

## ABSTRAK

Prevalen perokok dewasa di Malaysia mencatatkan penurunan dan peningkatan yang tidak sekata. Kajian ini bertujuan untuk meneroka faktor yang mendorong kepada kejayaan berhenti merokok dan kekal tidak merokok serta meneroka konflik dan kesukaran perokok semasa proses berhenti merokok. Kajian ini juga bertujuan meneroka persepsi perokok terhadap pengalaman rawatan di Klinik Berhenti Merokok semasa proses berhenti merokok. Kajian kualitatif telah dijalankan menggunakan kaedah temubual bersemuka secara mendalam dalam kalangan perokok yang mendapat rawatan berhenti merokok di Klinik Berhenti Merokok, Daerah Kuantan, Pahang (n=15). Kaedah persampelan yang digunakan adalah persampelan bertujuan. Analisis tematik telah digunakan untuk menganalisis tema. Tema-tema utama adalah: Motif pengekalan (*maintenance motives*), sumber (*resources*), tabiat (*habit*), pengaruh persekitaran dan sosial (*environmental and social influences*), pengaturan sendiri (*self-regulation*), konflik atau kesukaran dan persepsi dan pengalaman di Klinik Berhenti Merokok. Hasil dapatan kajian menunjukkan faktor kesihatan, niat dan motivasi, agama, keluarga dan persekitaran mendorong perokok untuk berjaya berhenti merokok dan kekal tidak merokok. Dapatan kajian ini juga mendapati majoriti informan mengalami kesukaran iaitu perubahan emosi serta merasa ketagih kepada nikotin semasa dalam proses berhenti merokok. Majoriti informan turut berpuas hati terhadap perkhidmatan Klinik Berhenti Merokok dari segi rawatan, komitmen staf dan juga kemudahan yang disediakan. Secara kesimpulan, kekuatan setiap faktor kejayaan berhenti merokok berbeza antara individu dan individu yang lain. Kajian ini juga menunjukkan kebanyakan informan tidak mempunyai perancangan awal untuk berhenti merokok melalui KBM dan akhirnya mereka berjaya untuk berhenti merokok.

**FACTORS THAT PREDICT CONTINUOUS ABSTINENCE AMONG  
SMOKERS WHO RECEIVED TREATMENT AT THE QUIT  
SMOKING CLINICS IN THE DISTRICT OF  
KUANTAN, PAHANG**

**ABSTRACT**

The prevalence of adult smoking in Malaysia recorded inconsistent pattern. This study aims to explore factors that contribute to the continues abstinence in quitting smoking and explore the conflict and difficulties of smokers during the quitting process. This study also aims to explore the smokers' perception of the treatment experience at the Quit Smoking Clinic. A qualitative research was conducted using face-to-face in-depth interviews among smokers who received treatment at the Quit Smoking Clinics in the District of Kuantan, Pahang (n=15). Purposive sampling method was used. Thematic analysis was adopted to analyse the data. The main themes were: Maintenance motives, resources, habit, environmental and social influences, self-regulation, conflict, difficulties and perception of the experiences with the Quit Smoking Clinic. The findings of the study show that health, intention and motivation, religion, family and environmental factors encourage smokers to quit smoking and remain abstinent. The findings also found that the majority of informants had difficulty in controlling their emotions and were addicted to nicotine during the process of quitting smoking. Overall, the majority of informants are satisfied with the services of the Quit Smoking Clinic in terms of treatment, commitment of staff and facilities offered. In conclusion, there are combination of factors contributed to the successful quitting and the strength of each factor differed from individuals. However, majority of those who abstained reported did not pre-plan their quit attempts.