PERSONALITY TRAITS, EMOTIONAL COMPETENCY AND SELF-ESTEEM IN SUBSTANCE USERS AND NON-USERS

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BAHRIA UNIVERSITY LAHORE CAMPUS

PERSONALITY TRAITS, EMOTIONAL COMPETENCY AND SELF-ESTEEM IN SUBSTANCE USERS AND NON-USERS

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DEDICATION

I am dedicated to the Allah Almighty, who has guided me and given me strength and wisdom. I also dedicate this research to my teachers, who helped me out throughout my 4 years journey and especially in my research and inspired me to do my best. To my parents, I dedicate this research with love and gratitude. They have always been there for me, supporting me emotionally, spiritually, and financially. Their love and encouragement have given me strength to pursue my goals. I dedicate it to my batchmates Usva, Maria, Hira, and Haiqa, who are kind, and caring and always helped me out and were resilient despite all the challenges we faced, to my dear friend **Hamza** who carries the weight of the world on his shoulders but still chooses to help me and others, to the beautiful souls **Kanza,** Saeed, Rafia and Zeeshan because without them this research would never have reached completion.

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ABSTRACT

The present study examines the personality traits, emotional competency and self-esteem in young adults who are using illegal substance. These psychological factors are important identifying factors as they can help in the early detection and prevention of substance use in at risk individuals. Although, there are many researches examining the personality traits and self-esteem of drug users but very few researches examine the emotional competency in drug users as well as these three factors combined. This study investigates the five dimensions of personality namely Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism, the Emotional Competency of drug using young adults and their self-esteem. A non-experimental between subject design was used and through purposive sampling a sample size of 300 young adults between the ages of 18 years to 25 years, currently studying in any university, was collected. The results showed that drug users scored significantly lower (Mean = 23.51) on the self-esteem scale and higher on one of the emotional competency subscales EPE (Enhancement of Positive emotions) (Mean = 20.81) .Evaluating the personality traits, Non-Drug users scored higher on Conscientiousness (Mean = 28.92) as compared to Drug users (Mean = 26.69) while there was no significant difference among other personality dimensions. These results indicate that Non-drug users have better coping mechanisms as compared to Drug-users who engage in maladaptive behavioral patterns. This study contributes to clinical psychology by providing insights into the psychological profiles of young adults at risk, advocating for interventions that focus on emotional regulation, self-esteem, and personality development.

Key words: Emotional Competency, Drug-use, Self-esteem, Personality traits

LIST OF ABBREVIATIONS

SE = Self Esteem

E = Extraversion

A = Agreeableness

C = Conscientiousness

N = Neuroticism

O = Openness

ADF = Adequate depth of feeling

AEC = Adequate expression and control of emotions

AFE = Ability to function with emotions

ACEP = Ability to cope with problem emotions

EPE = Enhancement of positive emotions

BFI = Big Five Inventory

RSE = Rosenberg Self-Esteem Scale