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## FEMALE SMOKER'S TRAIT PROFILE

*Today there is a tendency for a large number of tobacco-addicted young girls and women helping them to escape from problems. The addictive reality generates a state of emotional comfort and short-term oblivion. The psychological reasons for the sharp increase in this addiction among girls are the lack of adaptive mechanisms, the instability of the emotional-volitional sphere, and the perception of tobacco as an effective anti-stress means. Based on the results of an empirical study, it has been found that female smokers are primarily introverted individuals, focused on personal experiences, their own interests, inclined to self-examination. They are characterized by low levels of adaptation and sociability. The level of neuroticism in girls-smokers is high, they are insecure and characterized by frequent mood changes, irritability and a sharp reaction to criticism. Such girls do not accept monotony, it is difficult for them to adhere to traditional behavior standards, so they try to break rules. As for their values, material well-being and diligence are most important for them. Creativity and happiness of others, as well as nobility and rationalism are least significant for them. Among female smokers, individuals with high rates of hypotension and hysteria prevail.*

**Keywords:** *addictive behavior, chemical dependence, tobacco smoking, female smokers, quality of life, social adaptation, neuroticism.*

### Introduction

Despite the popularity of a healthy lifestyle among young people, there are a great number of individuals who prefer addictive strategies in life choices. The dynamic pace of life, its stressful background, dissatisfaction with social status, politics, economics, inability to cope with difficulties, often leads to the formation of addictive forms of behavior.

The variety of addiction objects is quite wide: different substances, games, sources of information, aesthetic pleasure, people, work, food, etc. Smoking as a kind of dependence for many people confidently captivated everyday life and became its element. The most alarming fact is the steady increase of the number of young tobacco addicts, and the tendency of spreading this type of dependence among girls and women.

The psychological basis for choosing this addictive strategy is the easy and affordable way to escape from everyday life, creating a short-term state of artificial comfort and oblivion. Since most young people's adaptive

possibilities are immature, the addictive reality helps them to relax, collect oneself, forget about problems.

In general, the formation of chemical addiction among young people, in particular tobacco addiction, is primarily influenced by the pharmacokinetic and pharmacodynamic features of tobacco that affect neurochemical brain structures, as well as heredity and predisposition to addiction, the so-called addictive potential, the specificity of individual sensations in the process of smoking, personality traits, as well as a combination of socio-cultural factors (Mendelevich, 2001).

For young people, the important thing in tobacco addiction formation is the desire to resemble their idols, and the perception of a person with a cigar as more successful, distinctive, independent, and confident. Therefore, the study of the totality of personal qualities of young girls, which contribute to the emergence of this dependence, is inevitably relevant.

From the point of view of the psychoanalytic concept, smoking is an archaic way of meeting oral needs. If this need was not fully satisfied in the childhood, then it is

partly satisfied with the compensatory mechanism in the form of smoking (Freud, 1999).

When considering smoking in terms of transactional analysis, it can be argued that all three main personality components (Child Me, Adult Me and Parent Me) may be committed to smoking. The Parental ego-status gives permission to smoke. This is usually due to the fact that someone among parents or relatives, other authoritative people in the childhood, used to smoke. The parental status tends to perceive a young person as a smoker as an adult and accordingly to separate the traditional notions that smoking is less 'evil' as compared to other addictions.

The "Adult" ego-state is usually deprived of information about the great harm of smoking. Most often a person is disturbed by coughing, financial and time losses for smoking.

The "Child" ego-state is fond of smoking, it is characterized by a positive attitude for starting and continuing smoking. Smoking is considered as an attribute of confidence and adulthood. There is also an aesthetic component here: the pleasure of the very process of smoking, the magic possession of fire and smoke, which in fairy tales is available only to the strongest and bravest characters. The fear of illness and premature death from smoking is ignored by the "Child" ego-state as children have a deep, unconscious myth of immortality (Kramchenkova, 2015).

In an existential analysis, based on the main provisions of the theory of V. Frankl, smoking is a symptom of zoogene neurosis. The crisis of the loss of connection with the world (spiritual, moral, sense of purpose) becomes the basis for the emergence of chemical addiction (Kramchenkova, 2015).

Among the domestic researchers there is an opinion that the trigger of addiction formation is specific child and adolescent reactions, a strong desire to free themselves from the pressure of adults and demonstrate their own Self. A. Lichko and Y. Popov considered smoking in terms of the formation of unstable types of character accentuations characterized by the instability of the motivational sphere, combined with excessive impulsiveness and dependence on others.

#### **Aim and Tasks**

The paper aims to provide a female smokers' trait profile by allocating traits contributing to tobacco addiction.

The tasks of the research are as follows: to describe the characteristics of the personality characteristics of female smokers; to define dominant characteristics in the structure of the personality of female smokers and those who have no tobacco addiction; to compare these groups; to present a female smokers' trait profile.

#### **Research Methods**

##### *Sample*

The sample of the study involved 90 girls aged 17-25. Among the respondents, 68 girls were smokers, and 22 who did not smoke.

The following techniques were applied in the empirical study: G. Eysenck Personal Questionnaire adapted by O. Shmeliyov, Quality of Life Measurement by R. Elliot, Sensation Seeking Scale by M. Zuckerman, Rokeach Value Survey, Mini-Mult Test (shortened version of Minnesota Multiphasic Personality Inventory), the Wisconsin Inventory of Smoking Dependence Motives, Behavior and Attitudes Questionnaire by D. Horn.

#### **Research Results**

In modern psychological research, a number of factors and conditions contributing to the formation of tobacco addiction in young people are identified. They are conventionally divided into internal (character traits and nervous system features, motivation) and external (features of family education, relationships in the social environment, economic situation in the country, etc.). Concerning the features of the tobacco addiction, the main vectors of its formation in young people are as follows:

- social and communicative (cigarette helps to make social contacts and facilitates communication, it is a means of self-affirmation, achieving social trust, recognition);
- sensory (visual and tactile) associated with the smell, taste of smoke, the touch of cigarette to the lips, the image of the person with a cigar;
- psychological, contributing to satisfaction, switching attention from an unfavorable situation to another object (cigarette);
- sedative revealing stress in adverse situations; keeping calm in difficult situations;
- concentrating, aimed at satisfying or enhancing a pleasant situation;
- stimulating, responsible for performing mental tasks, concentration of attention in tense situations or during monotonous work (Yaremenko, 2005).

It is important to focus on the age aspects of tobacco addiction, in particular young girls. So, at the age of 13-19, for girls, the main cause of smoking is "early adulthood", the impact of smoking peers, advertising, family members smoking. At the age of 20-30 years it involves improving the situation of communication, stereotype behavior, anti-stress 'remedy', independence, fashion, attractiveness, physical addiction.

Girls' desire to smoke is directly related to physical and emotional overload experienced in adolescence.

Smoking for young girls is usually not only an addiction, but a certain ritual associated with temptation and demonstration of sexuality. It is one of the simple and cheap ways to attract attention. Gestures accompanying the smoking process tend to indicate the desire to show their own personality and dominant mental status. It is believed that female smoking is the ideal unconscious trap for men, because it is here that a woman uses all methods of female self-expression (Martyanova, 2009).

For women, smoking is a game during which they can demonstrate subtle manners and refined gestures, delicate hands, beautiful nails, as well as attractive lips that will definitely draw one's attention. Even Freud con-

sidered a woman with a cigar to be sexier, since he equated the cigarette to a phallic symbol.

Among personal characteristics that underlie tobacco addiction there are first of all manifestation of excessive aggression or anxiety, emotional instability, an increased level of stress, inability to cope with feelings, etc. In this case, girls consider smoking as a means of relaxation, calming, reducing the level of negative emotions and anxiety.

Also, scholars emphasize that very often female tobacco smoking is caused by inadequate self-esteem, negative self-concept, self-identification disorders, and psychological complexes.

Concerning psychosocial constituents, smoking is a form of imaginary communication, which becomes especially relevant in situations of social frustration, and can often serve as an indicator of the immaturity of person's social skills. Smoking minimizes dissatisfaction with interpersonal communication and self (Smirnov, 2000).

Due to its ritual nature, smoking can keep a pause between speaking and acting, between a question and an answer, especially when a person is excited.

Taking into account the above mentioned peculiarities of smoking, it can be argued that female smokers are characterized by the predominance of pseudo-communicative and ego-supported smoking, which contributes to social interaction, makes it possible to relieve psychological tension and, accordingly, feel short-term relaxation and satisfaction.

#### Empirical Research Results

According to the survey results, 62% of the respondents have 50% of friends with tobacco addiction, while 34% of the surveyed have less than 50% of friends with tobacco addiction, and 4% of the respondents have no smokers among friends. Therefore, it is quite right to state that having tobacco addicted friends contributes to the choice of this addictive strategy.

The results obtained according to the Eysenck's test (which helps to examine three indicators: extraversion, introversion, neuroticism) are presented in Fig. 1.

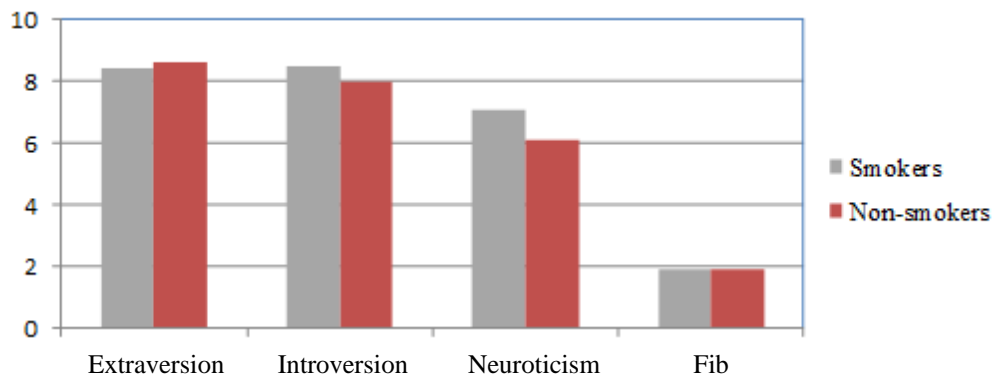


Figure 1. Indices According to the Scales of G. Eysenck Personal Questionnaire

In this study, non-smoking respondents have higher index of extraversion which means that they are more focused on the environment and events, communication and sensory experiences. According to the introversion scale, the smokers have higher indicators, which means that they are more focused on the inner world, personal experiences, it is more difficult for them to adapt in a social environment, which may be a psychosocial cause of their tobacco addiction.

According to the neuroticism scale, the smokers have higher indices as compared to those respondents who do not smoke. That is, in smokers, the level of instability of mental processes is higher and it can be assumed that tobacco dependence arose as a means of calming, relaxa-

tion.

It should be noted that for most addicted respondents smoking cigarettes is a pleasure and this process is associated with an attempt to diversify sensations and experiences. Therefore, the use of tests by R. Elliot (whose goal is to assess the level of satisfaction with quality of life) and M. Zuckerman made it possible to reaffirm these particularities of smokers.

Thus, according to the results of R. Elliot's test, the index of quality of life in the smokers is lower ( $I = 20.26$ ) than that in the non-smokers ( $I = 22.47$ ); and the results of M. Zuckerman's test (whose main purpose is to find out the tendency of finding new, acute sensations), confirmed the aforementioned by the following indicators (Fig. 2).

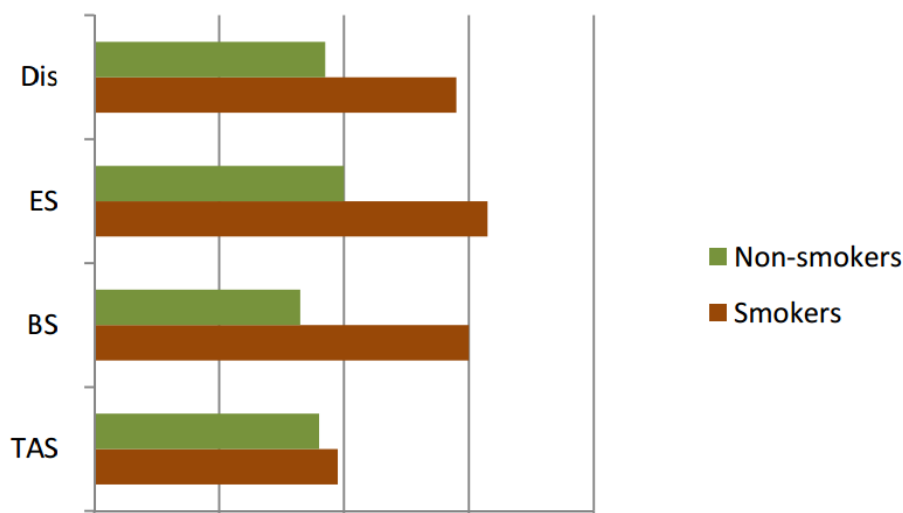


Figure 2. Results According to Sensation Seeking Scale by M. Zuckerman

According to TAS scale (Thrill and Adventure Seeking) the highest indices were obtained by the smokers, which can be indicative of their needs satisfaction in a form of smoking.

According to BS scale (Boredom Susceptibility) the high score of the smokers shows their unacceptance of equality and monotony.

High indices according to ES scale (Experience Seeking) is indicative of unacceptance of rules of behavior and desire for breaking stereotypes.

High indices according to Dis scale (Disinhibition) means that they consider smoking as a way out, as a solution of a problem.

It can be concluded that all these indicators can affect the emergence of tobacco addiction in girls, as a way

of relaxation in overcoming difficulties or stimulation for activity.

Results of Rokeach Value Survey made it possible to determine the peculiarities of the value and motivational sphere of the respondents and main groups of values – terminal and instrumental, as well as to specify them in accordance with the domination of concrete or abstract values of professional self-realization or personal life. Also, features of instrumental values and their hierarchy and domination (ethical values, values of communication, individualistic, conformist values, altruistic values, values of self-affirmation and the values of acceptance of others) were revealed. The hierarchy of significant values of the respondents is shown in Fig. 3:

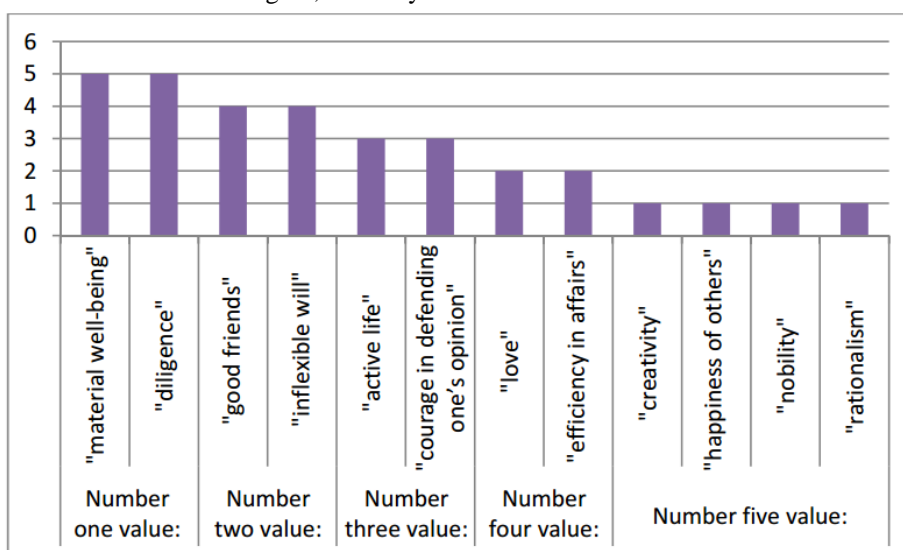


Figure 3. Hierarchy of Smokers' Values According to Rokeach Value Survey

The most significant values for the smokers are material well-being and diligence. It means that their actions

and thoughts are aimed at achieving a high level of material well-being.

Such values as “having good friends” and “inflexible will” are number 2 on the scale. “Inflexible will” is necessary for the achievement of goals, overcoming obstacles on the way to their achievement.

The 3rd place was occupied by such values as “active life” and “courage in defending one’s opinion” since the achievement of material well-being includes activity and active life.

Such values such as “love” and “efficiency in affairs” are number 4 in the hierarchy: love helps to find self-confidence and teaches to be persistent in some cases, and when one needs to give in, love helps to find strength in order to achieve something; efficiency in affairs is the indicator of the result sought by the representatives of this group.

The least significant among the values are “creativity”, “happiness of others”, “nobility” and “rationalism”. These indicators mean that the female smokers who demonstrate a high level of readiness for financial self-sufficiency seek to earn as much money as possible and reach a level of material well-being. In order for them to achieve this, they need to support their friends and be-

loved ones, ability to defend their points of view and pursue their goal through all obstacles and difficulties. Diligence and efficiency in affairs of female smokers are considered to be necessary and important in their lives.

In the girls who do not smoke, the following hierarchy of values has been found (Fig. 4). “Having good friends” and “love” are the most significant values for them. This shows that interpersonal communication is more important for them as compared to earning money.

The next place in the hierarchy of values is taken by such values as “health” and “intelligence”. Then there go “joy” and “tidiness”.

“Beauty of nature and arts”, “wisdom” and “honesty” are number 4 on the scale, which help them to deal with difficulties in communication.

The least significant values are “intelligence”, “public recognition”, and “patience”. It means that for the girls who do not smoke, communication is essential in any manifestation, and all that is necessary for this communication is the presence of friends and beloved ones, health, cheerfulness, and accuracy. But at the same time, they do not want to be dependent on public opinion.

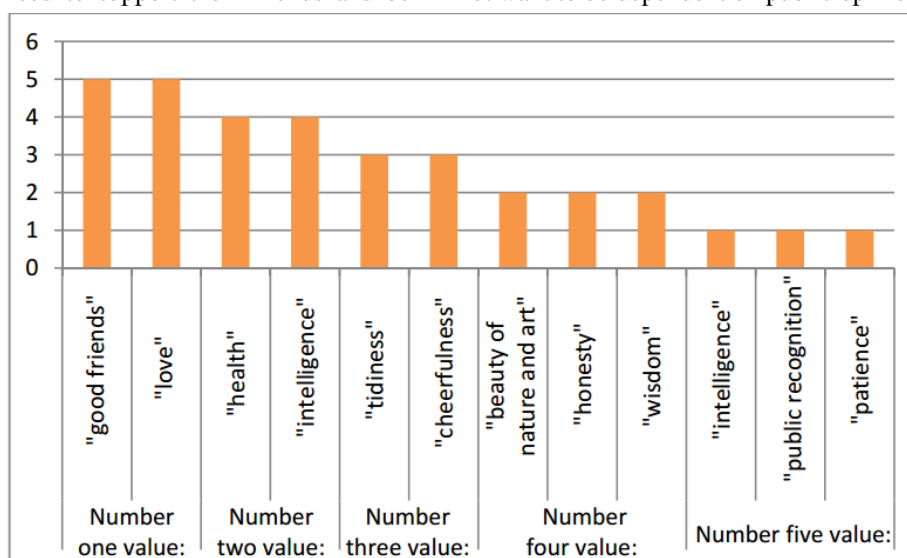


Figure 4. Hierarchy of Non-Smokers' Values According to Rokeach Value Survey

According to the results of using the shortened version of Minnesota Multiphasic Personality Inventory, the trait profile of female smokers reflects the prevalence of such scales as hysteria and hypotension. This suggests that smokers are susceptible to neurological protective reactions of conversion type. They use the symptoms of a somatic disease as a means of avoiding responsibility.

The main feature of such persons is the desire to attract attention. The feelings of such people are superficial and the interests are not profound. Girls-smokers are susceptible to doubts, uncertainty. They are characterized by good mood, regardless of circumstances. Usually such persons are active, energetic and cheerful (Fig. 5).

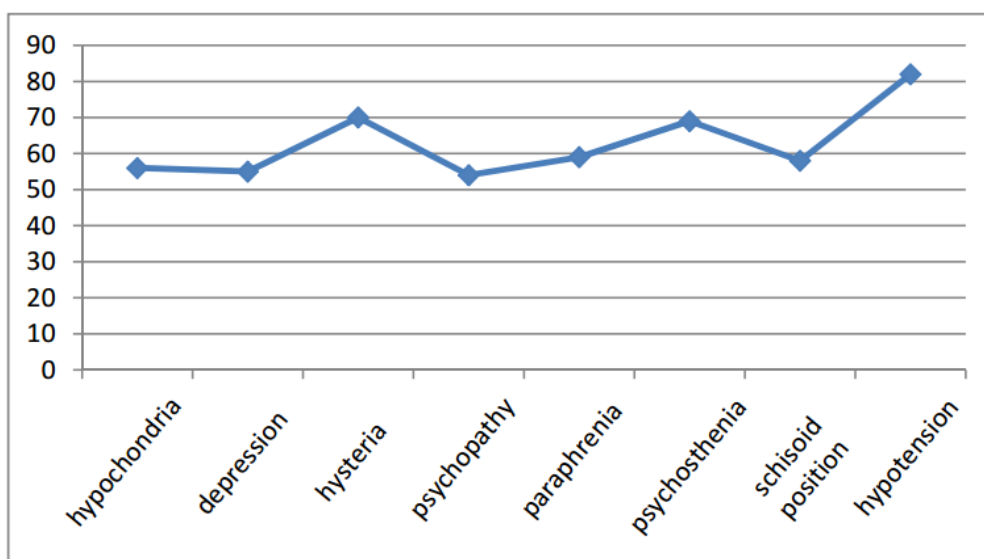


Figure 5. Smokers' Indices According to Minnesota Multiphasic Personality Inventory

Thus, the girls who do not smoke have the highest scores according the scales of hypochondria, depression, and low – the scale of hypotension (Fig. 6).

The respondents who do not smoke are characterized by the predominance of passive suffering position, insecurity, high sensitivity and dependence on environmental influences. In their behavior, the motivation for avoiding failures, sensitivity, dependence on others, prevail.

These girls have a mature sense of responsibility, anxiety for the fate of family members and friends. They are characterized by empathy, intuitivity, reflexivity, low self-esteem, and low tolerance to stress. Certain personali-

ty traits are worth noting: taking everything to heart, increased sense of guilt with a critical self-attitude, conscious self-control. The combination with high indicators according to the scale of psychosthenia shows that such people are self-insecure, indecisive, tend to check their actions thoroughly, quite responsible, with a highly developed sense of duty, etc.

Their main problem is suppression of spontaneity, self-realization restraint, control over aggression, focus on rules, instructions, inertia in decision-making, avoidance of serious responsibility due to fear not to cope.

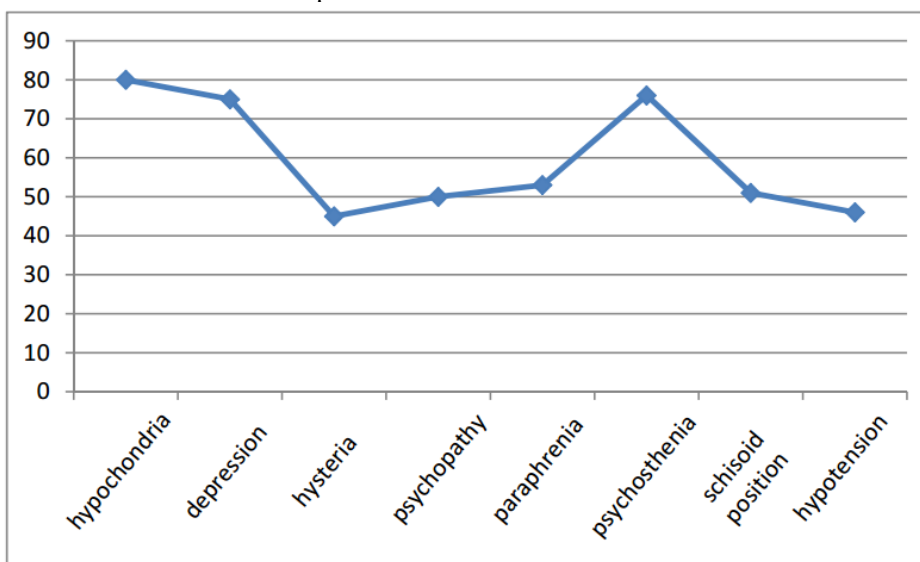


Figure 6. Non-Smokers' Indices According to Minnesota Multiphasic Personality Inventory

Characteristics of smoking are always associated with the predominance of a certain type of behavior, therefore, for their definition, Behavior and Attitudes Questionnaire by D. Horn was used. The questionnaire makes it possible to distinguish the following types of

smoker's behavior: "Smoking Thirst", "Relaxation", "Support", "Stimulation", "Playing with a Cigar", "Reflex". Each of these types correlates with the peculiarities of certain situations and conditions.

According to the results, most of female smokers have a mixed type of smoking behavior (72%), while 50% of girls have the “relaxation” motive predominant; in 49%

of the respondents “support” prevails, in 29% of girls – “stimulation”, and 27% - “playing with a cigar” (Table 1).

Table 1.

Type of behavior	%
Smoking thirst	0
Relaxation	50
Support	49
Stimulation	29
Playing with a cigar	27
Reflex	0

In addition, the smoker's type of behavior is directed to the desire to get the effect of relaxation when smoking. This type was peculiar for 50% of the girls and means that smoking at a young age is closely associated with stressful situations: the girls smoke to cope with irritation, anger, overcome shyness, reduce emotional stress, and get support and approval, while almost half of the respondents (49%) use smoking as support in case nervous tension.

Summarizing all the results of the study, a psychological profile of the girl-smoker has been created.

Most female smokers are introverted individuals, that is, they are focused on their inner world, personal experiences, it is difficult for them to adapt in social environment, which may be the psychosocial cause of tobacco addiction. They are less sociable, characterized by social passivity, self-analysis skills.

The level of neuroticism in them is high, which can indicate the instability of the nervous mental processes. The tobacco dependence of these girls arose as a means of calming down, relaxation. Smokers are more insecure; they may feel that they are somewhat different from others that they are unlucky. They have often sudden changes in mood and energy; irritability, react sharply to criticism.

Most female smokers demonstrate calmness in extreme situations. They do not accept monotony. It is difficult for them to follow traditional norms of behavior; they try to break stereotypes. These factors can be considered as a cause of tobacco addiction, as a way of relaxation in overcoming difficulties or stimulating activity.

As for female smokers' values, the most important for them are “material well-being” and “diligence”. Such values as “creativity” and “happiness of others”, as well as “nobility” and “rationalism” are the least important for them. “Nobleness” and “rationalism” are of least signifi-

cance, because they are not considered by the smokers necessary for achieving their goals. “Diligence” and “efficiency in affairs” the girls-smokers regard as necessary and important in their lives.

Most of the female smokers have high indices of hypotension and hysteria. In addition, the type of smoker's behavior aimed at obtaining a relaxing effect means that in the young age, it is closely associated with stressful situations: girls smoke to cope with irritation, anger, to overcome shyness, reduce emotional stress, and also receive support and approval of others, while almost half of the respondents use smoking as support for nervous tension. The index of the smokers' life quality is lower than that of those who do not smoke.

### Conclusions

According to the results of the theoretical-empirical analysis it has been found that tobacco addiction in girls occurs on the background of certain personal characteristics, such as behavior and motivation. As a rule, the desire to smoke occurs because of the need to reduce stress, anxiety, overcome negative emotions and achieve relaxation. An important aspect of female tobacco addiction is the social component, which is associated with self-acceptance and being accepted by others, since support, approval of others plays the most essential role. Constant dissatisfaction with oneself, the search for new impressions affect a rather low index of life quality.

The majority of female smokers are introverts, for whom it is difficult to adapt to changing conditions of the social environment. Therefore, smoking is used as one of the ways to facilitate social interaction and improve the effectiveness of social contacts.

Further research is going to be focused on examining personal and social factors that affect giving up smoking by young people.

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### **ТЕОРЕТИКО-ЕМПІРИЧНИЙ АНАЛІЗ ОСОБИСТІСНОГО ПРОФІЛЮ ДІВЧИНИ-КУРЦЯ**

У статті висвітлено особливості формування особистості із тютюновою аддикцією. В останні десятиліття зростає тенденція до появи великої кількості молодих дівчат та жінок, залежних від тютюну. Для них тютюнопаління стає доступним способом втечі від проблем, а аддиктивна реальність породжує стан емоційного комфорту та короткотривалого забуття. Психологічними причинами різкого зростання цієї аддикції серед дівчат є несформованість адаптативних механізмів, нестійкість емоційно-вольової сфери, а також сприймання тютюну як ефективного антистресу. На підставі результатів емпіричного дослідження виявлено, що серед дівчат-курців переважають інтровертовані особистості, фіксовані на особистих переживаннях, зосереджені на власних інтересах, замкнені, схильні до самоаналізу. Вони характеризуються низьким рівнем адаптації, контактності, соціальною пасивністю. Рівень нейротизму у дівчат-курців високий, вони невпевнені, відчувають себе «невдахами». Для них властиві часті зміни настрою, спади та підйоми енергії, дратівливість та гостра реакція на критику. Зазвичай, такі дівчата не терплять одноманітності та монотонності, їм складно дотримуватись традиційних манер поведінки, тому вони намагаються руйнувати стереотипність. Щодо ціннісних орієнтацій дівчат-курців, то найбільш важливими для них є «матеріально забезпечене життя» і «старанність». Такі цінності, як «творчість» і «щастя інших», а також «шляхетність» і «раціоналізм» є для них найменш важливими. Серед дівчат-курців переважають особи, в яких високі показники за шкалами гіпотонії та істерії.

**Ключові слова:** аддиктивна поведінка, хімічна залежність, тютюнопаління, дівчата-курці, якість життя, соціальна адаптація, нейротизм.

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