



SELF-REGULATION AND CIGARETTE SMOKING

A thesis
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The Institute Of Professional Psychology,
Bahria University, Karachi Campus

In Partial Fulfillment
Of the Requirements for the
Degree Bachelor of Science
(BS) Psychology

By

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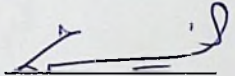
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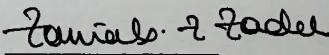
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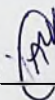
DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis, to the best of my knowledge, is my own.

All sources used and any help received in the preparation of this thesis have been acknowledged.

I hereby declare that I have not submitted this material, wither in whole or in part, for any other degree at this or any other institution.

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DEDICATION

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TABLE OF CONTENTS

APPROVAL SHEET.....	i
AUTHENTICATION.....	ii
ACKNOWLEDGMENT.....	iii
DEDICATION.....	iv
TABLE OF CONTENTS.....	v
LIST OF TABLES.....	vii
LIST OF FIGURES.....	viii
ABSTRACT.....	1
CHAPTER 1: INTRODUCTION.....	2
1.1 Self-Regulation.....	2
1.2 Cigarette Smoking.....	11
CHAPTER II: METHOD.....	18
CHAPTER III: RESULTS.....	21
CHAPTER IV: DISCUSSION.....	27
CONCLUSION.....	36
REFERENCES.....	37
APPENDICES.....	48
APPENDIX A: Permission Letters	49
APPENDIX B: Consent Form.....	54
APPENDIX C: Demographic Form.....	56

ABSTRACT

The study aimed to examine the difference in self-regulation between smokers and non-smokers. The sample was chosen using convenience sampling from four different universities of Karachi. The sample consisted of 52 male smokers and 52 male non-smokers. It was hypothesized that there would be a significant difference between self-regulation of smokers and non-smokers. Consent form, demographic form, Self-Regulation Questionnaire (Miller, Brown & Lawendowski, 1999) and a survey form to assess cigarette smoking behavior were administered. The results were analyzed using independent t- test. The results showed no significant difference between self-regulation of smokers and non-smokers ($t = -1.889, p < 0.062$). The results suggest that there may be other factors which could be potentially more significant for cigarette smoking.