



## Locus of Control and Self Esteem Among Smoker and Non Smoker University Students

### KEYWORDS

Self Esteem, Locus of Control, Smokers, Non-Smokers, and University Students.

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**ABSTRACT** *Locus of control refers to internal state that explains why people actively deal with difficult circumstances. Self-esteem is all about how much people value them, the pride they feel in themselves. It is important because feeling good about yourself can affect how you act. The aim of the present research paper is to explore the difference between self esteem and locus of control among students with and without smoking habit. For this purpose a sample of 100 university students (50 smokers, 50 non-smokers) were selected through purposive method of sampling. "Rosenberg self esteem inventory" and "Rotter's Locus of Control" was administered in order to measure the self esteem and internal-external locus of control. The results overall indicate external locus of control and low self esteem among smokers as compared to non smokers.*

Locus of control refers to internal states that explain why people actively deal with difficult circumstances. It concerns the beliefs that individuals hold regarding the relationships between action and outcome (Rotter, 1990; Lefcourt, 1991). Locus of control originated with Rotter's social learning theory (Rotter, 1966). He defines internal versus external control as "the degree to which persons expect that a reinforcement or an outcome of their behavior is contingent on their own behavior or personal characteristics versus the degree to which persons expect that reinforcement is a function of chance, luck or fate, is under the control of powerful others, or is simply unpredictable". Researchers have found that an internal locus of control is associated with a more active pursuit of goals, such as social action, more spontaneous engagement in achievement activities, better interpersonal relationships, better emotional adjustment, a sense of well-being, and higher levels of performance, information seeking, alertness, and autonomous decision making. A more external locus of control is associated with depression, anxiety, and a lesser ability to cope with stressful life experiences (Carton & Nowicki, 1994; Crandall & Crandall, 1983; Lefcourt, 1991).

A study by Kaplan (1978) included thirty-five participants in a smoking cessation program. It was found that individuals who held internally-oriented health locus of control beliefs and who valued health highly were most successful in achieving and maintaining changes in their smoking behavior.

Apart from obvious physical consequences of tobacco use, there is growing evidence that smoking also influences emotional states. Smokers are twice as likely as non-smokers to develop signs of mental illness (Farrell et al, 2001).

Abernathy, TJ et.al. (1995) examined the relationship between adolescent self-esteem and smoking among a large cohort (N = 3,567) of adolescents. Findings suggest that self-esteem may be a factor in the smoking behavior of female adolescents in grades 6-8, but not for males in any grade. This suggests that females may have different motivations to initiate and maintain the smoking habit.

In another study Relationship Between Self-Esteem and Smoking Behaviour Among Japanese Early Adolescents

by Tetsuro Kawabata et.al.(1999) examined the relationship between self-esteem and smoking behavior among Japanese elementary and junior high school students. Results indicated that never smokers had higher cognitive, family, and global self-esteem, but lower physical self-esteem than ever smokers. Grade and gender were significantly associated with self-esteem, showing a decrease of self-esteem with increases in grade and a higher level of self-esteem among boys than girls.

In view of above literature available in the context of locus of control and self esteem, in present research paper, researcher has selected two groups i.e smokers and non smokers. Researcher is comparing locus of control and self esteem in smoker and non smoker college students. Therefore, following are the objective of the present study:

- To compare the locus of control in smoker and non smoker university students.
- To compare the self esteem of smokers and non smoker university students

On the basis of above objective, following **Hypothesis** can be formulated:

1. There will be a significant difference between the locus of control of smokers and non smoker university students.
1. There will be a significant difference between the self esteem of smokers and non smoker university students.

### Methodology

**Design-** The design of the present study is comparative in nature. T-test is used to determine the significance of the results.

**Sample:** Samples of 100 university students were taken from different universities of Delhi and Gurgaon city by purposive sampling. Mean age 21. Out of which 50 students were smokers and 50 non smokers.

### Tools of the Study:

**Rotter's locus of control Scale-** In order to gather data Rotter's Internal-External Locus of Control Scale that was developed by Rotter (1966) is used. In the scale that consists of 29 items, 6 items are filling questions that are put into the scale in order to hide the aim of the scale. Scores

that can be got from the scale change from 0 to 23. High scores indicate belief of external control locus while low scores giving belief of internal control locus. Dag (1991) who did validity and reliability work with university students (n=532) proved validity coefficient as .71 and reliability coefficient as .83.

**Rosenberg Self-Esteem Scale (Rosenberg, 1965)** - The Rosenberg Self-Esteem scale (RSE; Rosenberg, 1965) is the most widely used measure of global self-esteem .The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem. The RSE is a 10-item Guttman scale with high internal reliability (alpha .92).

**Procedure:** All respondent were selected from different universities in Gurgaon and Delhi by purposive sampling. They were interviewed regarding their smoking history, those who were into the regular habit of smoking were considered under the groups of smokers and those without any smoking habit were considered under the non smokers group. Each group consists of 50 students.

**Results:** In order to find out the explanation of the objective; following result has been obtained:

**Table 1: Showing Comparison between smoker and non smoker students Locus of control (LOC) scores.**

Variable	Group	N	Mean	S.D.	't'	df	Sig.
LOC	Smokers	50	21.180	4.170	3.810	98	S**
	Non smokers	50	16.312	2.166			

Table 1 shows that there is a significant difference between smokers and non smokers (t = 4.801). The mean score of smokers group is 21.180 which is higher than the non smokers group (M=17.316) which indicates that smokers have high external locus of control in comparison to non smokers who have high internal locus of control.

**Table 2: Showing Comparison between smokers and non smoker students on Self- esteem scores:**

Variable	Group	N	Mean	S.D.	't'	df	Sig.
Self esteem	Smokers	50	26.180	3.840	3.145	98	S*
	Non smokers	50	16.133	4.221			

Table 2 shows that there is a significant difference between smokers and non smokers (t = 3.145). The mean score of smokers group is 26.180 which is higher than the non smokers group (M=16.133) which indicates that smokers have low self esteem in comparison to non smokers who have high self esteem.

On the basis of above result, **hypothesis 1 which states that 'there will be a significant difference between the locus of control** of smokers and non smokers and **hypothesis 2 which states there will be a significant difference between the self esteem** of smokers and non smokers is being accepted.

**Discussion:**

The current research focused on the difference between locus of control and self esteem between smokers and non smokers. Smokers turned to be more external locus of control whereas non-smokers turn to have more internal locus of control. Locus of control is linked with self efficacy, if self efficacy is high then an individual have high internal locus of control and low efficacy responsible to develop external locus of control.

In a study by A Abdollahia, & M A Talib, (2014) it was found that greater emotional intelligence and internal locus of control were protective factors against smoking in adolescents.

In present study it was also found that smokers turned to have low self esteem as compared to non smokers who had high self esteem. According to the World Health Organization, self-esteem, self-image and tobacco use are directly linked. Adolescents who smoke tend to have low self-esteem, and low expectations for future achievement. Often they see smoking as a way to cope with the feelings of stress, anxiety and depression that stem from a lack of self-confidence. Adolescents who see cigarettes as a way to handle negative feelings are more likely to ignore the long-term health consequences of smoking. Young non-smokers, on the other hand, tend to have higher self-esteem than teens that smoke. Teen’s attitudes towards their friends, classmates, boyfriends and girlfriends who smoke can make a difference to their own likelihood of smoking.

It can be concluded that external locus of control can be one of the factors in smoking behavior and it can result in negative self esteem among youngsters.

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