

## The Correlation between Self-Efficacy & Resilience among Young Nicotine Consumers

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### ABSTRACT

This research investigates the correlation between self-efficacy and resilience among young nicotine consumers. The study employed a correlational design to examine the relationships among nicotine dependence, self-efficacy, and resilience. A sample of 120 college-going students from the Delhi NCR area, including 60 males and 60 females aged between 18 and 25, all nicotine users, participated in the study. Purposive sampling was utilized to target this demographic group. Data collection involved the administration of questionnaires assessing nicotine dependence, general self-efficacy, and resilience. Descriptive statistics revealed mean scores of 3.61 for nicotine dependence, 28.78 for general self-efficacy, and 40.25 for resilience. Pearson's correlation analysis indicated significant positive correlations between nicotine dependence and general self-efficacy, as well as between general self-efficacy and resilience. However, no significant correlation was found between nicotine dependence and resilience. These findings provide insights into the psychological factors associated with nicotine consumption among young adults, highlighting the importance of self-efficacy and resilience in understanding smoking behaviour and informing intervention strategies. Further discussion and implications of the results are presented.

**Keywords:** *Nicotine dependence, Self-efficacy, Resilience, Young adults, College students, Delhi NCR, Correlational study, Psychological factor, Smoking*

### Nicotine Dependence

Nicotine consumption is a growing public health concern, particularly among young adults. It's an enduring societal concern, Nicotine, a psychoactive component found predominantly in tobacco products, has seen a notable shift in patterns over the years with a concerning increase among youth demographics. Understanding the intricate relationship between nicotine consumption and various psychological factors is essential in comprehending the multifaceted impact of this substance.

Personality traits significantly impact nicotine consumption, with higher neuroticism associated with increased smoking risk and lower conscientiousness linked to decreased risk. In a study, associations vary between African American (AA) and European American (EA) samples, highlighting the complex interplay between personality and nicotine dependence severity (Choi et al., 2017). Initiation and maintenance of smoking are influenced by different

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Personality traits, as identified by (Yee Hway Ann et al., 2022), which exert significant influence over the decision to start smoking and the subsequent continuation of this behaviour. Understanding these personality factors is crucial for devising targeted interventions and public health initiatives aimed at curbing smoking prevalence and mitigating its associated health risks. By comprehensively examining the intricate relationship between personality traits and smoking behaviour, researchers aim to identify better interventions for smoking cessation.

Psychological predispositions and addictive behaviours can be better understood by examining the intriguing relationships found between personality traits and nicotine consumption, in a study Smokers were linked with lower levels of neuroticism, agreeableness, conscientiousness, openness, and extraversion than nonsmokers.

A study found significant links between certain personality disorders (schizotypal, borderline, narcissistic, and obsessive-compulsive) and nicotine dependence in U.S. adult smokers (Pulay et al., 2010)

Numerous studies underscore the association between nicotine consumption and alterations in personality traits. Notably, research reveals that prolonged nicotine exposure is linked to changes in cognitive functions, influencing decision-making processes and impulse control among young adults (Smith et al., 2018).

However, some personality traits are protective against smoking. The dynamics of nicotine consumption have evolved significantly, marked by changes in social norms, product design, and marketing strategies. This has led to an increase in the prevalence of nicotine use among young adults and associated health risks. The first symptoms of nicotine dependence can appear within days to weeks of the onset of occasional use, often before the onset of daily smoking (DiFranza, 2000).

As nicotine consumption patterns continue to evolve, a comprehensive examination of its impact on self-efficacy, defined as the belief in one's ability to accomplish tasks and navigate challenges effectively, becomes pivotal. It has been repeatedly shown through research that more impulsive people tend to take more risks, which increases their likelihood of using nicotine. To further exacerbate sensation-seeking behaviours, people who consume nicotine frequently seek out the stimulating effects of the drug to satiate their arousal needs.

Moreover, high neuroticism and anxiety individuals have also been observed to use nicotine, suggesting that nicotine may act as a transient coping strategy for stress relief. Nevertheless, over time, chronic nicotine use can worsen anxiety symptoms. Moreover, prolonged nicotine use may impact mood regulation and cognitive performance, which may have an impact on personality traits like impulsivity, irritability, and attention span. Comprehending these correlations is essential for customizing remediations and assistance tactics to target the fundamental psychological elements that contribute to nicotine dependency and encourage efficacious termination endeavours.

The surge in young adults engaging in nicotine consumption prompts crucial inquiries regarding its potential impact on psychological dimensions such as self-efficacy, resilience, and emotional competence. Investigating these correlations is imperative to illuminate the psychological consequences faced by young adults.

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In this paper, the focus is to talk about nicotine use and how it has been linked with personality traits like self-efficacy, resilience, and emotional competence. The intricate correlation among self-efficacy, resilience, emotional competence, and nicotine consumption forms a nuanced tapestry that is crucial for understanding the impact of varying levels of nicotine on these psychological variables.

### ***Self-Efficacy***

Self-efficacy (Bandura, 1977) is the belief in one's ability to achieve specific goals. It is based on having the skills, resources, and determination to overcome challenges. Self-efficacy influences motivation, perseverance, resilience, and performance. People with high self-efficacy set challenging goals, work hard, persist through obstacles, and rebound from setbacks. Those with low self-efficacy may doubt themselves and struggle with pursuing goals. Self-efficacy beliefs vary in different areas of life, such as academics, social interactions, and work. Bandura's social cognitive theory states that self-efficacy is developed through experiences and influenced by various sources.

### **Factors affecting Self-efficacy**

Bandura's (1977) conceptualization of self-efficacy identifies four primary sources that influence an individual's belief in their capabilities. Firstly, "Experience," also known as "Enactive Attainment," underscores the importance of personal mastery experiences.

According to Bandura (1994), individuals gauge their self-efficacy based on their past successes and failures. Successful experiences tend to bolster self-efficacy, while failures can undermine it. Secondly, "Modelling," or "Vicarious Experience," suggests that observing others' successes or failures can impact one's self-efficacy. Bandura (1986) posits that individuals are more likely to feel capable when they witness similar others succeed, especially if they identify with those individuals. Thirdly, "Social Persuasions" refer to the influence of verbal feedback from others on self-efficacy beliefs. Positive encouragement can enhance self-efficacy, whereas negative feedback can diminish it (Bandura, 1997). Finally, "Physiological Factors" involve how individuals interpret physiological responses in stressful situations. Bandura (1982) suggests that those with high self-efficacy are more likely to perceive such responses as normal, unrelated to their abilities, while those with low self-efficacy may interpret them as signs of incompetence. By understanding these sources of self-efficacy, researchers and practitioners can better comprehend how individuals perceive their abilities and how these perceptions influence behaviour and outcomes.

### **Theories Related to Self-Efficacy**

Albert Bandura's Social Cognitive Theory (SCT) emphasizes the impact of social interaction, imitation, and observation on behaviour (Bandura, 1977). Within SCT, self-efficacy is influenced by four main sources: physiological and emotional states, social persuasion, vicarious experiences, and mastery experiences. These sources collectively shape individuals' perceptions of their abilities to carry out tasks and achieve desired results.

Bandura's Self-Efficacy Theory delves into the cognitive processes underlying human behaviour (Bandura, 1982). It proposes that individuals' beliefs in their abilities significantly influence their motivation, behaviour, and cognitive processes. Self-efficacy beliefs are formed through the interpretation and evaluation of personal experiences, including past successes and failures. These beliefs guide individuals' actions and perseverance in the face of challenges.

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Attribution Theory, pioneered by Bernard Weiner, explores how individuals attribute success or failure to internal or external factors (Weiner, 1979). In the context of self-efficacy, attributions for past experiences shape individuals' beliefs about their capabilities to succeed in future endeavours. Understanding these attributions provides insights into the development and maintenance of self-efficacy beliefs.

Control Theory, developed by William Glasser, emphasizes individuals' motivation to maintain a sense of control over their lives (Glasser, 1985). Within this framework, self-efficacy beliefs play a vital role in individuals' perceptions of their ability to exert control over their environment and achieve desired outcomes. These beliefs influence motivation and goal-directed behaviour.

The potential correlation between self-efficacy and nicotine consumption among young adults remains an area of interest, warranting thorough investigation. By understanding how nicotine consumption may influence self-efficacy, researchers can contribute to the development of targeted interventions aimed at enhancing individuals' confidence and coping mechanisms.

Self-efficacy is a crucial factor that influences people's beliefs, behaviours, and outcomes regarding their use of nicotine when it comes to smoking behaviour. Self-efficacy, which is based on the conviction that one can manage and control one's smoking behaviours, has a significant influence on attempts to quit smoking, coping mechanisms, and relapse risk. People who believe they can control their cravings and withdrawal symptoms better than others are more inclined to try quitting and stick with it even when things are difficult. On the other hand, people who have lower levels of self-efficacy could find it more difficult to quit and are more likely to relapse after trying. The multidimensional nature of self-efficacy beliefs in the context of nicotine usage is highlighted by how it is shaped by social support networks, coping methods, and the severity of nicotine dependency. Understanding how self-efficacy affects smoking behaviour is essential to creating focused therapies that try to improve self-efficacy beliefs to help people successfully quit smoking and lessen the negative impacts of nicotine addiction.

### ***Resilience***

Resilience (Garmezy, N.1971). is a widely recognized psychological construct characterized by individuals' capacity to rebound from adversity, adapt to stressors, and sustain positive functioning amid significant life challenges. It encompasses a spectrum of psychological, emotional, and behavioural processes that empower individuals to persist in the face of adversity and emerge strengthened from difficult experiences. Unlike fixed traits, resilience is a dynamic process shaped by a multitude of factors, including genetic predispositions, environmental influences, and personal coping strategies. This dynamic nature underscores resilience as a fluid and evolving attribute that can be nurtured and developed over time through various interventions and life experiences.

### **Factors affecting Resilience**

The study conducted by Ebrahimi et al. (2014) sheds light on various factors influencing the resilience levels of adolescents. One notable finding is the significant gender disparity observed in resilience levels, with female adolescents exhibiting higher resilience compared to their male counterparts (Ebrahimi et al., 2014). This highlights the importance of considering gender-specific approaches when developing intervention strategies aimed at enhancing resilience among adolescents. The study also uncovers intriguing insights into the relationship between resilience and educational stage. Specifically, middle and high school

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students demonstrate higher resilience levels compared to their primary school counterparts. This suggests that educational attainment and developmental maturity may play crucial roles in shaping adolescents' ability to cope with adversity and navigate challenges effectively.

Furthermore, the study provides valuable insights into the potential impact of family communication on resilience levels among adolescents. While not statistically significant, the trend indicates that adolescents who maintain frequent communication with their family members may exhibit higher resilience levels (Ebrahimi et al., 2014). This underscores the importance of maintaining familial connections and support networks. Effective communication with family members can provide adolescents with a sense of belonging, emotional support, and stability, all of which are essential for building resilience and coping with stressors effectively.

Moreover, the study highlights the role of institutional factors, such as the quality of care and support provided, in influencing adolescents' resilience levels. While the study primarily focuses on individual-level factors, it is essential to recognize the broader contextual factors that may impact adolescents' resilience trajectories. For example, the availability of supportive resources and access to mental health services can significantly influence adolescents' ability to develop resilience and thrive despite adversity (Ebrahimi et al., 2014).

Additionally, the study underscores the need for resilience-based interventions tailored to the unique needs and challenges faced by adolescents. By identifying specific factors that contribute to resilience, such as gender, educational stage, and family communication, interventions can be designed to address these factors effectively. Initiatives aimed at promoting resilience may prioritize gender-specific stressors and foster positive coping mechanisms (Ebrahimi et al., 2014).

Overall, the study by Ebrahimi et al. (2014) provides valuable insights into the complex interplay of factors influencing resilience among adolescents. By understanding the multifaceted nature of resilience and its determinants, policymakers, caregivers, and mental health professionals can develop targeted interventions aimed at promoting resilience and well-being among this population.

### **Characteristics of resilience**

Resilience is a complex concept made up of several interrelated characteristics that help people deal with difficulties and hardship. Problem-solving abilities are a key component of resilience because they enable resilient people to address challenging circumstances with a logical and tactical perspective. They can lessen the effects of pressures and work toward successful outcomes by evaluating problems objectively and figuring out viable alternatives. Furthermore, having strong social ties is essential for resilience because it gives people a network of people to turn to in difficult circumstances. These social connections whether they come from friends, family, or local resources offer psychological support, useful help, and a feeling of community that can strengthen resilience in the face of hardship.

Resilience is characterized by social support, problem-solving abilities, and a survivor attitude. Individuals that possess resilience perceive themselves as capable of conquering challenges, reinterpreting setbacks as chances for personal development and education instead as impassable impediments. This change in perspective gives individuals the strength to endure hardship and to remain hopeful about their capacity to overcome setbacks.

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Resilience also depends on emotional regulation since it enables people to effectively control their emotions in the face of stress. Resilient people are able to stay in control and prevent overwhelm by being aware of and cognizant of their emotions, even when faced with difficult situations.

Furthermore, by encouraging kindness and acceptance toward oneself, self-compassion plays a critical role in resilience. Resilient people prioritize self-care and cultivate a positive relationship with themselves, acknowledging their limitations and vulnerabilities without passing judgment on themselves. This self-compassionate mindset not only improves general wellbeing but also fortifies resilience by giving people the emotional tools they require to overcome hardship and keep going when faced with obstacles. To put it briefly, resilience is a dynamic process that is molded by a variety of factors that allow people to survive in the face of adversity, including emotional regulation, self-compassion, survivor mindset, social support, and problem-solving abilities.

### **Theories of Resilience**

**Ecological Systems Theory (Bronfenbrenner, 1979)** This theory highlights how environmental elements including family, friends, schools, and communities affect people's capacity for resilience. It emphasizes how crucial it is for these surroundings to have protective elements that foster resilience and act as a buffer against the negative effects of adversity.

**Developmental Systems Theory (Michael Rutter)**, this theory highlights how resilience is shaped by the dynamic interplay of environmental, biological, psychological, and genetic elements. It emphasizes how personality traits and coping mechanisms play a part in reducing the negative effects of adversity on resilience outcomes.

The complex interplay between nicotine use and resilience in young people involves a range of behavioural and psychological aspects. The ability to bounce back from misfortune and adjust to life's obstacles is known as resilience, and it's especially important in the transitional years of young adulthood, when social pressures, academic demands, and newly discovered freedom abound. Greater emotional control, problem-solving skills, and self-assurance are frequently exhibited by young adults with higher resilience levels, and these traits may function as buffers against the temptation of nicotine use. These people are more likely to hold back from peer pressure, handle stressors well, and use flexible coping strategies to deal with life's challenges without abusing drugs or alcohol.

This paper aims to explore the intricate relationship between nicotine consumption and these psychological dimensions, shedding light on how they influence each other and impact overall well-being among young adults.

### ***The Interplay of These Variables***

The correlation between nicotine intake and psychological characteristics such as resilience and self-efficacy highlights the complex nature of smoking behaviour. Higher self-efficacy individuals may demonstrate more self-assurance in controlling and managing their smoking behaviours, increasing their likelihood to try quitting and stick with it through difficulties. On the other hand, reduced self-efficacy can make it more difficult to quit and raise the chance of relapse. Similar to this, resilience serves as a barrier against the nicotine use urge, allowing people to overcome hardship and fend off peer pressure and other stressors that frequently lead to smoking. To improve resilience, increase self-efficacy, and lessen the negative effects

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of nicotine addiction in young adults, it is essential to comprehend how these psychological variables interact with nicotine usage.

### REVIEW OF LITERATURE

Poggiolini (2019) did a study on High self-efficacy regarding smoking cessation may weaken the intention to quit smoking. This study sought to identify a weak relationship between self-efficacy and intention to quit smoking. They attempted to gain a better understanding of this weak link by hypothesising opposing effects of self-efficacy on intention to quit. A sample of 362 people was studied, and the findings revealed that while self-efficacy was directly connected with quitting, it was adversely associated with risk perception, resulting in a weaker intention to quit. This model explains why self-efficacy a modest influence on the intention one has to quit smoking.

Yuan., et al., (2017) did a study on the moderating role of regulatory emotional self-efficacy on smoking craving. In this study, 33 male current smokers were monitored using ecological momentary assessment (EMA) to gauge pleasure, arousal, and smoking cravings in their daily lives. The research investigated how Resilience-Enhancing Self-Efficacy (RESE) moderates the connection between emotions and smoking urges. Results revealed that both high positive and high negative affect, as well as activation or deactivation endpoints in arousal, were associated with increased smoking desires. Additionally, heightened RESE lessened the impact of negative emotions on smoking cravings, particularly among those with stronger self-efficacy in managing unpleasant feelings. These findings emphasize the significant link between emotional states and smoking desire and suggest the potential effectiveness of RESE in reducing smoking behaviour. Further exploration into extending the RESE framework is recommended.

Hong., et al., (2016) conducted a study on the Influence of Stress, Self-efficacy for Smoking Cessation, Smoking Temptation and Nicotine Dependency in Male College Students Who Smoke, the purpose of this research was to explore levels of stress, self-efficacy, smoking temptation & nicotine dependence. In this study, a cross-sectional survey approach was used with 283 male college students who smoke in D City, Korea. The study looked at the effects of stress, smoking temptation, and self-efficacy on nicotine dependency in male college smokers. The findings showed that nicotine reliance was favourably connected with stress and smoking temptation, but negatively correlated with self-efficacy in quitting. More specifically, higher levels of stress and smoking temptation were linked to higher levels of nicotine dependency, while higher levels of self-efficacy for quitting were linked to lower levels of nicotine dependency. These results emphasize the importance of stress management, improving smoking cessation self-efficacy, and reducing smoking temptation in interventions designed to lessen nicotine dependency among male college students who smoke.

Li. S., et al., (2015) researched on Mediation of smoking abstinence self-efficacy on the association of nicotine dependence with smoking cessation, this study aimed to assess the nicotine dependence (ND) has negative and smoking abstinence self-efficacy (SASE) has positive effects on successful smoking cessation, they used case-control study with 642 successful spontaneous quitters were compared with 700 failed quitters. Nicotine dependence (ND) and self-efficacy for smoking cessation (SASE) were assessed using the FTND and SASE scales, respectively, to explore their association with successful cessation. In conclusion study shows that the relationship between nicotine dependence (ND) and successful spontaneous smoking cessation is partially mediated by self-efficacy for smoking cessation (SASE). This emphasizes how crucial it is to raise smokers' self-efficacy to raise

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their chances of successfully quitting. According to this research putting treatments in place to raise smokers' SASE levels may be essential to supporting and sustaining quitting attempts.

Elshatarat., et al., (2016) aimed to study self-efficacy in treating tobacco use, this integrative review examines the role of self-efficacy theory in behavioural therapy for treating tobacco use and nicotine dependence. It also presents a literature-based model that underscores the centrality of self-efficacy in addressing these issues. Enhancing self-efficacy is essential for both preventing relapses and successfully quitting smoking. The suggested paradigm promotes a multimodal strategy that includes methods to increase self-efficacy combined with non-pharmacological and pharmaceutical therapies including cognitive behavioural therapy and counselling. This comprehensive strategy presents a viable means of successfully stopping smoking and sustaining abstinence over the long term.

Clyde., et al., (2018) The purpose of this study was to investigate the association between cessation self-efficacy, smoking status, and cessation results in a sample of treatment-seeking smokers. This study, which included 737 smokers who were seeking treatment, used path modelling to investigate the link between week 10 abstinence, smoking status at various time points, and self-efficacy while controlling for prior time points. The findings showed a strong correlation between smoking status and self-efficacy, except for week 3 and week 10 abstinence. There was a bidirectional association found between smoking and cessation self-efficacy, with smoking behaviour eventually influencing confidence levels and higher confidence predicting abstinence. The importance of self-efficacy and present smoking in quitting is highlighted by the fact that they both independently predicted week 10 abstinence. These results highlight the reciprocal relationship between smoking behaviours and self-efficacy during attempts to quit, emphasizing the necessity of treatments that focus on both variables to improve cessation success.

Wang. D., et al., (2021) aimed to study the impact of self-efficacy on the daily intention to not smoke. This review of the literature investigates how pre-quit smokers' daily abstinence planning is influenced by their sense of self-efficacy, which is important for improving cessation therapies. Over 28 days, the 76 participants in the study investigated the relationship between daily abstinence plan success and baseline and daily self-efficacy ratings. The results show that higher baseline self-efficacy enhanced the likelihood of creating abstinence plans, even though it did not connect with mean daily ratings. In a similar vein, higher judgments of one's efficacy the night before predicted preparing the next morning. On the other hand, making a plan that day raised the likelihood of planned abstinence, whereas smoking the day before decreased that likelihood. These compelling results highlight the necessity of incorporating techniques that boost self-efficacy into cessation programs to assist smokers in their efforts to stop.

Lepore., et al., (2019) The purpose of this study was to evaluate how a multi-level smoking intervention affected the long-term abstinence mediators for parental smokers, such as self-efficacy, desire coping, and perceived support to stop. We examined data from a randomized study including low-income neighbourhood parents who were smokers. According to the findings, compared to the control group, those undergoing telephone-based smoking habit therapy had noticeably greater levels of urge coping, self-efficacy, and perceived support.

Interestingly, self-efficacy was found to be a major predictor of 12-month smoking cessation, underscoring the importance of this factor in long-term quitting. The results highlight the efficacy of the multi-level intervention in enhancing significant abstinence mediators and



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stress the significance of focusing on self-efficacy in smoking cessation programs to ensure sustained success.

Otten., et al., (2011). Conducted a study which looked at the smoking patterns of parents, siblings, and friends while examining the impact that self-efficacy plays in the initiation of smoking in adolescents throughout time. Five annual waves of data were studied from the "Family and Health" project, which involved 428 adolescents and their parents. According to the findings, teenage smoking starts at wave five was not significantly predicted by baseline self-efficacy. Nonetheless, rising rates of smoking among friends and siblings were linked to higher rates of adolescent smoking, as was a gradual decline in self-efficacy. These findings emphasize the significance of considering alterations in self-efficacy and familial effects when analysing the initiation of smoking among adolescents.

Durkin., et al., (2021). This study examined the underlying mechanisms and how peer e-cigarette use affects teenage e-cigarette use. Questionnaires assessing demographics, drug usage, and perceptions of the implications of using e-cigarettes as well as self-efficacy were administered using data from 562 adolescents. Teenagers who had more classmates who were using e-cigarettes were more likely to use them themselves due to perceived benefits, lower costs, and lower self-efficacy to resist, according to mediation models examined with MPLUS software. These results emphasize how crucial it is to consider expectations about the effects of e-cigarette use, self-efficacy, and peer influence when developing interventions and policies aimed at reducing adolescent e-cigarette use.

Asnaani., et al., (2015) This study examined the relationships between resilience, nicotine withdrawal, and PTSD symptoms among smokers seeking treatment for PTSD. Analysing data from 118 participants over three time points, findings revealed that lower resilience and greater nicotine withdrawal were associated with higher PTSD severity. Additionally, resilience acted as a protective factor against PTSD severity in individuals with low nicotine withdrawal but was less effective in those with high withdrawal symptoms. These results underscore the complex interplay between resilience, nicotine withdrawal, and PTSD symptoms, suggesting the need for tailored interventions addressing these factors in individuals with comorbid PTSD and nicotine use disorder.

Miela a., et al., (2018) did a study on the neurobiology of addiction. A vulnerability/resilience perspective, to comprehend vulnerability and resilience, this review summarizes the state of the art regarding neurobiological mechanisms in substance use disorders (SUD). The results show a reciprocal relationship between drug abuse and neurobiological systems, with genetic influences, weakened reward and stress systems, and poor impulse control all playing a role in an individual's susceptibility or resistance to SUD. The severity and course of SUD are largely influenced by genetic polymorphisms and allostatic processes. These observations help identify possible intervention and preventive strategy targets.

Kennedy., et al., (2019). This Swedish cohort study investigated the relationship between late-adolescent stress resilience and addictive behaviours in adulthood. The study, which examined data from 9,381 men, discovered a link between low-stress resilience in adolescence and a higher chance of addictive behaviours in adulthood, such as drug use, smoking, nicotine dependence, and hazardous alcohol consumption. Even after controlling for socioeconomic characteristics during childhood, these correlations remained. The results

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emphasize the need of early intervention strategies to promote resilience and lower the risk of long-term substance abuse by highlighting the significance of stress resilience in adolescence as a predictor of adult addictive behaviours.

Wang (2016) conducted research with the purpose of this study to investigate how stress and smoking behaviours are mediated by negative emotions and whether resilience affects this relationship in Wuhan, China's urban population. A random sample of 1,249 participants completed audio computer-assisted self-interviews to provide data. Reliable tools were used to measure perceived stress, negative emotions (such as anxiety and depression), resilience, and smoking behaviours. The link between stress and both smoking intensity and nicotine dependence was fully mediated by anxiety and depression, according to the results of the mediation analysis. Moreover, resilience was found to mitigate the mediation effects of negative emotions, according to moderated mediation analysis. These results imply that among Chinese adults, resilience interacts with stress and negative emotions to affect the likelihood of tobacco use and nicotine dependence.

Aydın., et al., (2019). This study looked at how smoking, alcohol consumption, and psychological fortitude related to the COVID-19 pandemic. Results showed that during the pandemic, there were increases in alcohol consumption (34.2%) and smoking (40.2%) among 398 participants in a relational survey model. Higher nicotine dependence scores were linked to increased smoking, and both alcohol and tobacco users demonstrated appreciable increases in addictive behaviours. It's interesting to note that people who smoke more or consistently scored higher on psychological resilience tests. A partial regression analysis revealed that psychological resilience was a predictor of both alcohol addiction and nicotine dependence.

Overall, the study emphasizes how the pandemic has affected resilient people and addictive behaviours, emphasizing the need for focused interventions to support those who are impacted.

Tsourtos., et al., (2019). This study focused on both current and former smokers as well as people who have never smoked to examine the moderating role of resilience on the relationship between stress and smoking behaviour. An extensive online cross-sectional survey was used in Australia to gather information on demographics, perceived stress, degrees of internal and external resilience, and stress-related variables. Based on data from 921 never-smokers and 400 current and former smokers, the results showed that smoking behaviour was significantly predicted by higher levels of perceived stress and stress-related variables. Nonetheless, this association was lessened by the combined effect of internal and external resilience factors, especially in those who had never smoked. These findings highlight the value of developing both internal qualities like a strong sense of purpose in life and social support.

Khalifeh., et al., (2020) did a study which focused on both current and former smokers as well as people who have never smoked to examine the moderating role of resilience on the relationship between stress and smoking behaviour. An extensive online cross-sectional survey was used in Australia to gather information on demographics, perceived stress, degrees of internal and external resilience, and stress-related variables. Based on data from 921 never-smokers and 400 current and former smokers, the results showed that smoking behaviour was significantly predicted by higher levels of perceived stress and stress-related variables. Nonetheless, this association was lessened by the combined effect of internal and external resilience factors, especially in those who had never smoked. These findings point to the need

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to encourage social support and intangible qualities, like a strong sense of purpose in life, to prevent people from starting to smoke as opposed to concentrating only on quitting.

This emphasizes the potential contribution of interventions that foster resilience to tobacco prevention programs.

Hodder, K., et al., (2016). This study aimed to investigate the association between adolescent resilience factors and substance use, including tobacco, alcohol, and illicit drugs. Conducted in 32 Australian secondary schools, the research involved students aged 11–17 who completed an online survey assessing 14 individual and environmental resilience factors and seven substance use measures. Adjusted multivariate logistic regression analyses were employed to examine these associations. The findings revealed consistent inverse relationships between certain protective factors, like 'goals and aspirations' and 'prosocial peers,' and substance use across all measures. However, some factors, such as 'community support' and 'peer caring relationships,' showed positive associations with substance use.

Overall, while individual resilience factors exhibited varied associations with substance use, their collective protective effect was limited, suggesting the need for targeted interventions to address specific factors for reducing adolescent substance use.

Joshi., et al., (2014). The purpose of this study was to examine how smoking affects the resilience and colonization dynamics of marginal and subgingival biofilms, which are linked to oral diseases. Samples of plaque and gingival crevicular fluid were taken at different times from smokers who were smoking at the time and those who had never smoked before and had gingivitis. Immune mediator quantification was done in addition to 16S cloning and sequencing for bacterial identification. The results showed that smokers had persistently enriched pathogens and early pathogenic colonization, which led to an aggressive immune response. Furthermore, smokers displayed increased pro-inflammatory reactions following disease resolution, a poorer correlation between marginal and subgingival ecosystems, and a higher abundance of pathogenic species. In general, smoking decreased the subgingival microbiome's capacity to reset itself, making it less resilient and more vulnerable to subsequent illness episodes.

Baldassarri, K., et al., (2019). This study used data from the National Health and Resilience in Veterans Study (NHRVS) to examine the prevalence and correlates of lifetime nicotine dependence (ND) among US veterans. The study discovered that, in comparison to veterans without ND, veterans with lifetime ND had higher rates of psychiatric disorders like alcohol use disorder, depression, and PTSD as well as a higher chance of medical conditions like kidney disease, heart attacks, and rheumatoid arthritis. These findings were obtained using descriptive statistics and logistic regression analyses. Veterans with ND also reported more somatization symptoms and poorer physical functioning. These results emphasize the significance of treating substance use disorder and co-occurring health issues in veterans with ND through a comprehensive care approach.

Zylva., et al., (2023) conducted a study to evaluate how well peer support and online group therapies work to help Australians with low socioeconomic status quit smoking and become more resilient. There will be 812 adult smokers in a 12-month, four-arm, parallel randomized controlled experiment. The main results are the six-month cessation of smoking with biochemical confirmation, whereas the secondary results include resilience, quality of life, self-efficacy, and nicotine dependence. To address this important public health issue, we hope

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to gain important insights into the effectiveness of resilience interventions for smokers in lower socioeconomic situations. One innovative way to increase the reach and efficacy of smoking cessation therapies in underprivileged communities is to use peer support forums and online delivery techniques.

Askin Gülsen and Bülent Uygur (2018) researched on Psychological Features of Smokers. The purpose of this cross-sectional study was to investigate the psychological symptoms of smokers who gave up on their own volition but did not have a diagnosis of a mental illness. Among the participants were 127 nonsmokers and 124 current smokers. The Symptom Checklist and the Fagerström Test for Nicotine Dependence (FTND) were used to measure psychological symptoms and nicotine addiction levels, respectively. The results showed that, in comparison to non-smokers and other smoker groups, those with higher levels of nicotine addiction displayed an increase in psychiatric symptoms like somatization, anxiety, melancholy, paranoia, and anger. The study emphasizes the connection between daily cigarette usage, psychiatric symptoms, and nicotine addiction levels among smokers trying to stop.

Kleinjan., et al., (2012). This longitudinal study aimed to identify predictors of nicotine dependence symptom profiles among adolescent smokers. Over two years, 6,783 adolescents were assessed for personality traits and exposure to smoking, followed by evaluations of smoking status and nicotine dependence symptom profiles. Four distinct profiles emerged, influenced by both personal and environmental factors. While personality traits like neuroticism and extraversion did not directly predict nicotine dependence, exposure to smoking in the social environment increased the risk. The combination of environmental exposure with personality traits heightened the risk of severe dependence profiles. These findings underscore the intricate interplay between individual characteristics and environmental factors in adolescent nicotine dependence, suggesting tailored interventions based on individual risk profiles.

Bou-Hamad., et al., (2024). This study investigates the relationship between high levels of cigarette dependence among Lebanese university students and their personality qualities, lifestyle choices, and sociodemographic characteristics. Following an online survey of 212 smokers, strong correlations between personality factors and tobacco dependence were discovered. Greater conscientiousness and agreeableness were associated with lesser dependency, whereas higher openness to experience was linked to increased dependence. Higher dependence levels were also linked to consuming less expensive cigarette brands, going to a public university, and having more friends who were smokers. These results underline the necessity of specialized interventions to address Lebanese university students' cigarette habit.

J. Maurer., et al., (2023). The purpose of this study was to investigate the connection between nicotine addiction and psychopathic tendencies, specifically lifestyle/behavioural factors. Positive associations between scores on the Psychopathy Checklist - Revised (PCL-R) and nicotine dependency as determined by the Fagerström Test were discovered through the analysis of data from prisoners. These relationships held true even after controlling for several variables, such as demographics and the degree of the substance use. The results, despite their minor effect sizes, point to the necessity for specialized interventions aimed at this demographic by suggesting that dangerous behaviours like nicotine dependency may be influenced by lifestyle/behavioural psychopathic features.

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### *Rationale*

The rationale for the proposed study lies in addressing gaps in existing research regarding the interplay between self-efficacy, resilience, and nicotine dependence among young adults, as evidenced by the comprehensive literature review. The review highlights the significant correlations between these variables and their implications for smoking cessation interventions and mental health promotion efforts. By synthesizing findings from diverse studies, the proposed research aims to elucidate the mechanisms through which self-efficacy and resilience influence nicotine dependence, thus informing the development of targeted interventions tailored to young adult smokers.

Therefore, this research seeks to contribute to a better understanding of how individual's nicotine consumption impacts their self-efficacy & resilience.

## **METHODOLOGY**

### *Aim*

This research aims to investigate the correlation between self-efficacy and resilience among young nicotine consumers.

### *Objective*

- To study the relationship between Nicotine Dependence & General Self-efficacy among young nicotine consumers.
- To study the relationship between Nicotine Dependence & Resilience among young nicotine consumers.
- To study the relationship between General Self-efficacy & Resilience among young nicotine consumers.

### *Hypotheses*

- There would be a significant relationship between Nicotine Dependence & Resilience.
- There would be a significant relationship between Nicotine Dependence & General Self-efficacy.
- There would be a significant relationship between General Self-efficacy & Resilience.

### *Research Design*

The research utilized a correlational design to examine the relationships among nicotine dependence, self-efficacy, and resilience.

### *Variables*

- Independent Variable: Nicotine Dependence
- Dependent Variables: Self-efficacy & Resilience Sampling

The data comprises 120 college-going students from the Delhi NCR area, with an equal split of 60 males and 60 females aged between 18 and 25, all of whom are nicotine users. This study utilized purposive sampling to specifically target this demographic group for its relevance to the research objectives on nicotine use among young adults.

**Inclusion and Exclusion Criteria:** In this study, we included those individuals who are nicotine consumers among the age group (18-25). All those who did not match the research's criteria were excluded.

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### *Tools*

The study used questionnaires consisting of the following measures:

**The Fagerström Test for Nicotine Dependence (FTND)** is a widely used instrument developed by Karl-Olov Fagerström in 1978 to assess the degree of nicotine dependence in tobacco users. Its primary aim is to provide a standardized and quantitative measure of nicotine dependence severity. The test consists of six items that assess various aspects of smoking behaviour and physiological dependence, including time to first cigarette upon waking, difficulty refraining from smoking in restricted areas, and number of cigarettes smoked per day. Each item is scored based on the respondent's answers, with higher scores indicating greater nicotine dependence. The total score ranges from 0 to 10, with higher scores indicating higher levels of dependence. The FTND is valuable in clinical settings for evaluating nicotine dependence severity, predicting treatment outcomes, and guiding smoking cessation interventions.

The Fagerström Test for Nicotine Dependence (FTND) demonstrates strong reliability and validity in assessing nicotine dependence. It exhibits good internal consistency, with high Cronbach's alpha coefficients indicating strong agreement among test items. Test-retest reliability is also satisfactory. In terms of validity, the FTND effectively measures nicotine dependence, supported by its correlation with smoking behaviours and ability to differentiate between levels of dependence. Overall, the FTND is a reliable and valid tool for assessing nicotine dependence in both research and clinical settings.

**The General Self-Efficacy Scale (GSES)** aims to measure individuals' beliefs in their ability to handle a variety of challenging situations in life. With 10 items, it assesses a general sense of perceived self-efficacy rather than domain-specific beliefs. Participants rate each item on a scale from 1 (not at all true) to 4 (exactly true). The total score ranges from 10 to 40, with higher scores indicating greater self-efficacy. Its purpose is to evaluate an individual's perceived ability to cope with adversity, make effective decisions, and achieve desired outcomes across different situations. The items typically inquire about feelings of confidence in handling difficult tasks and overcoming obstacles. The GSES demonstrates strong reliability, with high internal consistency and test-retest reliability coefficients. Additionally, it exhibits good construct validity, correlating positively with measures of optimism, coping strategies, and psychological well-being. Its widespread application spans various fields, including psychology, health sciences, education, and organizational behaviour, making it suitable for assessing self-efficacy in diverse research contexts, including our study on nicotine dependence and resilience among college students in the Delhi NCR area.

**The Nicholson McBride Resilience Questionnaire (NMRQ)** is designed to assess an individual's resilience, measuring their ability to effectively cope with adversity and bounce back from challenges. With 66 items, the questionnaire evaluates different aspects of resilience such as adaptability, optimism, self-confidence, and problem-solving skills. Participants rate each item on a scale from 1 to 5, indicating their level of agreement. The total score, ranging from 66 to 330, reflects overall resilience, with higher scores indicating greater resilience. The primary purpose of the NMRQ is to provide insights into individuals' resilience levels, identifying strengths and areas for improvement. Its items probe feelings of confidence in handling stress, maintaining perspective during tough times, and seeking help when necessary. The NMRQ demonstrates good reliability, showing high internal consistency and test-retest reliability. It also exhibits sound construct validity, correlating positively with measures of psychological well-being and negatively with stress and anxiety indicators. The questionnaire's versatility allows for application in various contexts, including clinical

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psychology, organizational development, and educational research. In our study focusing on nicotine dependence and resilience among college students in the Delhi NCR area, the NMRQ serves as a valuable tool for assessing resilience levels and understanding its role in smoking behaviour.

### Procedure

For the measurement of variables, we selected questionnaires that met our research requirements, including the Fagerström Test for Nicotine Dependence (FTND), the General Self-Efficacy Scale (GSES), and the Nicholson McBride Resilience Questionnaire (NMRQ). These instruments were chosen based on their reliability and validity. Subsequently, I constructed a survey using Google Forms, comprising three sections dedicated to each respective questionnaire. Prior to filling out the questionnaire, participants were informed about the study and asked for their consent. The survey link was then shared with the subjects. Data collection was facilitated using the Snowball Sampling Technique. Following the collection of responses, scoring was conducted utilizing the scoring keys provided within the respective questionnaires. This systematic approach ensured the standardized collection and analysis of data for the research investigation.

### Data Analysis

Descriptive statistics were used in the data analysis process to compile the characteristics of the study sample, including mean scores and standard deviations for resilience, general self-efficacy, and nicotine dependency. The associations between nicotine dependency, resilience, and self-efficacy in young nicotine users were then investigated using Pearson's correlation. Significant positive connections were found between general self-efficacy and resilience, while significant negative correlations were found between nicotine dependence and both of these constructs. These results highlight the intricate interactions between psychological variables in young people's resilience and nicotine addiction.

## RESULTS

### Section-I Descriptive statistics

*Table 1 Descriptive statistics of the study sample.*

Descriptive statistics of the study sample.

	N	Mean	Standard deviation
Nicotine Dependence	120	3.61	2.247
General self-efficacy	120	28.78	6.635
Resilience	119	40.25	8.182

Table 1 represents the descriptive statistics of the study sample. The average scores for Nicotine dependence, self-efficacy, and resilience were 3.61, 28.78, and 40.25 respectively.

### Section-II Pearson's Correlation

*Table 2 Pearson's correlation across the study variables.*

Pearson's correlation across the study variables.

	ND	GSE	Resilience
ND	1	-.343**	-.320**
GSE	-.343**	1	.523**
Resilience	-.320**	.523**	1

*Correlation is significant at the 0.01 level (2-tailed)*

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Table 2 presents Pearson's correlation between the study variables, the correlation table reveals significant negative correlations between nicotine dependence and both general self-efficacy ( $r = -0.343$ ) and resilience ( $r = -0.320$ ). Conversely, a significant positive correlation exists between general self-efficacy and resilience ( $r = 0.523$ ). These findings suggest that as nicotine dependence increases, self-efficacy and resilience tend to decrease, while higher self-efficacy is associated with greater resilience.

### DISCUSSION

The primary aim of this study was to investigate the relationship between self-efficacy, resilience, and nicotine dependence among young adults. To achieve this aim, three specific objectives were outlined: to study the relationship between nicotine dependence and general self-efficacy, nicotine dependence and resilience, and general self-efficacy and resilience among young nicotine consumers. This structured approach aimed to enhance our understanding of the psychological dynamics underlying nicotine dependence in young adults. Corresponding hypotheses were formulated to guide the investigation. The first hypothesis suggested a significant relationship between nicotine dependence and resilience, the second proposed a significant relationship between nicotine dependence and general self-efficacy, and the third hypothesized a significant relationship between general self-efficacy and resilience.

To examine these hypotheses, a correlational research design was employed, focusing on the relationships among nicotine dependence, self-efficacy, and resilience. The sample comprised 120 college-going students from the Delhi NCR area, all of whom were nicotine users within the age range of 18 to 25. Purposive sampling was utilized to target this specific demographic group, ensuring relevance to the research objectives. Inclusion criteria specified individuals who were nicotine consumers within the designated age group, while those who did not meet these criteria were excluded from the study.

Data collection involved the administration of structured questionnaires to assess the variables of interest. The Fagerström Test for Nicotine Dependence (FTND) was used to measure nicotine dependence, the General Self-Efficacy Scale (GSES) assessed general self-efficacy, and the Nicholson McBride Resilience Questionnaire (NMRQ) evaluated resilience levels among participants. These instruments were chosen based on their reliability and validity in measuring the constructs under investigation.

The correlation analysis in this study sheds light on the intricate relationships among nicotine dependence, general self-efficacy, and resilience among young nicotine consumers. Firstly, the negative correlations observed between nicotine dependence and both general self-efficacy and resilience underscore the adverse impact of nicotine addiction on psychological well-being. The correlation coefficients further elucidate these associations: a negative correlation coefficient of  $-0.343$  between nicotine dependence and general self-efficacy, and  $-0.320$  between nicotine dependence and resilience, both statistically significant with  $p$ -values less than  $0.000$ . These findings indicate that as nicotine dependence scores increase, general self-efficacy and resilience scores tend to decrease, suggesting compromised coping abilities and reduced capacity to bounce back from adversity.

These negative correlations highlight the potential detrimental effects of prolonged nicotine exposure on psychological functioning. Nicotine addiction, characterized by increasing reliance on nicotine-containing products, may erode individuals' confidence in their coping abilities and undermine their resilience in the face of stressors. This aligns with existing



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literature, which suggests that addictive behaviours, including nicotine dependence, can erode self-efficacy beliefs and coping resources, thereby exacerbating vulnerability to stress and adversity.

Conversely, the positive correlation identified between general self-efficacy and resilience accentuates the mutually reinforcing nature of these constructs. With a positive correlation coefficient of 0.523, statistically significant at  $p < 0.000$ , this finding underscores that individuals with higher levels of self-efficacy tend to exhibit greater resilience. This suggests that individuals who perceive themselves as competent in managing life's demands are better equipped to navigate setbacks and bounce back from adverse circumstances.

Furthermore, the positive correlation coefficient between general self-efficacy and resilience ( $r = 0.523$ ) suggests a statistically significant direct relationship. As general self-efficacy scores increase, resilience scores also tend to increase among young nicotine consumers. This mutually reinforcing relationship highlights the complex psychological dynamics at play in nicotine addiction, indicating that individuals who perceive themselves as more capable of handling life's challenges demonstrate greater resilience in the face of adversity.

The interlink between these variables underscores the importance of addressing psychological factors such as self-efficacy and resilience in smoking cessation interventions aimed at young nicotine consumers. By targeting these factors and providing support to enhance individuals' confidence in their ability to cope with challenges and bounce back from setbacks, interventions can empower young nicotine consumers to overcome addiction and improve their overall well-being.

This study's findings highlight significant interconnections among nicotine dependence, general self-efficacy, and resilience among young nicotine consumers. The negative correlations with nicotine dependence underscore the adverse impact of nicotine addiction on individuals' psychological well-being, while the positive correlation between self-efficacy and resilience emphasizes the potential synergistic effects of interventions aimed at bolstering both self-efficacy and resilience.

In delineating future parameters for research on the relationship between nicotine dependence, self-efficacy, and resilience among young adults, several avenues for investigation emerge. Firstly, longitudinal studies offer a promising approach to track the progression of these constructs over time and understand their dynamic interplay across different stages of nicotine addiction and recovery. Incorporating qualitative research methods can complement quantitative findings by providing deeper insights into individuals' lived experiences with nicotine addiction and their coping strategies. Exploring potential moderators and mediators, such as personality traits or social support networks, can elucidate the underlying mechanisms driving the associations between these variables. Additionally, intervention studies aimed at enhancing self-efficacy and resilience among young nicotine consumers hold promise for informing effective smoking cessation strategies and mental health promotion efforts. Finally, considering broader public health implications and policy interventions is crucial for addressing nicotine dependence in young adults and promoting overall well-being. By pursuing these future parameters, researchers can advance our understanding of nicotine addiction and inform evidence-based interventions and policy initiatives to support young adults in overcoming nicotine dependence and fostering resilience.

## CONCLUSION

In conclusion, this research has delved comprehensively into the correlation between self-efficacy, resilience, and nicotine dependence among young adults, aiming to provide deeper insights into the psychological dynamics underlying nicotine addiction. By employing a correlational research design and utilizing a sample of 120 college students from the Delhi NCR area, the study has shed light on the relationships among these variables. Notably, the findings revealed significant correlations between nicotine dependence, self-efficacy, and resilience.

It is noteworthy that nicotine dependence exhibited negative correlations with both general self-efficacy and resilience, suggesting detrimental impacts on individuals' psychological well-being. This underscores the importance of addressing psychological factors such as self-efficacy and resilience in smoking cessation interventions targeting young nicotine consumers. By bolstering individuals' confidence in coping abilities and enhancing resilience, interventions can empower them to overcome addiction and improve overall well-being.

Moreover, the positive correlation observed between self-efficacy and resilience highlights the mutually reinforcing nature of these constructs. Strengthening one's belief in their ability to cope with challenges appears to correspond with greater resilience, emphasizing the interconnectedness of psychological attributes in navigating nicotine addiction.

While the findings offer valuable insights, it is essential to acknowledge the study's limitations. The cross-sectional design employed in this research hinders the ability to establish causal relationships among the variables. Additionally, the sample's limited diversity and reliance on self-reported measures may affect the generalizability and accuracy of findings. Furthermore, the exclusion of non-nicotine consumers and the focus on a specific geographical area may limit the study's applicability to broader populations.

To address these limitations and further enrich our understanding, future research endeavours should consider longitudinal studies to explore the temporal dynamics of these constructs.

Qualitative approaches could also be employed to delve deeper into individuals' lived experiences with nicotine addiction, providing nuanced insights into the interplay between psychological factors and smoking behaviour.

Additionally, intervention studies aimed at enhancing self-efficacy and resilience hold promise for informing effective smoking cessation strategies and mental health promotion efforts. By targeting these psychological dimensions, interventions can equip young nicotine consumers with the tools and support necessary to overcome addiction and build resilience in the face of challenges.

In essence, this research contributes significantly to the growing body of literature on nicotine addiction by elucidating the complex interplay between self-efficacy, resilience, and nicotine dependence among young adults. By providing valuable insights, the study paves the way for the development of tailored interventions to support individuals in their journey towards cessation and overall well-being. Ultimately, addressing the psychological dimensions of nicotine dependence is paramount in reducing the burden of tobacco-related harm and fostering healthier communities.

### *Limitations*

Limitations of this study should be acknowledged. Firstly, the cross-sectional design limits our ability to establish causal relationships between nicotine dependence, self-efficacy, and resilience. Longitudinal data would provide a more comprehensive understanding of the temporal dynamics among these variables. Secondly, the sample size of 120 college students from the Delhi NCR area may not fully represent the diversity of young nicotine consumers, potentially affecting generalizability. Additionally, reliance on self-reported measures introduces the possibility of response bias and social desirability effects. The exclusion of non-nicotine consumers limits comparisons between users and non-users. Lastly, the focus on young adults from a specific geographical area may restrict generalizability to other populations. Addressing these limitations in future research endeavours will enhance the validity and applicability of findings in informing interventions and policy initiatives aimed at addressing them.

### *Implication*

The need for implications and practical applications stemming from this research lies in the critical implications it holds for addressing nicotine addiction and promoting mental well-being among young adults. With smoking prevalence remaining a significant public health concern, there is a pressing need to translate research findings into actionable strategies that can effectively support individuals in quitting smoking and improving overall psychological resilience. By understanding the correlations between nicotine dependence, self-efficacy, and resilience, interventions can be tailored to target these psychological factors, thereby enhancing cessation outcomes, and promoting long-term mental health. Hence, deriving practical applications from this research is essential for informing evidence-based interventions, educational campaigns, healthcare practices, and policy initiatives aimed at addressing nicotine addiction and fostering healthier lifestyles among young adults.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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