CHAPTER - II

REVIEW OF LITERATURE

The personality factors and frustration factors depend on the smoking in others words smoking may affect the personality factors and frustration factors of the individuals. Thus we can evaluate the personality and frustration on the basis of the smoking of the individuals. The concern of present investigation is an effect of smoking on personality and frustration.

The present review of literature will consider the conceptual phenomena as well as the variables under study to assess empirical clarifications. Any research needs support, verification and clarification by having thorough critical evaluation of the literature to the researcher, as much as possible within the literature available to the research investigation.

Keeping in view the above consideration made a comprehensive survey of the related study of past years was studied, which have been presented as following.


Background High Neuroticism and low Conscientiousness are frequently implicated in health-risk behaviours, such as smoking and overeating, as well as health outcomes, including mortality. Their associations with physiological markers of morbidity and mortality, such as inflammation, are less well documented. The present research examines the association between the five major dimensions of personality and interleukin-6 (IL-6), a
pro-inflammatory cytokine often elevated in patients with chronic morbidity and frailty. Method A population-based sample ($n=4923$) from four towns in Sardinia, Italy, had their levels of IL-6 measured and completed a comprehensive personality questionnaire, the NEO-PI-R. Analyses controlled for factors known to have an effect on IL-6: age; sex; smoking; weight; aspirin use; disease burden. Results High Neuroticism and low Conscientiousness were both associated with higher levels of IL-6. The findings remained significant after controlling for the relevant covariates. Similar results were found for C-reactive protein, a related marker of chronic inflammation. Further, smoking and weight partially mediated the association between impulsivity-related traits and higher IL-6 levels. Finally, logistic regressions revealed that participants either in the top 10% of the distribution of Neuroticism or the bottom 10% of conscientiousness had an approximately 40% greater risk of exceeding clinically relevant thresholds of IL-6. 

Conclusions Consistent with the literature on personality and self-reported health, individuals high on Neuroticism or low on Conscientiousness show elevated levels of this inflammatory cytokine. Identifying critical medical biomarkers associated with personality may help to elucidate the physiological mechanisms responsible for the observed connections between personality traits and physical health.

Charu Dubey, Meenakshi Arora, Sanjay Gupta, and Bipin Kumar (2010)

Substance abuse is a multi-etiological, multi-dimensional and a worldwide problem with an alarming increase in its incidences. The present study investigates the personality traits of substance abusers as compared with
non-substance abusers by using the NEO-Five Factor Inventory. The sample consists of substance abusers (N=100) along with non-substance abusers (N=100). In terms of Five Factor model of Personality Taxonomy, the present study revealed that substance abused group scored higher on Neuroticism and Extraversion dimensions, whereas non-substance abusers significantly scored higher on Openness and Conscientiousness dimensions of Big-Five. No significant difference was obtained on Agreeableness domain of personality.

Chapman B, Fiscella K, Duberstein P, Kawachi I (2010) -

Little is known about whether educational gradients in smoking patterns can be explained by financial measures of socioeconomic status (SES) and or personality traits. To assess whether the relationship of education to (1) never smoking and (2) having quit smoking would be confounded by financial measures of SES or by personality; whether lower Neuroticism and higher Conscientiousness would be associated with having abstained from or quit smoking; and whether education effects were modified by personality. Using data from the Midlife Development in the US National Survey, 2,429 individuals were classified as current (n = 695), former (n = 999), or never (n = 735) smokers. Multinomial logistic regressions examined study questions. Greater education was strongly associated with both never and former smoking, with no confounding by financial status and personality. Never smoking was associated with lower Openness and higher Conscientiousness, while have quit was associated with higher Neuroticism. Education interacted additively with Conscientiousness to increase and with Openness to decrease the probability of never smoking. Education and
personality should be considered uncompounded smoking risks in epidemiologic and clinical studies. Educational associations with smoking may vary by personality dispositions, and prevention and intervention programs should consider both sets of factors.

David P Bradley, Lindsey A Johnson, Zhumin Zhang, Amy F Subar, Richard P Troiano, Arthur Schatzkin, Dale A Schoeller (2010) -

Individuals who smoke generally have a lower body mass index (BMI) than nonsmokers. The relative roles of energy expenditure and energy intake in maintaining the lower BMI, however, remain controversial. We tested the hypothesis that current smokers have higher total energy expenditure than never smokers in 308 adults aged 40-69 years old of which 47 were current smokers. Energy expenditure was measured by doubly labeled water during a two week period in which the subjects lived at home and performed their normal activities. Smoking status was determined by questionnaire. There were no significant differences in mean BMI (mean ± SD) between smokers and never smokers for either males (27.8±5.1 kg/m² vs. 27.5±4.0 kg/m²) or females (26.5±5.3 kg/m² vs. 28.1±6.6 kg/m²), although the difference in females was of similar magnitude to previous reports. Similarly, total energy expenditure of male smokers (3069±764 kcal/d) was not significantly different from that of never smokers (2854±468 kcal/d), and that of female smokers (2266±387 kcal/d) was not different from that of never smokers (2330±415 kcal/d). These findings did not change after adjustment for age, fat-free mass and self-reported physical activity. Using doubly labeled water, we found no evidence of increased energy expenditure among smokers,
however, it should be noted that BMI differences in this cohort also did not differ by smoking status.

**Jotirmoy Roy, Nahib Mahjabin Morshed, Shalahaddin Qusar, Salam Miah and Other (2010) -**

Drug taking bahaviour and drug dependence is a multi-factorial disorder. Personality is a very important determining factor of drug dependence. To find out the possible relationship between personality traits and substance use disorders. This was a descriptive cross sectional and case control study conducted from five hundred respondent 250 had the history of substance use disorder selected as case and equal number were age, sex, habitat and economic background matched controls were taken personality traits of both cases and control were measured by applying Eysenck Personality Questionnaire. Present study results of the found that psychotiasm was 2.3 times and neuroticism was 1.7 times higher in substance users than that of control there were no significant differences of mean distribution of extroversion and lie scales among the cases and controls. This study also revealed that there was no significant relationship between personality traits and different variable related to substance use except that psychoticim was significant higher in those substance who had have positive history of trouble with law. Conclusion is a personality traits may have an influence on persons with diorites quality of life.

**Julie Baughan (2010) -**

Smoking affects people’s personality in negative ways. It is a shared-experience amongst all smokers that they reminisce about the times they had
not known about smoking, their younger years, how different they were, how they felt no sort of pull or addiction to this dangerous, commercialized and legalized drug. First emotion was the rush, then the guilt, then the pain, and then denial and all this goes on in the haze of a vicious circle that swirls and distorts one’s self completely. Everyone remembers the time they did not smoke. They used to hate it, hate it when their fathers smoked and hated the smell in a public place. They were innocent, they used to look down upon smokers, and raise cancer-awareness bill boards in school projects. Then they tried it and got hooked and crooked and cooked. Now they cannot remember how it felt to be innocent and pure, literally, as the damage inflicted by smoking even one cigarette on the lungs cannot be reversed by any means. Many begin this habit in a guilt-trip kind of thing, they hide, and they enjoy doing it because it is prohibited. Many stupid youngsters start smoking to act macho and impress girls only to fall face first in dirt and realize that it is turnoff. Every smoke faces the early morning problem. They cannot go to the toilet without having a smoke. Thus the average smoker takes the first breaths of the day through a filter that hardly filters any of the hundreds of deadly toxins it contains. They know it contains bad things and slowly over time they do realize that it is indeed true that smoking destroys your stamina, lung-capacity, athletic ability, libido and sexual ability and general facial appearance too. Smokers age faster as wrinkles appear faster on their visages. They always suffer from bad breath and would either annoy everyone they talk to or constantly be bothered by chewing mintsandmouth-fresheners.

The money cost is a matter of grave concern for many. Kids who
steal money to buy cigarettes get their personalities badly bent by such an act. Some wise man had once said that if the cost of buying cigarettes is a concerning matter than you definitely should not smoke. Many poor people of limited means also get hooked on to blowing money of cigarettes and it acts like the affect of alcohol on an irresponsible husband who beats his wife. People waste money, health, time, relationships, opportunities because of this and this realization, and what follows it - whether a correction in the habit or a continuation of the same path on ignorance and carelessness, makes them see cigarettes either as something horrific or something bad but un-avoidable.

Many get hospitalized after quitting smoking; such is the intensity of the addiction to the man-made drugs and chemicals. The governments of the world must unite and declare smoking as a real fatal-habit. Either tax it 500% or so or ban it completely. Letting this menace go unchecked will only increase the number of cancerous lung cells in the world.

Janet L. Thomas, Robyn M. Scherber, Diana W. StewartIan M. LynamChristine M. Daley and Jasjit S. Ahluwalia,(2010) -

African Americans bear a disproportionate health burden from smoking but are less likely than other populations to engage in cessation treatment. Intervening on adult nonsmokers residing with a smoker might represent an innovative approach to motivate smokers to engage in smoking behavior change. Twelve focus groups were conducted with African American smokers (four groups, \( n = 27 \)), nonsmokers (four groups, \( n = 26 \)) and pairs of cohabitating smokers and nonsmokers (four groups, \( n = 22 \)) to assess attitudes and/or beliefs regarding engaging a nonsmoker in the home in
smoking behavior change efforts. Participants ( \(N = 75\)) were middle-aged (45.1 ±3.7 years) females (68.0%) with 11.8 ±1.5 years of education. Smokers smoked 14.9 ±11.3 cigarettes per day, made 3.0 ±4.4 quit attempts in the past year, and are interested in receiving cessation assistance from a nonsmoker in their home. African American nonsmokers living with a smoker may be an appropriate target group to motivate smoking behavior change in the smoker. Suggestions for future research considerations are provided.


Individual differences in psychopathology and personality may associate with dependence on smoking for specific motivational reasons. However, the associations among psychopathology, personality, and smoking dependence and motives have not been examined simultaneously in studies to date, leaving it unclear whether specific patterns of affective and behavioral functioning are associated with specific aspects of smoking dependence. The present study examined these associations in 296 current smokers aged 35-43 years. Smoking dependence and motives were assessed with structured interview, the Fagerström Test for Nicotine Dependence, and the Wisconsin Inventory of Smoking Dependence Motives. Regardless of the measure of smoking dependence tested, a lifetime history of major depression and high levels of trait stress reaction were consistently related to greater current smoking dependence severity. Substance dependence showed significant associations with some measures of smoking dependence but had relatively few effects when entered in models along with depression history and trait
stress reaction. In multivariate models, alcohol dependence and conduct disorder history did not show unique significant associations with smoking dependence nor did trait aggression, alienation, control, or harm avoidance. Results indicate little specificity in the associations of particular psychiatric diagnoses or personality traits with specific self-reported facets of smoking dependence. It appears that a general vulnerability to depression and negative emotions is the most robust indicator of vulnerability to high levels of self-reported smoking dependence, regardless of which dimensions of smoking dependence are analyzed.

Kahler CW, Daughters SB, Leventhal AM, Rogers ML, Clark MA, Colby SM, Boergers J, Ramsey SE, Abrams DB, Niaura R, Buka SL (2010) -

A number of personality traits have been associated with cigarette smoking. Current smokers generally show higher levels of negative emotionality and lower levels of behavioral constraint than former smokers and those who never smoked. However, prior investigations have not examined thoroughly whether these smoking-personality associations are unique to smoking status or simply reflect the fact that these personality traits tend to be elevated across numerous forms of psychopathology. Likewise, prior studies have not addressed whether personality shows differential associations with smoking based on the presence or absence of lifetime psychiatric disorders. The present study examined these questions using data from 472 current, 311 former, and 324 never-smokers aged 34-44 years. Current smokers reported being more reactive to stress, more aggressive, more alienated, and less harm avoidant than both former smokers and never-