



## Smoking and Its Impacts on Absenteeism and Stress: A Preliminary Study

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### ABSTRACT

The article highlights a preliminary study on smoking and its impact on absenteeism and stress in the work place. The article also includes an application of the Theory of Planned Behaviour in explaining the behavior of smoking. The Theory of Planned Behavior which was proposed by Icek Ajzen is used to predict an individual's behavioural control and intention which are influenced by attitude and social norms to perform a behaviour. This article also discusses previous researches done on smoking and its relationship with absenteeism and stress among employees in organizations.

*Keywords:* Smoking; absenteeism; stress; impact; workplace

### INTRODUCTION

Smoking which is the behavior that a smoker brings wherever they go, has been long discussed by researchers from all over the world. This issue is a serious problem that happens in almost every organization. According to About.com (2012), there are 1.1 billion smokers in the world today, and if current trends continue, that number is expected to increase to 1.6 billion by the year 2025.

### ARTICLE INFO

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Additionally, approximately 10 million cigarettes are purchased a minute, 15 billion are sold each day, and upwards of 5 trillion are produced and used on an annual basis worldwide. In Malaysia, the total number of smokers in the year of 2012 was 4.7 million (Samy, 2012). Additionally, over 5 percent of adult males were smokers and some 50 children under the age of 18 took up smoking every day (Samy, 2012). Nearly 10,000 Malaysians died every year due to smoking and making it as one of the top killers in the country (Idris, 2011). According to Global Adult Tobacco Survey (GATS) (2011), 85.8 per cent of adults in Malaysia believed that second-hand smoke exposed non-smokers to health hazards associated with smoking (Borneo Post, 2013).