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SMOKING ADDICTION AND ABUSES FROM INTERNATIONAL, MALAYSIAN AND ISLAMIC PERSPECTIVES

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ABSTRACT

Smoking addiction is one of the major problems that happen to everyone around the world. Many countries have the same problems with their people. Despite all the treatments, advice and warnings from the doctors, media and family, these smokers cannot quit their smoking addiction due to the nicotine addiction in the smoking itself. In addition, smoking has been linked to an increased risk of a wide variety of human diseases, including cancer, heart disease, chronic bronchitis, and chronic obstructive pulmonary disease (COPD). This smoking issue and abuse have been happening for so many years. The purpose of this article is to explain and review more the details about smoking addiction and abuse issues, for instance, causes effects and solutions from the perspective of International, Malaysian and Islamic Law. Through this article, more general knowledge about smoking can be discovered by the analyses from the report, data and surveys from books and the internet. As a consequence, smoking addiction and abuse cannot be ignored and must be considered seriously by people around the world to realize the importance of this issue.

Keywords: *Smoking, addiction, abuses*

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Introduction

Smoking has been practised commonly since ancient times from one form to another, together with the arrival of the tobacco that has been spread around the world. Smoking has become very common to people at the time due to the amount of people who use it as a pleasure and addiction due to the tobacco itself. Many types of cigarettes have been used by people, from traditional to electronic cigarettes. The most popular that people around the world commonly use nowadays is cigarettes, which is an archer cylinder containing smokeable material that is rolled into thin paper and burnable, usually tobacco.

Due to the popular usage of cigarettes in the smoking, many people have been influenced to use it, and it has also been treated as a culture in some of the countries. Nicotine in cigarettes causes addiction to smokers and turns into a lot of chronic health problems such as stroke, heart disease, lung diseases, cancer and other health problems. It shows how smoking addiction leads to various health problems and can also cause death.

The rise in smokers can be attributed not only to the rise in population but also to the surrounding factors, including family, friends, advertisements in the media and social networks, etc. Teenage smoking is a critical issue because smoking initiation rarely occurs after teenage years, and it is difficult to stop smoking once it begins. A study found that the number of smokers has reached about 1.1 billion. Moreover, cigarettes are also easy to get from any local mart, convenience store, or mall. These issues have followed a lack of law enforcement. Mostly because of the huge tax from the tobacco industry that the government can get the benefits from, it was getting harder to prevent people from smoking due to nicotine addiction despite the fact it was harmful to the body and a waste of money.

Tobacco is estimated to kill 7 million smokers directly, with another 1.2 million cases resulting from non-smokers who are exposed to smokers. Every year, nearly 8 million people worldwide die from tobacco-related illnesses, and up to half of those who use tobacco products will die young as a result of their habit. Furthermore, more than 80% of the world's 1.3 billion tobacco users live in countries with incomes ranging between the lowest and highest quartiles. In the year 2020, 22.3% of the world's population smoked tobacco products. To be more specific, 36.7% of men and 7.8% of women smoked tobacco products. It is widely assumed that the annual economic damage caused by tobacco use and the tobacco industry exceeds half a trillion dollars. The World Health Organization provided estimates for this figure. The World Health Organization (WHO) has discussed this issue, which is concerned with the health and financial costs associated with tobacco consumption on a global scale. Furthermore, the World Health Organization approved the Framework Convention on Tobacco Control (FCTC) (WHO). The Framework Convention on Tobacco Control is an international agreement that tracks global tobacco consumption as well as tobacco control policies and develops measures to reduce both supply and demand for tobacco. The FCTC's six primary strategies are known collectively as "*MPOWER*". The measures include the implementation of smoke-free environments, smoking programmes, advising labels, mass pro-media, tobacco advertising bans, and taxation.

In high-income countries such as the United States of America, tobacco use is still the leading preventable cause of death and mortality. Because of this, an estimated 443,000 people die before their time each year, in addition to causing yearly losses of productivity and direct medical costs totaling \$193 billion. An estimated 1,000 children and adolescents in the United States become daily smokers of cigarettes, and approximately 3,900 adolescents in the age range of 12 to 17 years old in the United States try their first cigarette daily. By the time they are 20 years old, the vast majority of people who begin smoking when they are adolescents have developed a dependency on nicotine. There is a similarity between youth smoking and having a low social background, low academic performance (such as poor grades and absences), rising sexual activity, and usage of alcohol and other drugs. Additionally, a low social background status is associated with smoking among youth (Billah, 2017).

Malaysia itself also deals with the same problem related to tobacco smoking. According to a survey made by National Health and Morbidity in 2015, a study report showed that there were 5 million active smokers who are identified as children or teenagers under 18 years old. In addition, 1 in 10 Malaysians from age 13 to 17 were smokers. Many factors are associated with smoking among Malaysian youth. Some of those were having someone from the family or brothers who smoke, poor knowledge about the consequences of smoking, gender, peer influence in the schools, etc.

In the meantime, the consumption of electronic cigarettes (also known as "vaping") in modern times is frequently marketed as an alternative to traditional tobacco smoking. Electronic cigarettes are being aggressively advertised and marketed as a healthier alternative to conventional tobacco smoking by both the company that makes them and the media. This is being done through a combination of persistent advertising and marketing efforts from both parties. Electronic cigarettes, also known as e-cigs, are defined as devices that vaporize and inhale a mixture of chemicals. These chemicals may or may not include nicotine, flavourings, and carrier liquids. Vaporizing and inhaling this mixture is the primary function of electronic cigarettes. Electronic cigarettes have a small heating unit powered by a battery; this unit vaporizes a mixture of chemicals referred to as liquids, and the cigarettes themselves are called e-cigarettes. There is a possibility that the liquids used in electronic cigarettes contain nicotine, a highly addictive chemical that may affect the brain development of developing fetus and adolescents. The use of electronic cigarettes, which are gaining popularity and are frequently promoted as a healthier alternative to conventional cigarettes, has become increasingly common. In addition, the consumption of these nicotine vaping products, also known as NVPs, is showing explosive growth all over the world.

Electronic cigarettes have recently gained popularity and are now widely used in a growing number of countries around the world, including Malaysia. Electronic cigarettes are gaining popularity at an alarming rate across several nations in North America and Europe. The percentage of adults in the UK who use electronic cigarettes has increased from 1.7% in 2012 to 7.1% in 2019, while the percentage of adults who smoke cigarettes has decreased from 19.6% to 14.7% during the same period. In the meantime, a study conducted in Malaysia found that the country's population used electronic cigarettes at a rate that rose from 0.8% in 2011 to 4.9% in 2019. Electronic cigarettes have been linked to EVALI, which is a serious medical condition that causes damage to a person's lungs. The damage is caused by the substances contained in vaping products and electronic cigarettes. In 2019, it was reported that there was an outbreak in the United States of America that involved e-cigarettes and was associated with EVALI cases. According to the United States Centres for Disease Control and Prevention (CDC), there have been a total of 2,711 hospitalized cases, including 61 deaths, as a result of the outbreak.

In Malaysia, the Ministry of Health (MOH) has instructed medical professionals in public and private sectors to report any lung disease related to electronic cigarettes or vape pens to the relevant health authorities. In a statement made on 9 June 2022, the Director General of Health, Dr. Noor Hisham Abdullah, stated that cases of e-cigarette or vaping product use-associated lung injury (EVALI) are separated into two categories: confirmed and probable. It has been reported that it has been identified that two cases of EVALI involve two adolescents who suffered a permanent disability and are required to be on continuous oxygen support. Labuan and Kuching are both mentioned in connection with these two EVALI cases. The Ministry of Health also stated that it is believed that there were several possibly unreported cases due to the rise in the popularity of e-cigarettes on the market in the future.

Over the last few months, the health concerns about the effects of vaping have increased around the world. In addition, concern about the negative effects specifically involved in vaping can also be linked to the health risks associated with COVID-19. Experts also stated that individuals with vaping have a high possibility of getting COVID-19 infections, which can lead to lung inflammation. The nicotine and high chemicals contained in the vapes can affect the health of those who vape and smoke if they are not trying to change their lifestyle. In addition, not only do people assume that vaping can be associated with cardiovascular or lung disease, but it can also be linked to mental health problems. Due to the high exposure to nicotine and some of the unknown chemicals contained in electronic cigarettes, it is believed that it can affect the development of the brain more than normal tobacco cigarettes. Some of the effects that can be seen are mood and anxiety disorders, suicidal ideation, and depressive symptoms, which are all associated with cigarette use and consumption (Abdul Rab et al., 2022).

International Law

The World Health Organization (WHO) has been active in the movement to reduce the numerous negative health effects that are brought on by the use of tobacco products. Tobacco use has a significant influence on diseases that are related to it because it is the leading and the most common cause of death worldwide. As a result, addressing this matter has become a priority for the WHO. Following this, the

World Health Organization (WHO) developed the Framework Convention on Tobacco Control (FCTC), which includes international instruments such as rules, public statements, and international tobacco control conferences. These international instruments are intended to be adopted by the United Nations Framework Convention on Tobacco Control (FCTC). Their primary goal is to protect current and future generations from the devastating health, social, environmental, and economic consequences of tobacco consumption and exposure to tobacco smoke. This will be accomplished by enacting a set of general standards that highlight the dangers of tobacco and limit its use in all forms around the world. This goal can be reached by reducing the number of people who use tobacco products and reducing the likelihood that future generations will be exposed to second-hand smoke. The treaty's terms include laws governing tobacco production, its sale, distribution, and advertising, and the taxation of tobacco products.

In terms of electronic cigarette regulation, multiple countries and states have laws and regulations from no regulation to permanently banning electronic cigarettes. Other countries, such as the United Kingdom, have strict restrictions and only allow licensed devices to be used as medicines. Electronic cigarette use is currently and indefinitely permitted on all commercial flights operating within the United States. In addition, the question of whether or not electronic cigarettes should be classified as tobacco products is being discussed in a variety of nations right now. The use of electronic cigarettes is against the law in many countries, including Brazil, Singapore, Uruguay, and India.

In May of 2016, the EU Tobacco Products Directive began to take effect, imposing more strict laws on e-cigarettes. These regulations included reducing the amount of nicotine found in traditional cigarettes and prohibiting using chemical flavorings in the liquid used in electronic cigarettes. Any person younger than 18 is not allowed to purchase it in any stores carrying it, as the minimum age required to purchase it legally is at least 18. The European Parliament introduced regulations in February 2014 that require standardization and quality standards for liquids and vaporizers, reporting of ingredients in liquids, child-proofing and tamper-proofing for liquid packaging, and disclosure of ingredients in liquids. These regulations were intended to protect consumers.

In addition, some states in the United States tax electronic cigarettes like they tax tobacco products. Furthermore, some state and regional governments have extended their bans on smoking indoors to include e-cigarettes. Since 2012, it has been against the law in Saudi Arabia to import electronic cigarettes in any quantity, except for a few, for one's personal use, and it is also against the law to sell them in public stores. However, adults over the age of 18 in Saudi Arabia are permitted to use electronic cigarettes for their consumption. Electronic cigarettes are prohibited in various public, educational, religious, and cultural spaces, in addition to certain private spaces such as elevators, restrooms, and production facilities for food. In the meantime, vapes that contain nicotine have been listed as devices for delivering drugs in some countries. Consequently, the selling of such products has been restricted or put on hold until the results of clinical trials analyzing their safety and effectiveness are completed.

Malaysian Law

On 15 December 2005, Malaysia became a party to the Framework Convention on Tobacco Control organized by the World Health Organization (WHO). Then, Malaysia, a signatory to the WHO treaty, has taken comparable actions to curb tobacco use. Tobacco control in Malaysia is governed by the Food Act of 1983, which was passed in 1983. In addition, Malaysia issued and implemented The Control of Tobacco Product Regulations in 2004 (Malaysia Act, 2008). These regulations are intended to regulate, among other things, smoke-free environments, tobacco advertising, promotion, and sponsorship, as well as tobacco packaging and labeling. Under Regulation 11, partial smoking restrictions were implemented, and due to the recent amendment in 2010, 21 public space venue types are now specified as being smoke-free. More public places have implemented smoking bans, and these include entertainment centres or theatres, hospitals or clinics, public lifts or toilets, air-conditioned eating places or shops, public vehicles or public transport terminals, airports, government premises, areas designated for assembly activities, educational institutions, nurseries, school buses, floors with service counters, shopping centres, gas stations, stadiums, sports complexes, fitness centres, gymnasiums, religious places, libraries, and internet cafes. Then, more indoor areas should be established that prohibit smoking per the Control of Tobacco Product (Amendments) Regulations 2008, which includes any indoor area

within a shopping complex and any area designated for national service training. Following the Control of Tobacco Product (Amendments) Regulations 2010, added in any air-conditioned place of employment with a centralized air-conditioning system that has a smoking restriction, *etc.*

In addition, a comprehensive tobacco control program has been in place in the United States since 1993. This program includes the Control of Tobacco Product Regulations and enforcing those regulations, the tobacco duty, the national anti-tobacco campaign, school-based programs, and clinics that help people quit smoking. Aside from that, Malaysia's government has taken several other steps as part of the Control of Tobacco Product Regulations. These steps include the prohibition of smoking in public places, the regulation of advertisements, the printing of health warnings on cigarette packs, the disclosure of the amount of tar and nicotine in tobacco products, and the regulation of the sale of tobacco products. All of these steps are intended to increase public awareness of the negative effects that result from using tobacco products. It is illegal for anyone under the age of 18 to smoke, chew tobacco, purchase, or possess any tobacco product. This includes cigarettes and chewing tobacco.

The "*Tak Nak*" (Say No) anti-smoking campaign launched in 2004 is the largest national anti-smoking campaign. Using a multi-media strategy that included advertisements on television, radio, billboards, and posters, the campaign was aimed to educate the nation, particularly the younger ones, on the health risks of smoking. In addition, the Malaysian Ministry of Education plays an essential role in the execution of programs that are carried out in schools. These school-based programs include health talks, exhibitions, activities, peer counseling programs, and other activities. Nevertheless, despite these initiatives, studies report that effectiveness in reducing the number of teenagers who smoke and increasing the number who abstain from smoking remains limited in Malaysia. On the other hand, the lower prevalence of teenage smoking reported by the NHMS III was attributed to the ineffectiveness of current programs [NHMS III].

In addition, according to the Control of Tobacco Products (Amendment) Regulations 2018, which were issued in December 2018, [smoking is banned in any "*eating place*," which is defined as any premises, whether inside or outside the building, where food is prepared, served or sold and includes — (a) any room or area on a ship or train where food is prepared, served or sold; (b) any area on a vehicle where food is prepared, served or sold, and any surrounding area within a radius of three meters from the vehicle; and (c) any area within a radius of three meters from any table or chair which is placed on preparing, serving or selling food[.] (Control of Tobacco Products (Amendment) Regulations 2018, reg. 2, P.U. (A) 329, Federal Government Gazette] (24 December 2018). Those caught smoking or vaping in prohibited areas may face an RM250 fine or an RM10,000 fine if brought to court, while restaurant owners who fail to post no-smoking signs face an RM3,000 fine or up to six months in jail. Even though the law already existed regarding rules for eating in restaurants, a survey found that many stubborn smokers still smoke freely while not pretending there's a law. Many children, older people, and non-smokers are exposed to the inconvenient smell and can't breathe properly because of the cigarettes and vapes while they're eating. Lack of authority and awareness seem to have contributed to this matter. Health officers should make sure that their job to compound smokers is done regularly so the smokers will not be smoking again in the restaurant in the future. Restaurant owners also should remind their customers to avoid getting fined.

A new proposal will be implemented under the Control of Tobacco Products and Smoking Act 2022. This is because many of the programs that are currently in place are ineffective, and the number of smokers in Malaysia is increasing each year. The Malaysian Minister of Health, Khairy Jamaluddin, presented the bill for the first reading of the legislation. According to Khairy Jamaluddin, beginning with the generation that was born in 2007, it will be illegal for individuals to smoke, purchase, or possess tobacco products or smoking devices by the time the Generational End-Game rolls around (GEG). In addition, Khairy stated that the bill's approval would ensure that the sale of cigarette products, particularly vapes, can be regulated under a separate act. Currently, there is no legal mechanism to regulate such products, so there has been no regulation of their sale.

GEG offenders will only be subject to a fine if found guilty under the Control of Tobacco Products and Smoking Bill 2022, which states that they will not have a criminal record. No person born on or after 1 January 2007 is allowed to smoke any tobacco product or substitute tobacco product, use any smoking device, or possess any tobacco product, smoking substance, substitute tobacco product, or smoking device, as stated in Section 17 of the proposed act. It is stated that anyone who violates the provisions of subsection (1) is guilty of an offense and could face a fine of up to RM5,000 if they are found guilty.

In addition, people who were born on or after 1 January 2007 and who buy tobacco products, smoking substances, alternative tobacco products, or smoking devices could be subject to a fine of up to RM5,000 if they are found guilty of their offenses.

Islamic Perspectives

Since smoking has its negative effects and influence due to the harmful substance that is contained in cigarettes and electronic products, smoking has been prohibited in Islam for a very long time. This is because the harmful substance can cause harm not only to those who are smoking but also to those who are exposed to second-hand smoke. Many Muslim scholars from different parts of the world have recently made public statements regarding smoking-related issues, particularly those that affect Muslims. On 23 March 1995, in Malaysia, the Fatwa Committee of Malaysia's National Council for Islamic Religious Affairs (MKI Muzakarah Committee) held its 37th meeting to discuss the Law of Smoking from an Islamic Perspective. The meeting was held in conjunction with World No Tobacco Day. It has been decided that Muzakarah has defined smoking as being haram from the perspective of Islam because it causes harm. This decision has been made public.

Islamic Scholars

According to Imam Syafie, one of the most famous Muslim scholars in Islam, stated in his book *Al-Umm*, which contains mainly about Islamic Jurispendece said that *"If they take (food, drink or something that is smoked, sniffed or inhaled) that can be intoxicating, that act is haram"*. It means (includes those that contain poison that causes death. I still consider it (giving a fatwa) to be haram. Allah Azzawajal forbids (any kind of) killing because a murderer means killing themselves. It shows that cigarettes and smoking have all the criteria that Imam Syafie mentioned. This is because Muslims need to protect and avoid themselves from anything that can harm their body.

Other Muslim scholars, such as Imam Ibn Hajar Al-Haitami in the book *Fath Al Mu'in*, said that there were two reasons why something is forbidden in Islam: it can cause real damage or hidden damage, and it damages the body. Moreover, Sheikh Abdullah Babatein has issued a fatwa stating that they ban cigarettes for two main reasons: cigarettes can be intoxicating when smoked or can be hallucinatory. Tobacco or cigarettes are abominable, dirty (rotten and bad) and categorized by Sharia as: *"abominable, dirty and destructive."* Sharia forbids things like this, as Allah S.W.T says:

Translation: He makes all good things lawful for them and forbids them all bad things.

(Surah al-A'raf, 7:157)

Sheikh Muhammad bin Shalih al-Uthaimin: *"Smoking is forbidden by law based on the meaning found in the zahir verses of the Qur'an and al-Sunnah as well as true advice."* In Surah al-A'raf 7:157, Allah S.W.T prohibited anything that comes with bad things with it. For Muslims, health is important, and it is necessary to protect our bodies from harmful things such as smoking. Allah S.W.T says:

Translation: And do not deliberately throw yourself into the danger of destruction (by being miserly).

(Surah al-Baqarah, 2:195)

This surah means *Wajh ad-dilalah* (evaluative aspect) of the verse, including acts of smoking that destroy oneself. Smoking is one of the biggest destruction and diseases that are caused to many Muslims nowadays; it affects the health of them became worse and leads to death.

Decision of the Fatwa Council

Selangor State Fatwa Committee promulgated the fatwa prohibiting smoking, which became effective on 7 December 1995 under the Islamic Law Administration Enactment 1989. The practice of smoking any cigarette is haram for Muslims, according to the Enactment. Moreover, smoking fatwa is haram, according to the Kedah State Fatwa Committee. Although there has been no enforcement in the past, according to medical practitioners, smoking can cause harm. In addition, The United Arab Emirates (UAE) Ministry of Justice and Islamic Affairs issued a fatwa declaring smoking to be haram. The Imams generally expressed their support for this fatwa through their Friday speeches.

They presented *dalil shari'* as well as medical and scientific evidence proving that smoking is the cause of at least 25 types of fatal diseases, such as cancer. The Imam cited the word and the hadith as firm proof that smoking is prohibited by Sharia law. Smoking is one of the acts that Allah SWT despises. This is because anything that causes harm to oneself, property, or society is considered a sin. As a result, smoking is one of the forbidden things in Islam.

Reasons and Arguments for the Cigarette Ban

First, it damages your health; according to Dr. Muhammad Ali al-Bar, a doctor and the author of *Hal al-Tabgh wa al-Tadkhin min al-Muharramat*, who is a well-known doctor in this field said that "*The harmful effects of smoking on health are now more dangerous than cholera, cholera, smallpox, lung disease, and syphilis*". This shows that smoking is more harmful than what it looks like compared to other diseases that are not linked to smoking. Moreover, smoking causes harm to others. The words of the Prophet SAW:

Translation: There is no harm in reciprocating harm.

(Sunan al-Kubrá lil-Bayhaqī, 2003, Hadith 11384)

This hadith means there is no harm, and no harm can be done. Not only do smokers harm themselves, but they also expose it to non-smokers. A lot of non-smokers who are related to their health get the disease from the smokers near them, which leads to lung inflammation, cancer, and abortion. In addition, cigarettes also contain poison; according to Abdullah bin Abdul Rahman al-Sind in his book *Smoking and Its Harassment*, he mentioned that "*Nicotine is a harmful chemical (a type of drug found in tobacco leaves) that is more powerful compared to all other poisons*". According to Prof. Dr Dzul kifli Abdul Razak, Director of the National Poison Center (PRN) of Universiti Sains Malaysia, each cigarette contains 4000 chemicals, the most poisonous.

Furthermore, cigarettes are a waste of money. The words of Allah S.W.T in surah al-Isra' verses 26-27:

Translation: And you should not spend your wealth with extreme extravagance. Verily, those spendthrifts are brothers of the devil, while the devil is a creature who is very disbelieving in his Lord.

(Surah Al-Isra', 17:26-27)

Another Muslim scholar, Imam Ibnu Hazm, writes in his book *al-Muhalla* (7/503, problem no. 1027), another Muslim scholar, Imam Ibnu Hazm stated that "*lavishness is forbidden*". What is meant by haram is as follows: Spending money on things that Allah S.W.T forbids, no matter how much or how little, even if it is the size of a mosquito's wing, unwanted or unnecessary waste, wasting money, no matter how small, without a purpose is useless.

As for electronic cigarettes, many fatwa and the opinions of Islamic Scholars issued the same thing about the ruling that electronic cigarettes are the same as well as conventional and common smoking. In Malaysia, medical experts have found that electronic cigarettes have the same impact as conventional smoking, even if some people think that electronic cigarettes are healthier than conventional smoking. The United States Food and Drug Administration (USFDA) conducted laboratory tests on the ingredients of vaping products. They discovered diethylene glycol, a dangerous chemical for the human body, among one of the samples. Moreover, Dr. Ashok Zachariah Philip, President of the Malaysian Medical Association (MMA), also stated that electronic cigarettes are harmful to their users. He said

that most of the chemical compounds used in conventional cigarettes are also discovered in electronic cigarettes, although in smaller amounts. He also urges the Ministry of Health, through the association, to consider banning electronic cigarettes due to the potential harm they may cause.

According to Malaysia's Ministry of Health (MOH), the vaping trend violates the ministry's procedures and rules, which aim to shape Malaysia into a smoke-free country. It contradicts the WHO Framework Convention on Tobacco Control (WHO FCTC) deal signed by Malaysia in 2005. In August 2013, the Ministry of Health also assembled a Technical Committee for Research on the Effects of Electronic Cigarettes and Shisha on Health. Because there were fewer scientific studies on electronic cigarettes and vapes, it took this committee one year and four months to release a statement. This committee examined scientific research and reports, particularly those from the WHO FCTC and the International Union against Tuberculosis and Lung Disease.

Electronic cigarettes have the same features and *'illah* (legal reasons) as conventional smoking as not only do they have a nicotine addiction and chemical substances lead to fatal diseases and waste of money, but they also can affect the health of others and can be a bad influence especially to the teenagers. Based on all the evidence, studies, and views that the medical experts and Islamic scholars find it has been decided by the Fatwa Committee of Malaysia's National Council for Islamic Religious Affairs (MKI Muzakarah Committee on 21 December 2015, decided that smoking e-cigarettes or vapor is prohibited (haram). Therefore, the ruling for electronic cigarettes is haram and prohibited in Islam for smokers who are Muslims.

Recommendation to Stop Smoking

Quitting smoking can reduce a lot of related diseases, and to keep it from that, it needs a lot of support from the surroundings and strong dedication from the smokers themselves. It takes a whole new step to be able to decide to quit smoking for various reasons, such as health. Having bad health, such as coughing continuously may lead to smokers starting to take care of their health before it is too late. Even if they have already smoked for a long time, with a strong dedication, they still can improve their health. Therefore, there are some recommendations on how to stop smoking.

Big Why to Stop Smoking

For a start-up, smokers need to identify seriously why it is important to stop smoking, and it is not only for their benefit, but it is also for their own family. Many wives and children are facing the same problem as second-hand smokers being exposed to by their husbands and fathers. All the advice from them is not effective because of the addiction due to the nicotine in the cigarettes. If a relative dies because of cancer due to smoking, it may be a reminder for them to stop smoking. Quitting smoking will make them happier to see their loved one succeed in making a change for the benefit of the family.

Moreover, one box of cigarettes is also very expensive compared to other good things that can be bought. It wastes a lot of money. Due to inflation nowadays, it is a good reason to stop smoking to cut the cost of living. For a Muslim, smoking is also a big sin in Islam, and it is one of the good reasons to repent and stop smoking.

Seek Professional Help

Up to the present time, there are a lot of innovations and medicines that can help control the addiction to nicotine. Smokers who intend to quit smoking are encouraged to go to nearby medical clinics and local pharmacies to prefer any suitable prescription to them. Hence, they can take it safely. Nicotine replacement therapy, antidepressants, and varenicline all work well. Physician intervention should begin with a routine assessment of smoking status for all patients. Brief (3 minutes or less) smoking cessation counseling improves quit rates (strength of recommendation). Nicotine replacement therapy (NRT), antidepressants (bupropion and nortriptyline), and the nicotine receptor partial agonist varenicline are effective and should be offered to help smokers quit. It has been proved that this type of prescription is one of the good initiatives that can help smokers to quit smoking. Don't change to electronic cigarettes as an alternative from conventional smoking to a healthier option.

Healthy Lifestyle

Craving smoking cigarettes can be hard, and the motivation may be lower and lower from time to time. Hence, smokers need to keep themselves busy with healthy activities such as jogging, walking, and going to the gym to distract themselves from thinking about smoking. Great exercise can improve your health, reduce stress, and help you relax. It can also boost your mental condition and make you happier. In addition, it is also important to avoid going and meeting places people who are associated with smoking. A good journey to quit smoking is by hanging out and meeting with non-smokers at places that don't allow smoking, such as cinemas, museums, malls, etc. For Muslims, it is encouraged to pray and get closer to religious activities such as fasting to avoid smoking, as smoking while fasting will be null.

Support from the Government

The government of Malaysia must help the people by providing them with an incentive to encourage them to stop smoking by providing them with some cheaper and low-budget medication to stop them from nicotine addiction. It is highly recommended to provide Nicotine replacement therapy (NRT), antidepressants (bupropion and nortriptyline), and the nicotine receptor partial agonist varenicline; up and other suitable prescriptions at the local clinic people in the village so that everyone can get it easily, especially for the low-income people. The government must also be stricter in handling tobacco and electronic cigarette products. Many teenagers nowadays can get electronic products easily because they can easily get and buy from any store. The variety of electronic products also attracts their attention due to the flavor and interesting display of the vapor products. New laws must be enforced to prevent the new generation from the addiction of smoking.

Banned Smoker's Worker

Companies in Malaysia, whether the government or private companies, should make a new policy of not hiring any potential workers who become smokers. A workplace that bars workers from smoking can make a good environment for workers and co-workers. Healthcare organisations in the United States of America now have a policy that prohibits hiring smokers. This policy promotes smoking-free practices in the company rather than only making a certain place to not smoke. Workers should accept personal responsibility for acts that put financial or other burdens on their employers or co-workers. As a result, smokers should be held accountable for the consequences of their smoking, such as higher healthcare costs, higher sickness absence, and lower productivity. The company also must support any workers who wish to quit smoking by giving some advice and chances so that their behavior will not replace them by the new employers. It would be a new hope if many companies in Malaysia had this good policy in hiring workers. While hiring for interviews and making decisions, they should focus on whether candidates can meet the job requirements to get the job at the company.

Make smoking one of the Sharia Offences

Even though smoking was identified as haram for Muslims by the Fatwa Committee of Malaysia's National Council for Islamic Religious Affairs (MKI Muzakarah Committee) on 23 March 1995, nearly 20 years ago, it seems like it doesn't have any impact on Muslim smokers in Malaysia. However, it brings much harm to the body and others exposed to second-hand smoke. Together with the Fatwa Committee of Malaysia's National Council for Islamic Religious Affairs (MKI Muzakarah Committee) on 21 December 2015, it was decided that smoking e-cigarettes or vapor is prohibited (*haram*). All the campaigns and consciousness done in schools, mosques, and public places seem to fail.

To develop healthier Malaysians who do not smoke, the government is urged to take more drastic measures, such as making smoking a sharia criminal offense. Associate Professor Dr Muzaffar Syah Mallow, Senior Lecturer of the Faculty of Syariah and Law (FSU) of Universiti Sains Islam Malaysia (USIM), stated that drastic measures should be taken seriously to protect Muslims, particularly the youth, from becoming involved in any unhealthy matters or activities told him.

The government of Malaysia should take great responsibility for this as the majority of Malaysians are Muslim. No, any Sharia law has a specialty on this matter except Section 15 of Sharia Criminal Offense in part of disrespect in the holy month of Ramadan.

The new law of Sharia offenses should be made to have a greater impact on Muslims than smoking in this country, as these matters nowadays are often taken as easy and lightweight. All parliament members must consider this matter of smoking to make sure that the bill can be passed as quickly as possible.

Pick a Suitable Husband/Head Family

As a woman, it is important to find a good husband as a head family to lead their wife and children. Having a smoker's husband not only can cause a financial problem but also can get the family exposed as a second-hand smoker. Smoking can cause mortality and health problems, such as cancer, lung inflammation, etc, in the long term. A good father should not smoke cigarettes in front of his wife and children. Not only can they be influenced by that behavior, but it can also lead to health problems. The study also shows that men who smoke can lead to erectile dysfunction compared to men who never smoke. If a woman wants to have a child, a healthy husband must be of good quality as a candidate. Smokers should avoid and quit smoking to get married to their loved ones as it is not only good for their benefits, but it is also good for their future wives and children to live longer.

Conclusion

Smoking is a harmful behavior that has been passed down from generation to generation. Even though the smoking issue has been discussed and debated for many years, and many solutions have been proposed, it has not been fully resolved. Furthermore, with the invention of new 'healthier alternative' options to traditional cigarettes, such as electronic cigarettes, it appears that overcoming the smoking problem has become more difficult. According to research, electronic cigarettes are more dangerous than traditional cigarettes. People appear to believe that vapes are healthier than traditional cigarettes. More public awareness is needed to recognize that electronic cigarettes have the same impact as traditional cigarettes. To control the use of tobacco products, the government must also take stricter actions and regulations against tobacco businesses and owners. Furthermore, education is critical in raising awareness among children, particularly teenagers, and educating them in school and at home. In conclusion, smoking should be prohibited in public places and at all times. Nobody should smoke or be near cigarettes or vapes. Other than negative consequences to one's health, money, time, and attitude, smoking has no positive consequences. Quitting smoking can improve overall health by lowering disease risks and increasing lifespan. We can live more peacefully and happily without smoking.

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