

TOBACCO SMOKING AS A FUNCTION OF INTRAPERSONAL PROBLEM AMONG
ADOLESCENTS

By

Nausheen Ghulam Mohammad

A thesis

presented to the Bahria University, Islamabad

in partial fulfillments for the requirements

for the degree of

Master of philosophy (M. Phil)

2013

LIBRARY
INSTITUTE OF PROFESSIONAL PSYCHOLOGY
BAHRIA UNIVERSITY KARACHI CAMPUS
KARACHI

BAHRIA UNIVERSITY, ISLAMABAD

APPROVAL SHEET

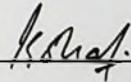
SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

Candidate Name: Nausheen Ghulam Mohammad
Discipline: Educational Psychology (M.Phil)
Faculty/ Department: Institute of Professional Psychology (IPP)

I hereby certify that the above candidate's work, including the thesis, has been completed to my satisfaction and that the thesis is in a format and of an editorial standard recognized by the faculty/department as appropriate for examination.

Signature:

Principal Supervisor: _____



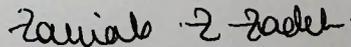
Date: _____

The undersigned certifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and its scope, format, and editorial standards are recognized by the faculty/department as appropriate.

Signature:

Dean/ Head of Faculty / Department: _____



Date: _____

TABLE OF CONTENTS

COPYRIGHT	ii
APPROVAL SHEET	
AUTHENTICATION	iii
ACKNOWLEDGEMENT	iv
DEDICATION	v
TABLE OF CONTENTS.....	vi
LIST OF TABLES	ix
ABSTRACT.....	x
CHAPTER 1. INTRODUCTION	1
1.1 Background of the Research	4
1.2 Problem Statement	6
1.3 Purpose of the Research	6
1.4 Research Objectives	7
1.5 Research Question	7
1.6 Significance of the Research	7
1.7 Structure of the Thesis	9
1.8 Definitions of the Key Terms	10
1.9 Summary	11
CHAPTER 2. REVIEW OF THE LITERATURE	12
2.1 Smoking	12
2.2 History of Smoking	15
2.3 Global and Local Statistics of Tobacco Prevalence and Antismoking policies.....	17
2.3.1 Mortality due to Smoking	18
2.3.2 Antismoking Policies	19
2.4 Effects of Nicotine	19
2.5 Hazards of Smoking	20
2.5.1 Physical health hazards of Smoking	20
2.5.2 Psychological hazards of Smoking	21
2.6 Smoking and Intrapersonal Problems	22
2.7 Smoking as a function of depression, low self concept, anxiety and anger	22
2.8 Variables of Intrapersonal problems	26
2.8.1 Depression	26
2.8.2 Anxiety	28
2.8.3 Anger	30
2.8.4 Self Concept	31

2.9 Adolescents	34
2.9.1 Adolescents and Smoking	36
2.9.2 Effects of Smoking on Adolescents	37
2.9.3 Reasons of adolescent smoking	38
2.10 Theories of Smoking	39
2.10.1 Psychological Theories of Smoking	40
2.10.2 Social Learning Theories of Smoking	41
2.10.3 Theories of habit learning and Smoking	42
2.10.4 Neurobiological theories of dependence	42
2.11 Summary	44
CHAPTER 3. THEORETICAL FRAMEWORK	45
3.1 Hypotheses	52
3.2 Summary	53
CHAPTER 4. METHODOLOGY	54
4.1 Research Plan	54
4.2 Participants	54
4.3 Measures	54
4.4 Procedures.....	57
4.5 Operational Definitions	58
4.6 Ethical Consideration	59
4.7 Summary	59
CHAPTER 5. RESULTS	60
CHAPTER 6. DISCUSSION	63
6.1 Conclusion.....	71
6.2 Implication of the Research.....	72
6.2.1 Practical implication.....	72
6.3 Recommendations for the future research	74
References	75
Appendices.....	93
A. Consent Form	94
B. Demographic Information Form	95

C. Turnitin Originality Report	96
D. Permission Letter	97
E. Additional Statistics	98

ABSTRACT

The purpose of the present research was to explore tobacco smoking as a function of intrapersonal problems i.e. depression, self concept, anxiety, and anger among adolescents. This research attempted to study Tobacco smoking as a function of intrapersonal problems among adolescents. It was hypothesized that there would be a significant difference in smoking and non smoking adolescents regarding the level of intrapersonal problems. Firstly, between the levels of Depression, secondly, between the levels of self concept, thirdly between the levels of anxiety and finally between the levels of anger among smoking and non smoking adolescents. The total number of male and female participants included 110 smoking adolescents and 110 non smoking adolescents of different English medium schools of Karachi. The age range of the participants was 15 to 18 years. The Beck Youth Inventories for Children and adolescents second edition by Aaron. T. Beck (2005) was administered on group basis. . For statistical analysis of the data t-test was applied. The t-test was computed through SPSS (17.0) to find out the significance in the levels of intrapersonal problems (depression, self concept, anxiety and anger) between the smoking adolescents and non smoking adolescents. Tabular presentation and interpretation of the t-test results obtained mean differences of intrapersonal variables between smoking and non smoking groups of adolescents. The result provided significant support for the variables of intrapersonal problems: depression, anxiety and self concept whereas it provided non-significant support for one variable of intrapersonal problem: anger. The findings of the present research will be helpful for the professionals, working as educational, clinical and organizational psychologists in order to increase the awareness about the

intrapersonal problems as a function of smoking and to provide counseling for management of intrapersonal problems, so that relapse free quit smoking programs may be evolved.