

It's true because if ab is unit then $(ab)(b^{-1}a^{-1}) = (aa^{-1})(bb^{-1}) = 1 \Rightarrow \begin{cases} aa^{-1} = 1 \\ bb^{-1} = 1 \end{cases} \Rightarrow \begin{cases} a \text{ is unit} \\ b \text{ is unit} \end{cases}$.

Answer: True.