

An Assessment of Self-esteem Among young adult and middle adult Smokers and Non-smokers

Praveen Kumar Mishra,
Student of Masters in Psychology,
Department of Psychology,
Philosophy & Education,
Gujarat University, Navrangpura,
Ahmedabad, Gujarat.

Kamayani Mathur
Supervisor,
Professor & Head,
Department of Psychology;
Director School of Psychology,
Philosophy & Education,
Gujarat University,
Ahmedabad, Gujarat.

Abstract

Background: The present paper were investigates the influence on self-esteem among male female smokers and non-smokers of young and middle adult group. The main focus was on the potential moderating role of gender and age upon varied levels of self-esteem of an individual seen an impact of smoking.

Methods: Purposive sampling method was used to gather the sample of 240 smokers and non-smokers. In this research, type of person, gender and age taken as independent variables. "2x2x2 Factorial Design" was used to categorize to the sample in 4 equal parts of 4 independent variables. First independent variable has two levels; smokers and non-smokers. Second variable has two levels i.e. male and female and the third variable is age group i.e. 20-30 and 40-50 years.

Result: The result showed that a global look at the scores of smokers and non-smokers on Rosenberg self-esteem scale which shows that the significant difference at $p > 0.01$ level between the smokers and non-smokers with F-ratio of 180.94.

Conclusion: Smokers having low self-esteem in each variables as compared to the non-smokers. Non-smokers have higher self-esteem than smokers. These two type of person are significantly different on self-esteem scores. There is not significant interaction effect seen in the level of self-esteem therefore they do not differ when the young adult and middle adult age group (20-30 and 40-50 years) and the gender (male and female) interacts with each other.

Keywords

Moderating role; smoking behaviours; non-smokers; Rosenberg Self-esteem; smokers; self-awareness; self-concept; self-worth.

Introduction

Cigarette smoking is one of the most important public health problems.¹ A variety of personality-related factors have been shown to be associated with smoking. Problems with concentration had an independent effect on the probability of becoming a current smoker according to a Finnish twin study.² Among adults, personality factors such as neuroticism, poor self-discipline, low self-esteem, impulsiveness, and low deliberation³ as well as depressiveness⁴ have been linked with smoking initiation and continuation. Continuing smoking and smoking cessation increase the risk of depression, stress and many such affect negatively on our mental health⁵ and history of depression or anhedonia predicts smoking.⁶ The link between smoking and depressive emotions seems to be due to problems with negative affect regulation; smoking is assumed to lighten negative emotions.⁷

Self-esteem continues to be one of the most commonly researched concepts in social psychology.⁸⁻¹¹ Generally conceptualized as a part of the self-concept, to some self-esteem is one of the most important parts of the self-concept. Indeed, for a period of time, so much attention was given to self-esteem that it seemed to be synonymous with self-concept in literature on the self.^{12, 13} This focus on self-esteem has largely been due to the association of high self-esteem with a number of positive outcomes for the individual and for society as a whole.^{8-12,14} Moreover, the belief is widespread that raising an individual's self-esteem (especially that of a child or adolescent) would be beneficial for both the individual and society as a whole. Self-esteem refers most generally to an individual's overall positive evaluation of the self.¹⁵⁻¹⁷ It is composed of two distinct dimensions, competence and worth.^{17,18} The competence dimension (efficacy-based self-esteem) refers to the degree to which people see themselves as capable and efficacious. The worth dimension (worth-based self-esteem) refers to the degree to which individuals feel they are persons of value.

Weak self-esteem is a sign of vulnerability when it comes to affective disorders. Individuals with high levels of self-criticality and/or dependency are prone to develop depression after negative life-events. In addition to depressive symptoms, weak self-esteem is linked to weight problems and social phobia.¹⁹ Decrease in self-esteem is linked with the development of social phobia and depression among adolescents.²⁰

There are certain characteristics that distinguish how high someone's self-esteem is. Examples of these characteristics are being open to criticism, acknowledging mistakes, being comfortable with giving and receiving compliments, and displaying a harmony between what one says, does, looks, sounds, and moves. People with high self-esteem are unafraid to show their curiosity, discuss their experiences, ideas, and opportunities. They can also enjoy the humorous aspects of their lives and are comfortable with social or personal assertiveness.²¹

We know that people with high self-esteem:

- Appreciate themselves and other people.
- Make their own decisions and conform to what others tell them to be and do only when they agree.
- Avoid dwelling on the past and focus on the present moment.
- They endeavour to make a constructive difference in other people's lives.²²

The main aim of the present research work was to assess the level of self-esteem among smokers and non-smokers.

The following hypotheses were proposed:

1. There will be no significant difference between the type of person in relation to the level of self-esteem.
2. There will be no significant difference between the genders in relation to the level of self-esteem.
3. There will be no significant difference between the age group in relation to the level of self-esteem.
4. There will be no significant interaction between type of people and the genders in relation to the level of self-esteem.
5. There will be no significant interaction between type of people and the age in relation to the level of self-esteem.
6. There will be no significant interaction between the genders and age group in relation to the level of self-esteem.
7. There will be no significant interaction between the type of people, genders and age group in relation to the level of self-esteem.

Methods

Participants

To measure self-esteem; sample were selected total of 300 subjects were approached, 260 subjects gave consent to proceed. Out of 260 subjects 240 subjects were selected who fit into the criteria and who have completed the questionnaire appropriately. No detailed information is available for students who did not participate in the study. In the present study The range of age of the sample were 20-30 years and 40-50 years, and the data analyses were undertaken for $n = 240$ (120 are smokers and 120 are non-smokers). The distribution of gender is in equal proportion. The age range of the sample in the present study was young adult and middle adult (20-30 and 40-50 years), and the data analyses were undertaken for $n = 240$ (120 are smokers and 120 are non-smokers). The distribution of gender are in equal proportion.

Measures

The aim of the resent research study is to assess the level of self-esteem among smokers and non-smokers in male and female by using the Rosenberg Self-Esteem Scale. It is a 10-item questionnaire measuring global self-esteem. The age range of this scale can be construct on the self-esteem for all *age groups*. The items are rated on a four-point Likert scale, ranging from (0) *strongly disagree* to (3) *strongly agree*, where higher sum score on the scale indicates higher levels of global self-esteem. RSE is found to be a reliable (Cronbach's a coefficient .86) and valid measure for global self-esteem through all ages, including adolescence. The scale has been used in Norwegian studies, with Cronbach's a coefficient varying from .80 to .88.²³

Procedure

To obtain the sample group, official permission was taken from the authorities in changes from different places from Ahmedabad city, Gujarat. Followed by a brief rapport, an informed consent was obtained from each subject promising confidentiality and anonymity. The tool was then administered after giving relevant instructions and ensuring that the subject has understood them. Privacy and comfortable atmosphere were ensured throughout the data collection. All the subjects were thanked for giving their valuable time and consent to participate in the study. After completion of data collection, a response of each respondent on the entire tool was scored with the help of respective scoring keys.

Statistical Analysis

To further analyse the data, three way (2x2x2) ANOVA F-test was used. Descriptive statistics in the form of mean was computed.²⁴

Result

All these scores were then analysed by adequate statistical technique of three way analysis of variance to examine main and interaction effect of three independent variables. In the preliminary analyses, we tested the F-ratio (see Table 1). For the type of person (smoker and non-smoker) we got $F=180.94$, $p < 0.00001$. In gender (male and female) we got $F= 2.31$, $p < 0.12$, in age (20-30 and 40-50 years) we got $F= 3.08$, $p < 0.00001$, the interaction between type of person and gender we got $F= 0.00$, $p < 0.00$, the interaction between type of person and age $F= 0.34$, $p < 0.00001$, also the interaction between gender and age $F= 1.86$, $p < 0.17$, and the interaction between type of person, gender and age we got $F=1.66$, $p < 0.19$. In Rosenberg Self-esteem Scale the type of person i.e. our first source of

variance which is significantly associated on >0.01 level of significance. So, our hypotheses on type of person were rejected on RSE Scale.

Table 1 Summary table for the Results of ANOVA on Self-esteem of Type of Person, gender and age.

Source of Variation	Sum of Squares	df	Mean Square	F	Level of Significance
Type of Person	1983.75	1	1983.75	180.94	S $p < 0.00001$
Gender	25.35	1	25.35	2.31	NS $p < 0.12$
Age	33.75	1	33.75	3.08	NS $p < 0.08$
Type of Person x Gender	0.02	1	0.02	0.00	NS $p < 0.00$
Type of Person x Age	3.75	1	3.75	0.34	NS $p < 0.56$
Gender x Age	20.42	1	20.42	1.86	NS $p < 0.17$
Type of Person x Gender x Age	18.15	1	18.15	1.66	NS $p < 0.19$
Error	2543.47	232	10.96	--	--
Total	4628.65	239	--	--	--

*NS (Not Significant) / S (Significant)

Discussion

Smoking is one of the most comprehensive and oldest way to inhale tobacco. Uses of tobacco in many such adolescents and old people. Tobacco is one of the CNS (Central Nervous System) stimulant category of compound which stimulate the Central Nervous System and when a person is in stress and anxiety they smoke and get relief from stress and anxiety, it is produce habitations and addictions. Many of such smoking habits seen in adolescents because of their peer pressure, stress, health levels, coping strategies, normative beliefs, personal beliefs, family structure, geographical location, age groups, job involvement, film actors, gender, cultural beliefs. Especially in adult exhibits adulthood.

Self-esteem is a set of attitudes and beliefs that a person brings with him or herself when facing the world. It includes beliefs as to whether he or she can expect success or failure, how much effort should be put forth, whether failure at a task will "hurt," and whether he or she will become more capable as a result of different experiences. In psychological terms, self-esteem provides a mental set that prepares the person to respond according to expectations of success, acceptance, and personal strength." Self-esteem is related because a smoker has feeling of confusion or feel stressed from work, responsibility, peer pressures etc. and also in female smokers having much of pressures who are working in some corporate area also in middle aged women have menopausal stress, responsibility of the family as well as the load of work, so it may directly connection with their self-esteem.

A global look at the scores of smokers and non-smokers on Rosenberg self-esteem shows that the significant difference at >0.01 level between the smokers and non-smokers with F-ratio of 180.94. The mean of non-smoker is higher than that of smokers. It suggest that there is significant difference between the level of self-esteem and the type of person.

According to the previous literature it is found that the smoking behaviour is highly influenced to the self-esteem of the individual, were the stressed smokers and non-smokers were significant. The results showed that self-esteem were significantly related with smoking status ($r = p < 0.01$) Non-smokers are almost free from the stress and the problems having in daily life and they were good in manging their life style according to the situations; while the smokers are not good in the management of stress and the daily problems of life by which it concerns that they are significant from their style of living.²⁵

In my study there is two age groups young adult and middle adult were analysis also indicates that the both age group were non-significant. Also the gender and the age having non-significant difference between both. The Interaction between the three variables having non-significant interaction between the variables. But there is significant difference between the type of people i.e. smokers and non-smokers.

Analysis also indicates that there is no significant interaction in the level of self-esteem between types of people and age whether the male or female. Here also it is being proved that the non-smokers have higher self-esteem as compared to the smokers from having higher mean score than the smokers.

There are various dimensions of self-esteem but ultimately all lead to exploration of 'self'. So if a smoker can explore 'self' then he/she can gain mastery on vary many areas like self-efficacy, self-regulation, self-confidence and so on.

Conclusion

Smokers having low self-esteem in each variables as compared to the non-smokers. They differ with respect to the non-smokers. Non-smokers have higher self-esteem than smokers. These two type of person are significantly different on self-esteem scores. There is not significant interaction effect seen in the level of self-esteem therefore they do not differ when the group of age (20-30 and 40-50 years) and the gender (male and female) interacts with each other.

Limitations

The present research was carried out on a small sample; hence the result cannot generalized on the entire population. The sample for the research taken particularly from the different parts of Ahmedabad only. Demographic details like Socio-economic Status, education level, occupation and so on were not considered for this study which could have possible impacts.

Practical Implication

Throughout this study more comparative studies between various type of person can be done by using various combinations.

This study helpful to educational and vocational counsellors because it shows an importance of self-esteem, how they can helps in individual to achieve success. This study is also very helpful for the non-smokers because it suggests that if you will try to explore 'self' and being 'social' then you will get better and quick results.

Acknowledgments

The authors are very grateful to the Department of Psychology, Gujarat University, Ahmedabad, who has given all kind of support and help to complete this research work.

Conflict of interest: There is no conflict of interest.

Funding: This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

References

1. Nelson DE, Mowery P, Asman K et al. Long-term trends in adolescent and young adult smoking in the United States: metapatterns and implications. *Am J Pub Health*. 2008; 98; 905-915.
2. Barman S. K, Pulkkinen L, Kaprio J, Rose RJ. "Inattentiveness, parental smoking and adolescent smoking initiation," *Addiction*. 2004;99;1049–1061.
3. Terracciano A, Costa Jr PT. "Smoking and the five-factor model of personality," *Addiction*. 2004;99;472–481.
4. Haukkala A, Uutela A, Vartiainen E, McAlister A, Knekt P. "Depression and smoking cessation: the role of motivation and self-efficacy," *Addictive Behaviors*. 2000;25;311–316.
5. Korhonen T, Ulla B, Varjonen J, Romanov K., Koskenvuo M., Kinnunen T., Kaprio J. "Smoking behaviour as a predictor of depression among Finnish men and women: a prospective cohort study of adult twins," *Psychological Medicine*. 2007;37;705–715.
6. Morrell HER, Cohen LM, and McChargue DE. "Depression vulnerability predicts cigarette smoking among college students: gender and negative reinforcement expectancies as contributing factors," *Addictive Behaviors*. 2010;35;607–611, 2010.
7. Schleicher HE, Harris KJ, Catley D, Nazir N. "The role of depression and negative affect regulation expectancies in tobacco smoking among college students," *Journal of American College Health*. 2009;57;507–512.
8. Baumeister RF. *Preface to Self-Esteem: The Puzzle of Low Self-Regard*, Baumeister, Roy F. (Eds.). Springer US. 1993.
9. Mruk, C. *Self-Esteem: Research, Theory, and Practice*. Springer. 1995.
10. Wells LE, Gerald M. *Self-esteem: Its Conceptualization and Measurement*. Sage. 1976.
11. Wylie RC. *The Self-Concept: Theory and Research on Selected Topics*. University of Nebraska. (riv. ed.). The University of Nebraska: London. 1979.
12. Rosenberg M. *Beyond Self-Esteem: The Neglected Issues in Self-concept Research*. Paper presented at the annual meetings of the ASA. (1976).
13. Rosenberg M. *Conceiving the Self*. Basic Books. (1st ed.) New York. 1979.
14. Smelser NJ. *Self-Esteem and Social Problems: An Introduction Social Importance of Self-Esteem*, pp. 1–23. Andrew M. Mecca, Neil. J. Smelser, & John Vasconcellos (Eds). University of California Press. 1989.
15. Gecas V. "The Self-Concept." *Annual Review of Sociology*, 8:1–33. 1982. <https://doi.org/10.1146/annurev.so.08.080182.000245>.
16. Rosenberg M. *The Self-Concept: Social Product and Social Force*. *Social Psychology: Sociological Perspectives*, pp. 593–624. Morris Rosenberg & Ralph H. Turner. (Eds) Transaction. 1990.
17. Rosenberg M, Schooler C, Schoenbach C, & Rosenberg F. Global Self-Esteem and Specific Self-Esteem. *American Sociological Reviews*. 1995; 60;141-156.

18. Smelser NJ. *Self-Esteem and Social Problems: An Introduction Social Importance of Self-Esteem*, pp. 1–23. Andrew M. Mecca, Neil. J. Smelser, & John Vasconcellos (Eds). University of California Press. 1989.
19. Zou JB, Abbott MJ. “Self-perception and rumination in social anxiety,” *Behaviour Research and Therapy*. 2012;50;250–257.
20. Väänänen JM, Isomaa R, Kaltiala-Heino R, Fröjd S, Helminen M, Marttunen M. “Decrease in self-esteem mediates the association between symptoms of social phobia and depression in middle adolescence in a sex-specific manner: a 2-year follow-up of a prospective population cohort study,” *BMC Psychiatry*. 2014;14.
21. Branden N. *The power of self-esteem*. (1st ed.). Health Communications, Incorporated. Boca Raton, Florida. 1992.
22. Smith SR, & Harte V. *Self-Esteem for Dummies*. John Wiley & Sons. 2015 <http://www.dummies.com/health/mental-health/self-esteem/10-characteristics-of-people-ith-high-self-esteem/> Accessed 13 March 2020.
23. Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.
24. Garrett HE & Woodworth RS. *Statistics in Psychology and Education*. (1st ed.). Bombay: Vakils, Feffer & Simons Pvt.Ltd. 1969.
25. Uddin KM, Islam TM & Asaduzzaman M. Perceived Stress and Self Esteem as Significant Predictors of Cigarette Smoking Behavior of Bangladeshi Male Adults. *Journal of Behavioural Sciences*. 2012;22;2.