

Exploration of Motivational Factors behind Smoking

Mohd. Rafiq Dhobi^{1*}, Dr. Mohd. Muzamil Kumar²

ABSTRACT

Currently smoking is estimated to be responsible for 3 million deaths annually worldwide, or about 6% of all deaths. But by the 2020's or early 2030's, it is expected to cause 10.9% of all deaths in developing countries and 17.7% of those in developed countries, more than any single disease. Smoking is probable cause of about 25 diseases; hence its impact on global disease is tremendous. About one-third of the global population aged 15 and over is indulged in smoking. In the light of the global impact of tobacco on human life, it is imperative that stronger measures be taken to persuade those who are indulged in smoking. The present study conducted on 100 male participants (18-45 years) of Kashmir, J&K (India) enlightens us to shows various motivational factors behind smoking. The motivational factors are all perceived as being positive reasons to continue smoking. It is important for us to understand exactly why we smoke. Stimulation, Handling, Pleasurable, Relaxation, Crutch, Craving and Habit are the most important motivational factors behind smoking. These seven motivational factors can easily be changed by appropriate measures. It is hoped that the present study gives information on how medical professionals, health workers, clinicians and other allied agencies should tackle the problem. We would be pleased to receive any feedback on the usefulness of this study and suggestions on how to improve it.

Keywords: *Motivational Factors, Smoking, Tobacco*

Smoking has drastic effects on physiology as well as psychology of an individual. The smoking is used as a route for various purposes. In certain cultures, smoking is used as a part of various rituals for "spiritual enlightenment". As per report of 2007, about 4.9 million people worldwide die as a result of smoking. It is practiced by one billion people globally, majority of them are from developing world. Khurshid (2012) showed various social and psychological factors behind smoking like escape from stress situations and inability to cope with domestic problems prompt a person to smoke. Baker et, al (2004) proposed that nicotine is the motivational factor behind smoking. Ahmed et al. (2008) found that parents, close siblings and individuals who smoke at home are leading causes of smoking. Buttress & Kastner (2003) proposed that peer factors are strong predictors for smoking. Likewise,

¹ Research Scholar, The Indira Gandhi National Open University, Delhi, India

² Assistant Professor, Department of Psychology, University of Kashmir, Hazratbal, Srinagar, Jammu and Kashmir, India

*Responding Author

Exploration of Motivational Factors behind Smoking

Babatunde, Omowaye, Alamode, Omede, Olomofe & Akinyandenu (2012) stated that going to parties/clubs and influences of friends are major causes behind smoking habit. Buttross & Kastner (2003) maintained that family, peer and interpersonal factors are also the cause for smoking. Lloyd-Richardson, Papandponatos, Kazura, Stanton, & Niaura (2002) stated that sex, depression, ethnicity and other substances as risk factors behind tobacco use. Joseph, Grim haw, Amjad, & Stanton (2005), stated that personal freedom and autonomy are the causes of smoking.

LITERATURE REVIEW

A. C. McKenna (2011) in a study identified seven factors of smoking in both adolescents and adults which are nervous irritation, relaxation, smoking alone, activity accompaniment, food substitution, social smoking and social confidence. Among these factors, he found that nervous irritation and relaxation smoking are highly responsible for addiction of smoking in a person. Chassin *et. al.* (2004) found that nicotine is the major cause of Tobacco addiction and it produces hallmark effects on individuals. Hong T, *et. al.* (2011) found that Smoking prevalence is associated with friends who smoked, perception of friend's approval of smoking, and prevalence in family. Jihad *et, al* (2013) in a study titled "Motives, beliefs and attitudes towards water pipe tobacco smoking" found that in all smokers, medications and counseling may be used to overcome the problem of smoking and main motivational factor behind smoking is pleasurable relaxation.

Significance

Substance abuse has been the problem since a long time .It not only affects individuals but also the families and other relations. Smoking is a serious threat to our nation because it sprouts into many abuses in varied forms. Many studies have been conducted in the field of psychology with main objective of devising intervention strategies in order to help the smokers. This study will help the smokers, policy makers and other Health professionals to know the various motivational factors behind smoking. If the smokers know their exact cause of smoking they may to some extent try to change the smoking habit. This will help them to save money, health, relations and environment also.

Objectives:

1. To know the various motivational factors behind smoking.
2. To suggest the remedial measures for the affected persons.

Sample:

The sample of the study consisted of 100 male adult smokers of Kashmir. The sample was collected through convenient sampling technique. The respondents' age ranged from 18-50 years.

Research instrument:

It consisted of 18 questions covering the major factors related to smoking like stimulation, handling, pleasurable Relaxation, crutch etc. It was used to know the various motivational

Exploration of Motivational Factors behind Smoking

factors behind smoking and trying to reach the root causes of attraction towards smoking. The responses were recorded on a scale of 5 to 1, {being always (5), frequently (4), sometimes (3), seldom (2), and never (1).}

Statistical Analysis:

For achieving the objectives of present study the data was analyzed by using the appropriate statistical techniques with the help of SPSS-20.

RESULTS & INTERPRETATION

The results of the study are presented in the tables that follow.

Table 1. Normality Statistics

Dimension	Sleekness	Kurtosis
Stimulation	-0.3	0.04
Handling	-0.3	-0.6
Pleasurable Relaxation	-0.2	-0.7
Crutch	-0.6	-0.3
Craving	-0.3	-0.2
Habit	-0.2	-0.5

The above table highlights that the data set is having the skewness and kurtosis within the acceptable limits mentioned by Garson (2009), thereby supporting the fulfillment of normality assumption of the data set to be analyzed.

Table 2: Descriptive Statistics

Dimension	N	Minimum	Maximum	Mean	Std. Deviation
Stimulation	100	3.00	15.00	9.4100	2.62118
Handling	100	3.00	15.00	10.0500	3.21101
Pleasure	100	3.00	18.00	10.7900	3.17597
Crutch	100	3.00	15.00	11.6100	2.71879
Craving	100	3.00	15.00	10.1400	2.86399
Habit	100	3.00	15.00	9.1100	3.18423

The above table indicates that the major cause of smoking is crutch (Tension reduction) with mean 11.61 followed by pleasurable relaxation with mean 10.79, craving with mean 10.14, handling with mean 10.05, stimulation with mean 9.41 and lastly habit with mean 9.11 respectively. It clearly indicates that majority of the people smoke in order to overcome the tension. They think that if they smoke their tension reduces. Also when they fail in certain situation of their lives, they use cigarette as tension redactor and gives them the feeling that this will help us in tension reduction. The second reason for smoking in the majority of sample is pleasurable relaxation, they think that this will give them relaxation and pleasure.

Exploration of Motivational Factors behind Smoking

After that craving is another reason due to which people smoke followed by handling, stimulation and habit.

CONCLUSION

The study was carried out to explore the various motivational factors behind smoking among 100 adults from district Anantnag, J&K and the main finding was that the major cause of smoking is crutch (Tension reduction) followed by pleasurable relaxation, craving, handling, stimulation and lastly habit. It clearly indicates that majority of the people smoke in order to overcome the tension. These findings provide insights to the policy makers of health sector and allied fields regarding the motivational factors pertaining to smoking and it is hoped that the same will prompt them to organize seminars and related awareness programs that are grounded in the data generated by the present study, so as to ameliorate the ill health behavior of smoking at the grass root level.

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests: The author declared no conflict of interests.

REFERENCES

- A.C. Mckennel. "Smoking motivation factor". (Vol. 9, issue 1, 12 July 2011). DOI:10.1111/j.2044-8260.1970.
- Ahmed, R., Rizwan-ur-Rashid, McDonald P. W., & Ahmed, S. W. (2008). Prevalence of cigarette smoking among young adults in Pakistan. *Journal of Pakistan Medical Association*, 58 (11), 597-601.
- Babatunde, O. A., Omowaye, O. A., Alawod, D. A., Omede, O., Olomofe, C. O., & Akinyandenu, J. (2012). Smoking prevalence, willingness to quit and factors in fluencing smoking cessation among university students in a Western Nigerian State. *Asian Social Science*. 8 (7), 149-156.
- Baker et,al (2004) .Motivational influences on Cigarette Smoking. *Annu Rev Psycho* 2004:55:463-91.
- Baker, TB., Blandon TH& Chassio L. " Motivational influence on cigarette smoking" *PSYCHO*. 2004;55: 463-91.
- Buttross, L. S. & Kastner, J. W. (2003). A brief review of adolescents and tobacco: What we know and don't know. *Am J. Med Sci*, 326.
- Elie, A. Akl., Christopher, N., Reward, Obeid & Jihad "Motives, beliefs and attitudes towards wastepipe tobacco smoking". *Harm Reduction Journal* 2013 10:12/ DOI: 10.1186/1477-7517-10-12.
- Hong, T., Rice, J., & Johnson C. "Social environmental and individual factors associated with smoking among a panel of adolescent girls". (*Women Health* 2011 May: 51(3):187-203.doi:10.1080/03630242.2011.560241.)

Exploration of Motivational Factors behind Smoking

- Hong, T., Rice, J., & Johnson C. "Social environmental and individual factors associated with smoking among a panel of adolescent girls". (Women Health 2011 May; 51(3):187-203.doi:10.1080/03630242.2011.560241.)
- John R Hughes. "Motivating and helping smokers to stop smoking" J Gen Intern Med. 2003 Dec; 18(12):1053-1057. Doi:10.1111/j.1525-1497.2003.20640.x.
- Joseph, S., Grimshaw, G., Amjad, N., & Stanton, A. (2005). Self-motivation for smoking cessation among teenagers: Preliminary development of a scale for assessment of controlled and autonomous regulation. *Personality and Individual Differences* 39, 895–902
- Khurshid (2012).Causes of Smoking Habit among the Teenagers. Interdisciplinary Journal of Contemporary Research in Business. January 2012 vol.No 9.
- Lloyd-Richardson, E. E., Papandponatos, G., Kazura, A., Stanton, C., & Niaura, R. (2002). Differentiating stages of smoking intensity among adolescents: Stage-specific psychological and social influences. *Journal of Consulting Clinical Psychology*. 70, 998–1009.
- Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.
- Shafiq, M., Naeem, Butt. Ihtishan. & Sharif. "Motivational factors of smoking among the student". Euro Journal of Social sciences01/2010; 18(1):46-50. Vol. 18, No. 1.
- Smith-Simone S, Maziak W, Ward KD, Eissenberg T. Wastepipe .tobacco smoking: Knowledge, attitudes, beliefs, and behavior in two U.S. samples. *Nicotine Tobacco Research* 2008; 10(2):393–398.

How to cite this article: Dhobi M R & Kumar M M (2017). Exploration of Motivational Factors behind Smoking. *International Journal of Indian Psychology*, Vol. 5, (1), DIP: 18.01.089/20170501, DOI: 10.25215/0501.089