



UNIVERSITI PUTRA MALAYSIA

**SELF-EFFICACY AS MODERATOR IN RELATIONSHIP BETWEEN INDIVIDUAL,
ENVIRONMENTAL, AND COGNITIVE FACTORS AND CIGARETTE SMOKING
BEHAVIOR AMONG ADOLESCENTS IN KERMAN, IRAN**

SAMIRA GOLESTAN

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IRAN**

By

SAMIRA GOLESTAN

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfilment of the Requirements for the Degree of Doctor of Philosophy**

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

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July 2014

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Faculty: Human Ecology

The main objective of this study was to examine the relationship between personality traits (extraversion, neuroticism, agreeableness, conscientiousness, and openness), environmental factors (family smoking, peer pressure, family cohesion and adaptability) and the cognitive factor of stress on cigarette smoking behavior. In addition, this study intended to determine the moderating effects of self-efficacy on the relationship between personality traits (extraversion, neuroticism, agreeableness, openness, and conscientiousness), environmental factors (family smoking, peer pressure, family cohesion and adaptability) and the cognitive factor of stress and cigarette smoking behavior and also to identify which variable significantly predict cigarette smoking behavior among adolescent in Kerman-Iran.

A quantitative research method was employed. The samples included three hundred current smoker adolescents between the ages of 15 to 18. The data collected by means of self-administered questionnaires and then analyzed by AMOS software (to run SEM) for windows program version 20.

The result showed that there were significant relationships between personality traits (neuroticism and conscientiousness) and cigarette smoking behavior whereas there were no significant relationships between personality traits (extraversion, agreeableness and openness) and cigarette smoking behavior. Also, positive significant relationship between environmental factors (family smoking and peer pressure) and negative significant relationships between environmental factors (family cohesion and family adaptability) and cigarette smoking behavior were observed. Moreover, there were significant positive relationships between cognitive factor; i.e. stress and cigarette smoking behavior. The result showed that the independent variables; i.e. personality

traits (extraversion, neuroticism, agreeableness, openness, and conscientiousness), environmental factors (family smoking, peer pressure, family cohesion and adaptability) and the cognitive factor of stress, explain 77% of variation for dependent variable of cigarette smoking behavior and based on standardized regression weight the independent variable of peer pressure, with highest standardized regression weight ($\beta = .222$) among other independent variables, had a highest contribution to explain the variation of cigarette smoking behavior among the respondent.

The results related to the moderating effect of self-efficacy revealed that self-efficacy significantly moderated the effect of neuroticism as a personality trait on cigarette smoking behavior but did not moderate the relationship between other personality traits i.e. extraversion, openness, agreeableness and conscientiousness with cigarette smoking behavior. Also, the results showed that self-efficacy significantly moderated the relationship between cigarette smoking behavior and all environmental factors (including family smoking, peer pressure, family cohesion and family adaptability) and the cognitive factor of stress.

These findings were supported by relevant theories and were also consistent with the previous studies. The findings of this study can contribute to the literature and has noteworthy implications for practitioner and policy makers to prevent cigarette smoking behavior among adolescents in Iran. Therefore, it is recommended that, future prevention interventions programs focus on reducing cigarette smoking behavior among adolescents by enhancing family awareness, stress management, refusal skills to resist environmental pressure to smoke, enforcing family policies on smoking, enhancing self-efficacy and life skills, and also educating adolescents on how to behave in a smoking group and how to refuse the environmental temptations. So, families, schools and policy makers influence the cigarette smoking behavior and can reduce the level of cigarette smoking among adolescents by devising and implementing a comprehensive program.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**EIFKASI KENDIRI SEBAGAI MODERATOR DALAM HUBUNGAN ANTARA
FACTOR INDIVIDU, PERSEKITARAN, DAN KOGNITIF DAN TINGKAH
LAKU MENGHISAP ROKOK DALAM KALANGAN REMAJA DI KERMEN,
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Objektif utama bagi kajian ini adalah untuk mengkaji hubungan antara sifat personaliti (ekstraversi, neurotisim, kesetujuan, kehematan dan keterbukaan) , Faktor Persekitaran (keluarga penghisap rokok, pengaruh rakan sebaya, perpaduan keluarga dan kebolehsuaian) dan faktor kognitif bagi tekanan keatas tingkah laku menghisap rokok. Sebagai tambahan, kajian ini bertujuan untuk mengenal pasti kesan penggubah bagi efikasi sendiri ke atas hubungan antara sifat personaliti (ekstraversi, neurotisim, kesetujuan, keterbukaan dan kehematan) faktor persekitaran (keluarga penghisap rokok, pengaruh rakan sebaya, perpaduan keluarga dan kebolehsuaian) dan faktor kognitif bagi tekanan dan tingkah laku menghisap rokok dan turut mengenalpasti pembolehubah yang mana secara signifikan dapat meramal tingkah laku menghisap rokok dalam kalangan remaja di Kerman-Iran.

Pendekatan penyelidikan kuantitatif telah dijalankan. Sampel termasuklah tiga ratus remaja penghisap rokok antara umur 15 hingga 18 tahun. Data telah dikumpulkan dengan menggunakan borang kaji selidik yang ditadbir sendiri dan kemudian telah dianalisa menerusi perisian AMOS (bagi menjalankan SEM) bagi program window versi 20.

Dapatan menunjukkan terdapatnya hubungan signifikan antara sifat personaliti (neurotisim dan kehematan) dan tingkah laku menghisap rokok manakala tiada hubungan signifikan antara sifat personaliti (ekstraversi, kesetujuan dan keterbukaan) dan tingkah laku menghisap rokok. Hubungan signifikan yang positif antara faktor persekitaran (keluarga penghisap rokok dan pengaruh rakan sebaya) dan hubungan signifikan negatif antara faktor persekitaran (perpaduan dan kebolehsuaian keluarga) dan tingkah laku menghisap rokok turut diperhatikan. Tambahan lagi, terdapatnya hubungan

signifikan yang positif antara faktor kognitif; i.e. tekanan dan tingkah laku menghisap rokok. Dapatan menunjukkan pembolehubah bebas; i.e. sifat personaliti (ekstraversi, neurotisim, kesetujuan, keterbukaan dan kehematan), faktor persekitaran (keluarga penghisap rokok, pengaruh rakan sebaya, perpaduan dan kebolehsuaian keluarga) dan faktor kognitif bagi tekanan, menerangkan 77% variasi kepada pembolehubah bersandar bagi tingkah laku menghisap rokok. Berdasarkan regresi yang telah diseragamkan, pembolehubah bebas bagi pengaruh rakan sebaya mempunyai penimbang regresi yang telah diseragamkan paling tinggi ($\beta = .222$) di kalangan pembolehubah bebas yang lain, telah mempunyai sumbangan yang paling tinggi bagi menerangkan variasi tingkah laku menghisap rokok dalam kalangan responden.

Dapatan kajian yang berkaitan kepada kesan penggubah bagi efikasi sendiri menjelaskan yang efikasi sendiri secara signifikan mengubah kesan bagi neurotisim sebagai sifat personaliti ke atas tingkah laku menghisap rokok tetapi tidak mengubah hubungan antara sifat personaliti yang lain i.e. ekstraversi, keterbukaan, kesetujuan dan kehematan dengan tingkah laku menghisap rokok. Selain itu, dapatan menunjukkan efikasi sendiri secara signifikan mengubah hubungan antara tingkah laku menghisap rokok dan kesemua faktor persekitaran (termasuklah keluarga penghisap rokok, pengaruh rakan sebaya, perpaduan dan kebolehsuaian keluarga) dan faktor kognitif bagi tekanan.

Dapatan ini telah disokong dengan teori-teori yang relevan dan telah konsisten dengan kajian sebelumnya. Dapatan daripada kajian ini dapat menyumbang kepada sorotan kajian dan mempunyai implikasi yang berguna kepada para pengamal dan penggubal polisi bagi mencegah tingkah laku menghisap rokok di kalangan remaja di Iran. Oleh sebab itu, ianya dicadangkan agar program pencegahan bagi masa depan memfokuskan ke atas mengurangkan tingkah laku menghisap rokok dalam kalangan remaja dengan memperbaiki kesedaran keluarga, pengurusan tekanan, kebolehan menghalang bagi menangani pengaruh persekitaran untuk menghisap rokok, menguatkuasakan polisi keluarga ke atas merokok, memperbaiki efikasi sendiri dan kemahiran kehidupan serta turut memberi pelajaran kepada remaja tentang bagaimana untuk bertindak dalam kumpulan perokok dan bagaimana untuk menolak godaan persekitaran. Oleh itu, keluarga, sekolah dan penggubal polisi mempengaruhi tingkah laku menghisap rokok dan dapat mengurangkan tahap menghisap rokok di kalangan remaja dengan merangka dan melaksanakan satu program yang komprehensif.

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APPROVAL

I certify that a Thesis Examination Committee has met on/...../2014 to conduct the final examination of Samira Golestan on her thesis entitled “Self-Efficacy as Moderator in relationship Between Individual, Environmental, and Cognitive Factors and Cigarette Smoking Behavior Among Adolescents in Kerman, Iran” in accordance with the Universities and University Collages Act 1971 and the Constitution of the Universiti Putra Malaysia 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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