Emotional Intelligence, Moderating a Role Between Machiavellian Traits, Social Comparison & Self-Esteem as Predictors of Vape Use Among Young Adults

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Emotional Intelligence, Moderating a Role Between Machiavellian Traits, Social Comparison & Self-Esteem as Predictors of Vape Use Among Young Adults

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To My Family and Myself

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All praise to Allah Almighty for blessing me with the countless comforts which I didn't struggled for. My loving parents who invested their emotional and physical assets just to see me succeed in life. My whole family who took care of me and dealt with everyday chores so that I can focus on my studies and to myself; my consistent struggles and efforts towards achieving my life goals.

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Abstract

Adulthood is an age influenced by society, culture and personal traits. Vaping has become a prominent issue among young adults making it important to understand the psychology behind it. E-cigarettes were first promoted to help people quit smoking but now many young individuals consume them being under the influence of various causes. This study focuses on how comparing oneself to others, cunning traits and emotional intelligence effect the self-esteem of young vapers.

The rise in vaping among young adults is a big public health issue. Literature gap was noticed on studying the psychosocial traits of vapers such as social comparison, machiavellian traits and emotional intelligence. This study fills the gap by exploring how these psychological aspects work together and effect the self-esteem of vapers.

This study aims to look at how social comparison and Machiavellian traits can influence the self-esteem of young vape users. Also, the role of emotional intelligence was studied as a moderator. The study uses quantitative method to explore how social comparison, Machiavellian traits and emotional intelligence are connected to self-esteem of e-cigarette consumers. Sample included young student vapers aged between 18 to 28 years. Data was gathered utilizing structured and standardized questionnaires. Statistical analysis of correlation, independent sample t test, multiple linear regression and moderation analysis were used to understand the relationships among variables.

Results indicated that social comparison and machiavellian traits have direct association with self-esteem of e-cigarette consumers as results showed negative association of social comparison and machiavellian traits with self-esteem of vapers. Significant gender differences were also noted in self-esteem and two sub-scales of machiavellian traits including amorality and desire for control.

This research provides insights into how specific psychological traits such as Machiavellianism and social behaviors like comparing oneself to others impact self-esteem of young vape consumers. Clinicians and therapists working with young adults can utilize the findings into their practices by assessing clients for emotional intelligence and machiavellian traits. This can help in shaping therapeutic approaches to address risk factors with aim of supporting better mental health outcomes.

Keywords: vaping, emotional intelligence, Machiavellian traits, social comparison, self- esteem

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LIST OF ABBREVIATIONS

Symbols	Meaning
<	Less than
>	Greater than
*	Significant at .05
**	Significant at .01
=	Equal to
Abbreviations	**Stands for**
N	Sample size
M	Mean
SD	Standard Deviation
SE	Standard Error
α	Alpha
β	Standardized Regression Coefficient
B	Unstandardized Coefficients
P	Significance value
CI	Confidence Interval
LL	Lower Limit
UP	Upper Limit
MSE	Mean Square Error
df	Degree of freedom
F	Mean Square Regression
R^2	Coefficient of determination
R	Correlation

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