female, of JBLFMU-Molo, classified according to gender, place of residence, monthly family income, smoker, and non-smoker. Based on the results, as an entire group of 100 participants, 34 were male smokers and 18 were female smokers. For the non-smokers, 19 were male and 29 were female. According to their place of residence, 37 smokers resided in urban areas and 15 resided in rural areas. For the non-smokers, 30 resided in urban areas and 18 resided in rural areas. According to the monthly family income of smokers, 21 belonged to the low income group (below 15,000), 25 average (15,001-30,000), and 6 high (30,000 above). For the non-smokers, 21 were below income (15,000 below), 23 were average (15,001-30,000), and 4 were high

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(above 30,000). The result of the study revealed that male students were engaged more in smoking than female students. They were influenced by their close friends as disclosed in the result of the study. Furthermore, every smoker could consume less than 5 cigarettes per day, and the most influencing advertisement of cigarettes was found on television which all people could view and thereby get influenced. The effects of smoking on the health of smokers, male or female, were all the same, and the most common were coughing and yellowing of the teeth.