

ABSTRACT

The study was aimed at assessing the determinants of shisha smoking among youths in Uganda by using the social cognitive theory, taking the cases of Makerere and Kampala International Universities in Uganda. A total of four universities were used to carry out a cross section study, these included Makerere and Kyambogo which are both public Universities well as Cavendish and Kampala International which are private universities from August 2017 to November 2017. The questionnaire comprised of socio-demographic and environmental factors that initiate behavior of shisha smoking by the youth. Data analysis was done using Statistical Package for the Social Sciences (SPSS 13). Chi-Square was used to determine the relationships between shisha smoking and socio-demographic characteristics. A total number of 229 university students participated in this study. The majority were male (63.8%) with 20-25 years of age (60.7%), from public universities (75%). Shisha smoking was found to be more prevalent in University students with a total percentage 29.5%. The study also found out that most students knew the fact that shisha causes lung cancer. Close associates like siblings and friends who smoke shisha greatly impacted significantly on the smoking status ($\chi^2 (1) = 12.887, p < 0.001$), and ($\chi^2 (1) = 21.901, p < 0.001$) respectively). Prevalence of shisha smoking is high and there is lack of knowledge in relation to its impact on health among university students. In this regard more focus needs to be done on medical education. The policies on the reduction of cigarette smoking need to be applied on shisha smoking and their products. **Keywords:** Shisha smoking - university students