An Investigation On The Relation Of Self-Respect And Self-Expression With Smoking Cigarette Among High School Boy Students (Case Study).

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ABSTRACT

This research aims to examine the relation of variables of self-respect and self-expression with smoking cigarette among high schools' boy students in Zahedan, a city in Iran. The method of research is descriptive-measuring. Data were collected through questionnaire of self-respect and self-expression and situation of cigarette smoking. Reliability of researches was content-oriented. To determine the validity (stability) of research, croonbach’s alpha method was used in which re-test coefficient for questionnaires of self-respect and self-expression were 0.64 and 0.82, respectively. To examine the hypotheses of research, Pearson’s correlation coefficient was used. The results showed that between self-respect and smoking cigarette among high school students, there is a relation and also a relation exists between self-expression and cigarette smoking among those subjects.

Key words: self-respect, self-expression, smoking cigarette, high school boy

Introduction

one of the most mortal and dangerous phenomena which human kind is exposed to, especially youths and students top physical, mental and moral decline and put the health of individual and social health into danger, is abuse of drugs like opium, heroine and so on. Addiction nowadays is not merely the problem of addicts, but rather it is the problem of society that has endangered the health of all society’s individuals. Addiction of narcotic substances is one of social, mental and health problems in today’s worlds.

Studies show that after its’ declination since many years, abuse of drug has raised among adolescents in 1990s. Additionally, use of alcohol and tobacco (cigarette) has considerably increased (winter 1997 as quoted by Yar Mohammadian, Ghaderi and Dehkordi).

Nowadays, nicotine is considered as an addictive substance. Its’ giving up is hard. Dependence on cigarette begins rapidly. High dependence on it’s’ nicotine has converted it into the most common psychological disorder. Mortality resulted from abuse of tobacco, is lonely more than the mortality due to abuse of other substances, AIDS, suicide, murder and accidents. Epidemic of cigarette abuse in different regions of world varies, while age of cigarette use is similar approximately.

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the need to have a certain level of self-respect [9]. Also daring means accepting life responsibilities and self-selection. It means that you, your selves! Decide, not be decides by events or others decisions. Do not scold others because of what has been happened to them.

If you accept you life responsibility, you can change what is not desirable for you. If you consider external conditions as responsible for your life, it will mean that you can not change undesirable parts of you life. Knowing the fact that our thoughts and deeds form our life, and that we are responsible for our life is very attractive and interesting [5].

Review of Literature:

1. Ayatullahi [1] in a research on “epidemic of cigarette abuse stages and its”” correlatives in boy high school students (grade two) in city of Shiraz concluded as follows: between cigarette abuse stages with students’ age, course of study, scores of self-confidence and tendency to smoking, there is a meaningful relation.

2. Roghaye Ala’ee Kharraem [8] in a research, under the title of “Causative relations model of family, environmental and individual factors in drug abuse among adolescents of “Karaj” city’s villages concludes: based on fair indices of comeliness (meaninglessness of Kh-2, small error) with controlling supposition stability of remaining variance, proposed model bears complete comeliness. According to these results the variables of relation with deviated friends of same age and aggression have direct relations and between the variables of being neglected by parents and drug abuse, exists an indirect relation. Also, being abandoned by parents with aggression, self-respect and relation with deviated fellows have direct relation.

Having relation with deviated fellows and aggression have not only a direct relation with drug abuse, but they have a mediated role on the relation of parental abandonment with drug abuse. Family risk factors such as being abandoned by parents, aggression, relation with deviated fellows are some of most important predictive variables of drug abuse in adolescents. So, planning protective interference for optimizing adolescents’ relations with healthy fellows and empowering adolescents’ emotional connection with their parents can reduce drug abuse and also parent it.

3. Delawar and Rashid [2] in a article about “role of training skills of self-expression and solution of problem in preventing and reducing cigarette abuse by students of tenacity concluded that with trust of 99% training of skills of self-expression and solution of problem are effective in smoking reduction, and with 95%, training of these skills is effective in preventing from smoking.

Based on obtained results, training of these skills has no meaningful effect on creation of negative perception toward cigarette and smoking.

According to the results, by training the student about these skills of self-expression and solving the problem, the number of smokers and rate of smoking can be reduced.

4. In research carried out by mansha’ee et al., [6], the effect of life skills training in preventing from youths addiction in city of Esfahan was investigated. The analysis of data indicates that life skills training is effective on level of awareness and prevention from youths tendency toward addiction.

5. The result of study carried out by “Simon” et al. show that the individuals who used preventive approaches to cope with problems, use drug as a way to cope with problems such as low self-respect. on other hand, individuals with high self-respect use direct coping styles, while those with low self-respect usually avoid coping styles more. In their model, interaction between self-respect and avoiding coping styles effect of drug abuse [7].


Aims of research:

In this research, we try to find any probable relation between variables of self-respect and self-expression, and variables of demography and cigarette smoking in high school students of Zahedan city.

Hypotheses of research:

Is there any relation between self-respect and smoking cigarette in high school student of Zahedan city?

Is there any relation between self-expression and smoking cigarette in high school student of Zahedan city?

Method:

This research has a descriptive-measuring-method. Statistical community contains all high school by students of Zahedan city in 1390 (2001). 50 smoker students and 50- non-smoker students were selected randomly in mentioned academic year. In this research, Smith Cooper’s self-respect questionnaire, ASA questionnaire and questionnaire of smoking situation were used. Cooper Smith prepared his criterion based on revised criterion of rangers diamond, which had 58 articles.

Reliability coefficient and internal stability were evaluated on a high school sample and university student’s sample, by Sughra Ebrahimi Ghavam, that was about 92%, showing stability, repeatability and

This questionnaire has 23 articles which all tighter, constitutes total number of self-expression in a range between 0-33 scores (higher scores are indicative of higher self-expression). Validity of research is content based. to determine the stability of research, cronbakh’s alpha method was used, in which, questionnaires of self-respect and self-expression were evaluated as being 0.64 and 0.82%, respectively. To answer the hypotheses of research, Pearson’s correlation-coefficient test was used.

Results:

Is there any relation between self-respect and smoking cigarette in high school students of Zahedan city?

Correlation matrix of self-respect and smoking in students

<table>
<thead>
<tr>
<th>Variables</th>
<th>No</th>
<th>mean</th>
<th>Standard deviation</th>
<th>Level of meaningfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>100</td>
<td>2.15</td>
<td>1.22</td>
<td>-779</td>
</tr>
<tr>
<td>Self-respect</td>
<td>100</td>
<td>30.01</td>
<td>5.08</td>
<td>000</td>
</tr>
</tbody>
</table>

p<0.01

Results of tables show that variable of cigarette smoking has these values: mean=2.15, standard deviation=1.226, and about self-respect: mean=30.01, standard deviation=5.08. Also, table shows that correlation of cigarette abuse and self-respect with =-0.779 and sig=0.000 is meaningful at 99% confidence value (p<0.01). So, statistically, there is a meaningful and reversed relation between cigarette smoking and self-respect in high school students of Zahedan city.

There is a relation between self-expression and smoking cigarette in high school students of Zahedan city.

Correlation matrix of self-expression and smoking cigarette in students

<table>
<thead>
<tr>
<th>Variables</th>
<th>No</th>
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<th>Standard deviation</th>
<th>Level of meaningfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>100</td>
<td>2.15</td>
<td>1.22</td>
<td>-0.285</td>
</tr>
<tr>
<td>Self-expression</td>
<td>100</td>
<td>69.78</td>
<td>10.51</td>
<td>0.004</td>
</tr>
</tbody>
</table>

Future suggestions:

- We should be kind and patient with our children. Love can increase self-respect.
- Creation of an environment, full of belief, security, unconditional love and feel of belonging is one of effective way in fostering youths.
- In this manner, they believe in themselves and their abilities.
- Non-straight and deviated friends are factors that force youths toward addiction.
- When Some weak and non-determined individuals see others using drugs and forgetting their problems they curiously follow that way and use drugs, which brings about addiction. So, respectable parent should pay attention and supervise their children in selection of friends.
- Feeling of being alone, having bad friends, family problems, social failures, and disappointing to compensate these pressures are factors by which young individuals goes toward narcotic drugs.

References


