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## **Acomparitive Study Of Emotional Intelligence, Self Esteem And Perceived Stress Among Smokers And Non Smokers**

### **ABSTRACT**

The current exploration was aim toward explore the difference between emotional intelligence, self-esteem and stress among smokers and non-smokers. Purposive sampling technique (define) is used in the research for collecting data. For the present research sample of 250 was taken i.e. (N=125 smokers) and (N=125 nonsmokers) was taken from two different cites universities and colleges with age range 19-25 years. Scale of emotional intelligence, Rosenberg self-esteem and Perceived stress scale was utilized as evaluation measure. T-test was performed to find out difference on smokers and non-smokers. Pearson product moment correlation was performed to find out correlation in self-esteem, emotional intelligence and stress among smokers and non-smokers. The results revealed that there was major difference between emotional intelligence, self-esteem and stress among smokers and non-smokers and that there is high level of emotional intelligence and self-esteem among non-smokers then smokers and high level of perceived stress among smokers then nonsmokers.

**Keywords:** Emotional intelligence, self-esteem, stress, smoking

### **Introduction**

The recent study aims to investigate Smoking effect on emotional intelligence, self-esteem and stress. Salovey & Mayer (1990) said emotional intelligence for instance the level to show personal and others feelings, to separate side between them and to apply this data to organize ones intellectual and events'. There are three important EI models. EI is defined by different models such as ability model, personality model and mixed model. Ghent (1961) the proposed final concept of the ability model to also includes attitudes such as relaxation with hesitation, frankness to change, and trust worthiness. Goleman (2006) define the Character Model tested five main areas: conscious, working own emotions, self-inspiration, sympathy, and management outside relations. The last model in this study is the mixed model of emotional intelligence which motivated on the significance of emotional communication and the outcome of emotional and social activities. Leary & Baumeister (2000) define Self-esteem is "separate assessment of his or her worth". Rosenberg, Schooler & Schoenbach (1989, p. 1008) defined self-esteem as "the complete of an personality's views and emotions almost self". Self-worth is to assessment the change between their image of self and ideal self.

Stress is a reaction by both of good and bad experience that disturb of physically and mentally. Due to stress thinking pattern, behavior and emotion change. Lazarus (1999) produce that stress can be perceived as any form of stressful events an individual's ability to cope. Cigarette smoking is one of the most unusual types of human practices. Smoking is the

animate of the smoke of warm tobacco safe in cigarettes, piping, and cigars. Smoking is the important cause of death (Center for Disease Control and Prevention, 2002). Pakistan is a young country and develop it need its young population to be mentally and physically healthy. Mostly people include in smoking. The research was conducted differences on emotional intelligence, self-esteem and stress among smokers and non-smokers so that different psychological intervention can be applied to decrease smoking. Through this research the youth nation and the people belong to every age group was be awarded about the conditions that why people become smokers and conceptualize well about the causes behind smoking. Further study will provide platform for further research on it in Pakistan as very few researches have analyzed this variable on Pakistani population.

### **Hypothesis**

1. There is a negative relationship between emotional intelligence and smoking.
2. There is a negative relationship between self-esteem and smoking.
3. There is a positive relationship between perceived stress and smoking.
4. Emotional intelligence is higher in non-smokers as compare to smokers.
5. Self-esteem is higher in non-smokers as compare to smokers.
6. Perceived stress is higher in smokers as compare to non-smokers.

### **Method**

Purposive sampling technique (define) is used in the research for collecting data. For the present research sample of 250 was taken i.e. (N=125 smokers) and (N=125 nonsmokers) was taken from two different cities universities and colleges of Lahore and Sheikhupura. The participants from age range 19-25 years were included in the study.

### **Assessment Measures**

#### **Scale of emotional intelligence (Roohi & Bano, 1994)**

It's a 56 item scale with 4 point likert scale (1 to 4) (1) Never true, (2) sometimes true of me, (3) frequently true of me, (4) constantly true of me. Item number seven, nine, thirteen, seventeen, twenty six, thirty, forty two, forty seven, forty eight, forty nine are reverse coded items. Test-retest reliability of this scale was .95.

The scale involves of 10 factors: personal skill, self-interest, assertiveness, empathy emotional self-awareness, impulse controller, suppleness, badly-behaved solving, pressure tolerance, and hopefulness.

#### **Rosenberg self-esteem scale (Rosenberg, 1965)**

It's a 10 item scale with 4 point likert scale from (1) strongly agree, (2) agree, (3) disagree and (4) strongly disagree. Items number two, five, six, eight, nine are reverse coded.

#### **Perceived stress scale (Cohen, Kamarck, & Mermelstein, 1983)**

It's a 10 item scale with 5 point likert scale (0 to 4) (1) Never, (2) nearly never, (3) sometimes, (4) fairly frequently (5) very frequently. Item number four, five, seven and eight are reverse coded items. Test consistency for the PSS was .85. The PSS has a series of scores among 0 and 40. An upper score shows more stress.

### **Procedure**

First of all, proceeding to the data collection approval was taken from concerned authorities assemble data. Sample of students were recruited from different two different Universities and colleges to Lahore and Sheikhupura.

### **Statistical Analysis**

T-test was performed to find out difference on smokers and non-smokers.

Pearson product moment correlation was performed to find out correlation in self-esteem, emotional intelligence and stress among smokers and non-smokers.

**Result**

<b>Table 1</b>							
Comparison between Emotional intelligence, Self-esteem and Stress among smokers and non-smokers (N=250)							
Variables	Smokers		Non smokers		t	p	
	M	SD	M	SD			
Emotional intelligence	1.33	.55	2.25	.77	10.83	.00	
Self-esteem	1.19	.39	1.79	.40	11.81	.00	
Perceived Stress	1.80	.40	1.16	0.36	-13.13	.00	
Note: M= Arithmetic Mean of Variables, SD= Standard Deviation							
Results display that there is a significant difference among smokers and non-smokers on Emotional intelligence, Self-esteem and Perceived stress.							

<b>Table 2</b>				
Pearson Product Movement Correlation between Emotional intelligence, Self-esteem and Perceived stress among smokers and non-smokers (N=250)				
Variables	1	2	3	4
1. Smoking	-	-.57**	-.60**	.65**
2. Emotional intelligence	-	-	.63**	-.56**
3. Self-esteem	-	-	-	-.87**
4. Perceived stress	-	-	-	-
**p<0.01				
Results show that there is a significant relationship on smoking, emotional intelligence self-esteem and perceived stress. There is a significant negative relationship smoking with emotional intelligence and self-esteem its mean that emotional intelligence and self-esteem is decreased among smokers than non-smokers. There is a significant positive relationship smoking and perceives stress its mean that is increased among smokers than non-smokers.				

<b>Table 3</b>			
Comparison between Psychological disabilities, Physiological disabilities among Families of smokers and non-smokers (N=250)			
Variables	Smokers	Non smokers	

	M	SD	M	SD	t	p
Psychological disabilities	1.80	.40	1.29	.46	9.25	.00
Physiological disabilities	1.64	.48	1.25	.44	6.59	.00
Note: M= Arithmetic mean of variables, SD= Standard deviation						
Result indication that there is a significant difference among families of smokers and non-smokers on Psychological disabilities and physiological disabilities. Result shows that there is a significant difference among families of smokers and non-smokers on Psychological disabilities and physiological disabilities.						

## Discussion

The aim of the current study was to explore the relationship of emotional intelligence, self-esteem and perceived stress between smokers and non-smokers and also to investigate the differences in emotional intelligence, self-esteem and perceived stress among smokers and non-smokers.

As a result shown that there is a significant negative relationship between emotional intelligence and smokers. Maggi & Hill (2011) explore the relationship among emotional intelligence and smoking in young majority. Unpredictably, a greater score on personal skills existed related through random smoking (associated to non-smoking) between men, significant that this group can involve of some social smokers. Our outcomes advocate that emotional intelligence could include gender specific defensive and possibility issues used for random and regular smoking, which in chance would be measured in the progress of smoking inhibition platforms.

As a result revealed that there is an incomparably destructive association between self-esteem and smokers. Srivastava (2015) conducted a study to explore the difference between self-esteem and locus of control among undergraduates with and without smoking habit. The results revealed external locus of control and minor self-esteem in smokers as compared to non-smokers. Shaniya (2012) purpose to explore the level of life happiness and self-esteem among adolescents with and without tobacco use. Results exposed that Tobacco users have low self-esteem, low life fulfillment in assessment to non-users. Saari, Jukka Kentala & Mattila (2014) discovered to think about whether weaker self-regard in immaturity is related with smoking attitude in adulthood. Weaker self-esteem amid the puberty was not altogether related with smoking in adulthood. In any case, that respondent show weaker self-regard in a youth had expanded danger of having been smoking routinely although not all of them were smokers at the time of the development.

As a result revealed that there is a significant positive relationship among smokers. Parrott (1999) conducted the study to observe the relationship between occupational stress and smoking, the level of occupational stress among smokers and non-smokers. Do high level of Occupational stress is related with binge smoking. As probable, a positive significant relationship was producing between Occupational stresses and smoking among employees of private organization. Results of t-test analysis suggested smokers have high level of occupational stress as non-smokers. Normally, the current study highlights the significance of stress among smokers and non-smokers at organizational level. Arnett (2000) explore the Smokers regularly explosion that cigarettes benefit release spirits of pressure. Though, the pressure facts of adult's smokers are a quantity of upper than persons of non-smokers, youthful smokers report aggregate level of pressure such as they recover fixed designs of smoking, and smoking ending clues to reduced pressure. Therefore, the outward relaxant outcome of smoking merely reveals the contrary of the tension and irritability that develop during nicotine depletion. Poor smokers require nicotine to hold on feeling ordinary. The message that tobacco utilize does not enhance stretch but rather

really expands it should be much more by and large known. It could help those grown-up smokers who wish to stop and may keep some school kids starting. Kontos, Ryff, Ayanian, Albert & Williams (2013) explore the study variety of psychosocial stressors and smoking. Consequences Great pressure at together estimations was related with more chances of insistent smoking for strain connected to relatives, finances, effort, perceived difference, previous-year private difficulties, and a precipitates lash.

Result show that there is high level of emotional intelligence and self-esteem among non-smokers then smokers and high level of perceived smokers then nonsmokers. Srivastava (2015) conducted a study to explore the difference between self-esteem and locus of control among students with and without smoking habit. The results revealed external locus of control and minor self-esteem in smokers as compared to non-smokers. Parrott (1999) conduct the study to observe the relationship between occupational stress and smoking, the level of occupational stress among smokers and non-smokers. Do high level of Occupational stress is related with binge smoking. As expected, a positive significant relationship was creating between Occupational stresses and smoking among employees of private organization. Results of t-test analysis suggested smokers have high level of occupational stress as nonsmokers. Normally, the current study highlights the significance of stress among smokers and nonsmokers at organizational level.

Saravanan (2014) conducted a study, aimed to identify the prevalence of cigarette smoking amongst undergraduates in Malaysia, generation dissimilarities in nicotine requirement between recent smokers, difference in mental problems for compare (sadness, nervousness and stress) established arranged the position of smoking cigarettes (recent, previous and non-smokers) and level toward which producing issues (stress decrees, habit, automatism, management, public communication, desire, and motivation) guess the smoking attitude between presents smokers. The outcomes displayed that 14.7% (n=106) of the students were smokers. Present smokers showed more mental issues (sadness, tension and stress) related to previous and non-smokers. Habit, pressure diminishment, joy and automatism were indicators of smoking conduct among the present smoking students. Stage wise descent investigation displayed that smoking attitude was extremely guess by nicotine. Smoking students were inspired to smoke cigarettes such as they thought that it reduced their pressure and boost desire. Consequently, there is a requirement for wellbeing advancement and hostile tobacco stoppage as cigarette smoker spractice extramental difficulties. Nicotine reliance or expansion was one of the main reasons behind smoking attitude between the under study populace in Malaysia.

Durazzo, Meyerhoff & Nixon (2010) conduct a study contrasted with the significant capacity of research on the overall well beings values linked with persistent smoking, tiny study has been exactly committed to the exploration of its consequences for human neurobiology and neuro cognition. Persistent smoking may likewise be related with an expanded risk for different types of neurodegenerative illnesses. The present literature is constrained by problematic representing perhaps bewildering biomedical and psychiatric circumstance, attention on cross-sectional trainings with central aged and more seasoned grown-ups and the nonattendance of studies simultaneously assessing neurocognitive, neurobiological and inherited considers a similar associate. Longitudinal reviews are expected to decide vulnerability the smoking-related neurobiological and neurocognitive irregularities increment after some time or potentially demonstrate recuperation with supported smoking end. The result of present study is revealed the family history of psychological and physiological disorder that more existed among smokers than non-smokers.

## **Conclusion**

The present study was aim to explore the difference between emotional intelligence, self-esteem and stress among smokers and non-smokers. Majority of the people start smoking in early adolescence. Adolescents from families with a profession educated parents. The results revealed that there was significant difference between emotional intelligence, self-esteem and stress among smokers and non-smokers and that there is high level of emotional intelligence and self-esteem among non-smokers then smokers and high level of perceived smokers then nonsmokers. Educated participants included in the research. Face was some difficulties during date collection.

## **Limitation**

The present research has following limitation:

1. Due to limited resources, the sample size was taken small.
2. Research is on the topic and it takes much time but the time limit actualsmall.
3. Questioners were use in English linguisticthus difficulty for some people.

## **Recommendations**

Much research has been done on smoking but every culture has different beliefs and norm values. Accordingly, more studies should be conduct in Pakistan to find how they can be helped in this respect. For future purpose, sample should be large in size furthercorrect results. In this research youths were included but in future study teenagers should be included.

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