

**Relationship between Personality Traits and Self-esteem of Substance Users and
Non-users**



By

Ahmed Mujtaba Owaisi

Registration No-124-FSS/MSPSY/S14

Supervised by

Prof. Dr. Muhammad Tahir Khalil

An Dissertation Submitted to

Department of Psychology

Faculty of Social Sciences

International Islamic University Islamabad

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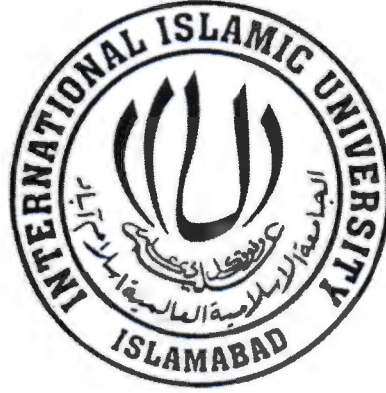
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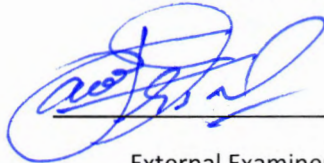
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CERTIFICATE

It is certified that MS dissertation titled" Relationship between personality traits and self-esteem of substance users and non-users" prepared by Ahmed Mujtaba Owaisi has been approved for submission to International Islamic University Islamabad, Pakistan.

Supervisor



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DEDICATION

This thesis is dedicated to my family

For their endless love, support and encouragement

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Abstract

There is a vital role of personality traits in relation with self-esteem among substance users and non-users. The current study was designed to investigate the relationship between personality traits and self-esteem among substance users and nonusers. The sample of this study consisted of 200 respondents through snow ball sampling technique and cross-sectional research design was used. Two questionnaires were used for the purpose of data collection including HEXACO-PI-R (Lee, & Ashton, 2004) and Rosenberg Self-esteem Scale (Rosenberg, 1965). Collected data was analyzed through SPSS (23.0). The results revealed that personality traits of honesty, extraversion, agreeableness, conscientiousness, and openness to experience were significantly positively related with self-esteem and emotionality was significantly negatively correlated with self-esteem among substance users and non-users. The personality trait of extraversion was found to be highest among tobacco users, alcohol users and substance non-users. While agreeableness was highest among cannabis users. Among the overall respondents extraversion was found to be highest. The level of self-esteem was higher among non-users as compared to the substance users. Furthermore, gender played a significant role of difference in emotionality, openness to experience and self-esteem. Whereas the level of emotionality and agreeableness were higher among the respondents of lower socioeconomic status as compared to the middle and upper socioeconomic status respondents. Additionally, the level of conscientiousness was higher among middle socioeconomic status respondents as compared upper and lower socioeconomic status respondents. The future avenues and limitations of the study are also examined.

INTRODUCTION

Introduction

Smoking means to inhale the smoke of tobacco through mouth and then exhaling the smoke. In a comprehensive way tobacco smoking is a process of inhaling the smoke of tobacco which can be in the form of cigars, cigarettes, or tobacco pipes and then releasing the smoke through mouth or nose (Gately Iain, 2004). Tobacco is derived from the leaves of a plant of Nicotiana family. There are different subfamilies of this plant including nicotiana tabacum which is the most widely grown plant of this family and also the nicotiana rustica which has higher level of nicotine in it (Wigand & Jeffrey, 2006).

For instance cigar, beedi, hookah, cigarette, pipe smoking, cretik, passive smoking, hand-rolled cigarette and vaporizer are some of the additives of tobacco. While the most widely tobacco is used in the form of cigarettes, cigars, pipes and beedis. There are different ways of smoking which include casual smoking in which the individual smokes occasionally to reduce his stress or for the social status. While a habit of smoking or its addiction is the physical dependence of nicotine and tobacco (Wigand & Jeffrey, 2006).

Beedi is a form of cigarettes without any filter, in this tobacco is filled within a tobacco leaf. These are commonly used south Asia. It is very dangerous because it produces more nicotine, carbon monoxide, and tar as compared to cigarettes (Centers for Disease Control and Prevention, 1999; Pakhale & Maru, 1998).

Cigars are also pure form of tobacco in which fermented and dried leafs are rolled around it. There is no filter in cigar and they also burn for more time as compared to cigarettes. Cigars are most widely used in the United States of America and after that United Kingdom and Germany are at second number in cigar consumption. 75% of cigar sales in the world are consumed only in the Western Europe and the United States (Rarick, 2008). According to the reports of 2005, about 0.3% women and 4.3% men in the United States are the smokers of cigars (Mariolis, Rock & Asman et al, 2006).

Cannabis is a class of plants which is used as a substance, it have three species including cannabis ruderalis, cannabis indica, and cannabis sativa (Geoffrey, Brian & Philip, 2004). Cannabis is one of the most widely used drugs in the world and the most affected population from cannabis is the youth. Cannabis is used due to different reasons and the most important reason for the use of cannabis in countries like Pakistan is the cultural and traditional factor and people use cannabis as a source of elation of mood (Khalily, Schwannauer, & Hallahan, 2015).

There are 483 different components of cannabis and the most important component with psychoactive features is known as tetrahydrocannabinol which is also referred as THC (Russo, 2013). The most widely used drugs which comes from the plant of cannabis are the marijuana and hashish. Among these marijuana is derived from the dry leaves of cannabis and not smoked while it is drunk through mouth. On the other hand hashish is smoked through cigarettes or pipes by mixing it in the tobacco (Fusar-Poli et al.; 2010).

Alcohol is a class of drugs which are known as depressants. The reason of classifying it in this category is that it reduced the activity of nervous system due to which speed is reduced, balance and speech is also disturbed (Kolip, 2000)..

Over the past two decades the rates of use of alcohol consumption have been reduced (Kolip, 2000). In Europe Germany is considered to be the biggest consumer of alcohol (Freitag, 1999; Kirkcaldy, Siefen, Surall, & Bischoff, 2004). It has also been found that the individuals who start drinking in early age have greater chances of greater level of drinking of alcohol in their adulthood as compared to those individuals who start drinking alcohol in their late adolescence (Hansen, 1994).

Personality Traits

Multiple definitions of personality have been given by various psychologists. According to one definition personality is a collection of emotions, motivations, cognitions, perceptions, and the actions of a person by which he act in specific situations (Patrick, & Leon-Carrion, 2001). Friedman and Schustack (2006) defined personality as it is the collection of all the psychological forces which are responsible for the individuality of the person.

Psychologists measure the personality in terms of the specific personality traits which are responsible for making the individual as unique. The most useful and affective model for personality traits is known as the "Big Five" model of personality. According to this model there are five major dimensions of personality traits which are extraversion, conscientiousness, neuroticism, agreeableness, and openness (Costa & McCrae, 1992). Furthermore there is also a latest model comprising of six factors model of personality

and is known as the HEXACO personality model in which there is an extra dimension of personality known as Honesty-Humility (Ashton & Lee, 2009).

Kassin (2003) defined personality traits as a usual pattern of thoughts, emotions and behavior of an individual. Personality traits are the broad representation of the uniqueness among differences between individuals which refer to the constant ways of their thinking, behavior and feelings. Personality traits have immense importance because of the fact that they not only represent the general and permanent characteristics of personality and behavior of the individual but also predict the changes in the development and growth in the personality (Allport, 1961; McCrae & Costa, 1999).

All the major studies on personality conducted in the past have used the "Big Five" model of personality which measures personality in terms of five dimensions of personality traits which are extraversion, openness, neuroticism, agreeableness, and conscientiousness (Costa & McCrae, 1992). Furthermore the latest six factor personality model is known as the HEXACO personality model which includes Honesty-humility, agreeableness, extraversion, conscientiousness, extraversion, and openness (Ashton & Lee, 2009). The trait approach is widely used for the measurement of personality of individuals. And the psychologists are interested to measure the habitual patterns of individual's thoughts, behavior and emotions in terms of personality traits (Kassin, 2003). The modern psychologists use the latest approaches to measure personality of an individual (Martin et al., 2007; Friedman, 2000). Modern studies also provide an evidence that personality model based upon the five factor model is strongly associated with the health related issues and also exist for a long time (Danner et al., 2001).

For the measurement of personality of an individual as a whole researchers have recognized four important categories (Allport, & Odbert, 1936). The first category among these four categories include the personality traits which are the permanent patterns of the personality of the individual which leads towards the uniqueness of the individual. These personality traits measures the important factors like aggression, socialness, and fearfulness of the individual. The second classification measures relatively temporary conditions and mood which can be the elated, rejoicing, and the afraid. In the third category the psychologists make strong judgements about the behavior and status of the person as being irritating, average, worthy, and the excellent one. These behaviors are usually based upon the judgement of the individual about himself or by the others. The fourth classification include individual's physical features, talents and capabilities which are not given in the previous three categories. Initially an initial list for a personality model based upon multidimensional structure of personality was given by Cattell (1943, 1945) which was based upon the initial works of Allport and Odbert (1936).

Big Five Personality Model

The big five factor model of personality was derived from the works of different individuals (Norman, 1963; Borgatta, 1964; Digman & Takemoto-Chock, 1981) which was based upon the list of thirty-five variables given by Cartel (1943). So in the beginning the following factors were included in the big five model by Norman (1963).

- Surgency or the Extraversion (Self-confident, Talkative, Energetic).
- Conscientiousness (Dependable, Logical, Responsible)

- Neuroticism versus Emotional Stability (Not being easily upset, Calm, Not anxious, fearful or obsessed)
- Agreeableness (Trustworthy, Good nature, Helpful)
- Culture (Make decisions by own, Intelligent)

In psychological research this model is known as the Big Five model of personality, the name big five indicates that all the five factors of this model are very comprehensive (Goldberg, 1981).

Furthermore the latest model of personality based upon the six factor model of personality is known as the HEXACO personality model which have added a new trait of honesty/humility (Ashton & Lee, 2009).

The HEXACO Model of Personality

This new model of personality was given by Michael Ashton and Lee in 2004 (Ashton & Lee, 2004). This model is based upon six factors of personality and Ashton and Lee also gave the name of this model by using the acronyms of the names of the six factors (Lee & Ashton, 2004). Thus the HEXACO model contains the six factors of personality including

- Honesty/Humility
- Emotionality
- Extraversion
- Agreeableness
- Conscientiousness

- Openness to Experience

Honesty/Humility

Honesty is basically known as the level of fairness, modesty, and sincerity of an individual. This is very important and latest factor of personality in which any individual having high scores on this trait do not like to abide rules, do not like to manipulate others, are not materialistic, and are not much impressed by social status. On the other hand any individual having low scores on this trait will be tricky to others, abide law, will be love wealth and social status etc. (Lee & Ashton, 2004).

The factor of humility is not studies much with the factor of religiosity because mostly religious people are empathic and prosocial. They are found to be honest and fair in their daily routines and interaction with others (Emmons, Barrett, & Schnitker, 2008).

Emotionality

In this factor the individuals having high scores will be having anxieties, fears, will take much stress and will be sensitive and emotional who also need strong emotional support. While the person having low score on this trait will be strong and not easily become stressful to any psychological or physical stressor. Are not much dependent on others for sharing their issues and do not need much emotional support from others (Lee & Ashton, 2004).

Extraversion

The person with high scores in this trait will be confident and have strong leadership skills, will have strong self-esteem and positive feelings, will be social and like

gatherings. While the individual with low scores do not have much confidence, do not think themselves and popular, become worried on being the center of attention, are not much social and do not like gatherings (Lee & Ashton, 2004).

Agreeableness (versus Anger)

Individuals having good scores in this scale are found to be good in controlling their temper. They are very cooperative and also do compromise in different situations by ignoring or forgiving the mistakes of others. On the other hand individuals who score low on this scale are hard to control their temper, they bear grudges against others, they are critical on others, do not like to admit themselves wrong in any discussion (Lee & Ashton, 2004).

Conscientiousness

People having good scores in this trait show perfection in their tasks. They do things according to time, they do every work on the basis of management and time table, and are careful in their tasks and decisions. On the other hand people with low scores do not have proper timetable or schedule of anything. They just like to complete task even with mistakes or errors. They do not like challenging tasks and also those which need perfection. And their decisions are mostly based upon impulses (Lee & Ashton, 2004).

Openness to Experience

The individuals having high scores in this trait are nature and art loving, they love to get knowledge about different aspects nature and also they have very strong imaginations. On the other hand individuals who score low on this scale do not like

nature and art. They do not have much curiosity of knowledge. They do not have much strong imaginations and creative skills (Lee & Ashton, 2004).

Honesty-Humility Domain

This sub scale measures the tendency of loyalty and genuineness of an individual in his relationships with others. Those who score low on this scale are found to be tricky with others and praise others or pretend to like others in order to get favors (Lee & Ashton, 2004).

The Fairness scale: This scale judges the tendency of an individual to avoid gullibility and corruption. The individuals with low scores on this scale try to cheat others and get advantages via fraud. While those with high scores do not use others for their advantage (Lee & Ashton, 2004).

The Greed Avoidance scale: This scale is very much informative because it measures the tendency of individuals to like wealth, brands, and to show off their social status. Those who score low on this scale like to show off their social status, luxury, and wealth. But the individuals with high scores do not give much importance to social status and monetary gains (Lee & Ashton, 2004).

The Modesty scale: This scale measures the modesty level of an individual. Those with low score on this scale have high level of modesty and think themselves as superior to others. While on the other hand those who score high on this scale consider themselves as common people and do not claim for any special honor (Lee & Ashton, 2004).

Emotionality Domain

The first subscale in this domain in the fear scale which measures the tendency of an individual to experience fear. Those individuals who score low on this scale have very small fear from injury and physical pain etc. They are usually brave and tough people. While those who score high on this scale are very fearful to dangerous situations and especially physical pain (Lee & Ashton, 2004).

The Anxiety scale: This scale measures the level of anxiety among the individuals. Those who score low are less stressful and have low level of anxiety as compared to the individuals with high scores on this scale (Lee & Ashton, 2004).

The Dependence scale: It measures the need on an individual to get emotional support from other individuals. Individuals who get low scores are self-determined and do not depend much on others and can solve their problems without the help of others. While those who score high share their problems and difficulties with others to get help and emotional support (Lee & Ashton, 2004).

The Sentimentality scale: Sentimentality is basically the tendency on an individual to feel strong emotional attachments with other individuals. The individuals with low score do not feel much emotions while saying bye to others or going away from closed ones. On the other hand those with high scores develop strong emotional bonds with others in a short time (Lee & Ashton, 2004).

Extraversion Domain

The Social Self-Esteem scale: This subscale measures the tendency of individual to have high self-respect and self-regard especially in social contexts. Those who score high are usually happy with themselves and consider themselves as good and valuable. While those with low scores feel a sense of worthlessness and also feel themselves as inappropriate (Lee & Ashton, 2004).

The Social Boldness scale: It measures the level of confidence of an individual in different social contexts. An individual who scores low is shy, having low confidence and do not have good leadership skills. While those with high scores have good level of confidence and also the leadership qualities (Lee & Ashton, 2004).

The Sociability scale: It measures the trends of an individual to enjoy parties, interaction with others, and also enjoying gossips with others. Low scorers usually do not like much conversations and like to be alone while high scorers like to enjoy parties, having conversations with others (Lee & Ashton, 2004).

The Liveliness scale: It measures the level of energy and enthusiasm of the individual. A person with low score will not like to be cheerful and will experience low level of energy. While a person with high score will be full of energy and will be cheerful (Lee & Ashton, 2004).

Agreeableness Domain

The Forgivingness scale: This scale measures an individual's willingness to trust others and also to what context he or she is willing to forgive those who have caused

harm once. Those with low scores tend to be more aggressive and hold grudges against others who have cheated them in the past. But those with high scores forgive others easily and also make relations strong as before (Lee & Ashton, 2004).

The Gentleness scale: This is related to the way of an individual how he deals with others. Those with low scores are very much critical to others while the individuals with high scores see positivity and do not give critical evaluations while judging others (Lee & Ashton, 2004).

The Flexibility scale: It is related to the level of flexibility of an individual in his cooperation with others as being part of a team. Individuals with low grades are very ridged and give arguments mostly while those with high scores usually try to avoid such issues and they even ignore the useless arguments of others (Lee & Ashton, 2004).

The Patience scale: It is related to the tendency of an individual to be calm except of getting angry with others. Those who score low are of very high temper and easily get angry while those who score high are usually very calm and remain calm even in very aggressive situation (Lee & Ashton, 2004).

Conscientiousness Domain

The Organization scale: This scale is related to the organization and planning skills of the individual. Those who score low are found to be disorganized while those with high scores are very much organized and do every task with proper planning (Lee & Ashton, 2004).

The Diligence scale: It measures the tendency of an individual to work hard.

Those with low scores on this scale tend to be low in self-discipline and have low motivation for achievement. On the other hand individuals with high scores are found to be high on need for achievement and they are also hard working to achieve their goals (Lee & Ashton, 2004).

The Perfectionism scale: It is related to perfection in work or the way of dealing of the individual with the errors. An individual who scores low will consider small errors in work as normal and no issue but those with high scores will like perfection in their tasks and do not bear even small errors or mistakes (Lee & Ashton, 2004).

The Prudence scale: It measures the level of impulsivity or care of an individual while taking decisions. Those who score low have high level of impulsivity while taking decisions and they do not think of the consequences while taking decisions. While on the other hand those who score high think well about consequences before taking decisions (Lee & Ashton, 2004).

Openness to Experience Domain

The Aesthetic Appreciation scale: It is related to love for nature and art. Those who score low on this scale do not like nature or artistic work while on the other hand those who score high are nature lovers and have great affection with art (Lee & Ashton, 2004).

The Inquisitiveness scale: It is related to love for knowledge, learning about new aspects of world and curiosity of an individual for information about different things. Those who score low are not much curious and are not interested in science etc. While

those with high scores are considered as curious for knowledge, they are usually good researchers and also like to travel (Lee, K. & Ashton, M. C. (2004).

There is no doubt that many new theories and models are revised, rejected or updated by times. This is part of the scientific method. Enthusiasm is considered to be a part of religiosity. It was not included in old models but the most recent model known as the HEXACO model have included it to be an important part of traits (Ashton & Lee, 2008, 2009; Lee & Ashton, 2004, 2005).

Self-esteem

The term self-esteem was used for the first time in 1890 by the American Psychiatric Association (APA). The term esteem means to give regard or show respect for someone or something (Rodewalt & Tragakis, 2003). Self-esteem is also given much importance because of the fact that it has a lot of impact on an individual's decision making or choices. In simple words self-esteem is responsible for the positive or negative thoughts of an individual towards himself which further affects the functioning of the individual in positive or negative way. Individuals having high scores on self-esteem are found to be having good self-image, they are motivated and are very careful about themselves. While those with low level of self-esteem are found to be not caring about themselves and they do not think themselves as being worthy. They have negative self-image and they are not persistent and their performance in daily life is also affected (Carelse, 2009).

Reasoner (2000) defined self-esteem that it is related to the self-image of an individual which can either be positive or negative. It is the extent to which an individual

cares for himself, gives value and shows respect for himself. According to another definition of self-esteem it is a collection of feelings and beliefs of an individual about himself and his self-perceptions. The way of perceiving himself by an individual influences his attitudes, motivations, and his behavior (Sheslow, 2008).

The term self-esteem was defined in different ways by different psychologists. Kernberg (1975) said that it is simply the libidinal impulses. Some others said that it is the perception of an individual that he is a useful part of the universe (Solomon, Greenberg, & Pyszczynski, 1991). Furthermore some psychologists simply say that self-esteem is feeling of affection of an individual for himself (Brown, 1993; Brown & Dutton, 1995).

The term self-esteem is so much popular that almost everyone knows that what the meaning of self-esteem? But in psychology there are three different uses of the term self-esteem.

Three Meanings of Self-Esteem

Global Self-Esteem: It is the most common and most widely used term of self-esteem which is related to the respect and value of an individual towards himself. This is known as trait self-esteem or the global self-esteem because it remains persistent in different situations and also for a long time.

For general population the high level of self-esteem is associated with the love for an individual for himself. While the low score means the low level of self-love or bad feeling of a person for himself. In the most serious cases low level of self-esteem is even associated with the feelings of hate of the individual for himself. But it happens only in

the individuals with psychological issues and does not occur in general population (Baumeister, Tice, & Hutton, 1989).

Self-Evaluations: The second meaning of the term self-esteem is that it is the way how individuals assess their several qualities and abilities. For instance if an individual have doubts and negative feelings for his abilities in academics at school then he is known to be having low academic self-esteem. In the same way if an individual think that he is very popular and also have a good social circle then he is thought to be having high social self-esteem. In the same way in daily life we see different people having different levels of self-esteem in sports and at work.

The term self-evaluation and self-esteem are used to be interchangeably by different researchers as they said that individuals with high level of self-esteem think themselves as having good qualities while those with low level of self-esteem do not think themselves as having much good qualities. Unfortunately these are not the same things at all. For example an individual who have low academic confidence at school can still have high love and respect for himself. In the same way those who think themselves to be very social may possibly be having no good feelings about themselves (Harter, 1986).

The cognitive models of self-esteem say that this is a bottom up procedure (Harter, 1986; Marsh, 1990). For them positive evaluation of an individual for himself is often associated with high self-esteem. While the affective models of the self-esteem think it as a top down procedure (Brown, 1993; Brown, & Smart, 1991).

Feelings of Self-Worth: In the third and last meaning of self-esteem the term is used for the brief emotional states of individuals which come from different negative or

positive consequences. For instance an individual will say that his level of self-esteem was extreme high at the time when he got promotion. While in the same way a female might say of having extreme low level of self-esteem at the time of divorce.

William James (1890) and different modern psychologists consider these emotions as being the feelings of self-worth or the self-feelings. For example an individual feel very good and pleased on positive events while he/she feel low self-worth or abashed on himself/herself on the negative events (Butler, Hokanson, & Flynn, 1994).

Some researchers use terms like state self-esteem for defining the emotions of self-feelings, while the term trait self-esteem is used to refer to the general perception of individuals about themselves (Butler, Hokanson, & Flynn, 1994; Leary, Tambor, Terdal, & Downs, 1995)

Trait self-esteem is very useful and it have many useful assumptions. It proposes that for having high level of self-esteem it is necessary for the individual to have feelings of proud for himself. In the same way it also states that for having low level of self-esteem it is necessary to have feelings of shame for oneself. These assumptions are very useful because these can be useful for psychologists for making assumptions by asking an individual only that they feel bad or good about oneself (Greenberg et al., 1992; Heatherton & Polivy, 1991; Leary et al., 1995). On the other hand some psychologists do not think these assumptions as much effective (Brown & Dutton, 1995; Wells & Marwell, 1976). They say that it is natural tendency of individuals to feel good about themselves and to reduce negative feelings for themselves. The purpose is only to increase and maximize the level of their positive thinking about themselves. This need

differs in different times, situations and different cultures including subcultures however this need of maximizing good feelings of self is universal (James, 1890).

There are different assumptions that why these feelings are universal. James (1890) said that these are intrinsically satisfying that's why these are universal. While other psychologists believe people seek these good feelings of self-worth because they have its association or conditioning with positive outcomes. For example praise from others or success (Gergen, 1971; Kaplan, 1975). Whatever the reason is but there is no doubt that there is a lot of impact of self-worth on the behavior of an individual in different situations (Greenberg et al., 1992). It affects the behavior of an individual in health settings (Ditto & Lopez, 1992), achievement settings (Covington & Berry, 1976), and social settings (Tesser, 1988).

Affective models of Self-esteem

There are different affective models for self-esteem. Some of the most famous models are given by.

Two Components of Self-Esteem

The two components model of self-esteem says that is developed in the very early stage of development and there are two types of feelings which are associated with its development. One type of feeling is associated with personal experiences which is called as the feeling of mystery. While on the other hand the second feeling is associated with social experiences and is called the feeling of belonging. The feelings of belonging are very much valued and loved unconditionally. A positive sense of belonging is very much essential for providing an individual a positive base in his life. This also gives them a

positive feeling of worth that it does not matter what happen to them but they will be given respect and value. Carl Rogers, a most famous American Psychologist gave most famous rules for psychotherapy. The most important was to give respect and unconditioned positive regard to the individuals (Rogers, 1951; Rogers & Dymond, 1954).

The Development of Self-Esteem

Self-esteem is developed by the development of the feelings of mystery and belonging in the early life. The model for psychosocial development given by Erik Erikson (1950) which provides a useful information about the development of these feelings. According to the first stage of Erikson's theory an infant develops a strong feeling of trust with his care givers during the age of one year. These feelings of trust are associated with the development of feelings of belonging which are considered to be an important factor in the development of self-esteem. In the second stage of Erikson's theory is the child develops his feeling of mystery. These feelings are developed when a child is allowed to create and explore new things which may include paintings games with building blocks etc. These feelings are never developed when the parents are critical, and authoritative (Stipek, Recchia, & McClintic, 1992).

Attachment Bonds and Self-Esteem

Erikson (1950) gave very much emphasis on the relationship between child and his caregiver. This relationship is also very much important in many other theories of development of self-esteem (Baumeister & Leary, 1995; Bowlby, 1969; Epstein, 1980; Sullivan, 1953). Bowlby's (1969) theory of attachment is also very much important

Three different attachment styles have been found in such studies. About 60% infants in America are found to be as securely attached. Those infants who have secure attachments with their mothers have a healthy balance in independence and feelings of belonging with the mother. In the first phase when the child came to room with his mother he separated easily to explore the environment. They also become sad after the mother left. When she come back they become excited and make them part of play to share their discoveries (Ainsworth, Blehar, Waters, & Wall, 1978).

About 15% of the infants were found to be anxious during the study. They were having very much difficulty in being separated from their mothers. They were afraid of exploring the new environment and also become upset and distressed when their mothers left. Although they become batter when their mothers came back but yet they showed different signs of insecure attachments (Ainsworth, Blehar, Waters, & Wall, 1978).

In the same way about 25% of the infants were found to be avoidant children. Such children often try to ignore their mothers or avoid them. They had a little difficulty when their mother was leaving the room and also showed very little distress after she left (Ainsworth, Blehar, Waters, & Wall, 1978). Studies suggest that there is a vital role of the attachment styles in the development of self-esteem of a child (Cassidy, 1990; Sroufe, 1983). Various studies have also found same significance importance of attachment styles in the development of self-esteem among adults and adolescents (Collins & Read, 1990; Bartholomew & Horowitz, 1991; Griffin & Bartholomew, 1994; Feeney & Noller, 1990).

According to Bowlby (1973) the reason of the importance of attachment styles in the development of self-esteem is that when the child feels himself in a strong attachment

with the caregiver. Then he starts to believe that he is a worthy one and these feelings of worthiness are the base for their self-esteem (Bowlby, 1973).

Literature Review

During the years of 2008 to 2010 tobacco was used by around 3 billion individuals among which about 80% used tobacco through smoking (Giovino et al., 2012). Usually many different additives are also added in tobacco and in USA these additives are synchronized through 599 different substances (Wigand & Jeffrey, 2006).

The use of tobacco is the largest harmful factor responsible for many diseases and deaths in the United States of America. The smoking of cigarettes causes the loss of about 480,000 lives in the United States annually among which about 41,000 deaths are caused by passive smoking (U.S. Department of Health and Human Services, 2015).

In a study conducted on children of seventh grade to find the causes of smoking. The results revealed that the most important reason for students to start smoking is the advertisement of smoking. Furthermore the use of smoking in peers, siblings, and parents are also important factors which lead students towards smoking (Wigand & Jeffrey, 2006).

In a survey conducted in United States 86.8 % individuals of age 18 or above admitted of using alcohol at different occasions of their life, 70.7 % told of drinking alcohol in the last year, and 56.4% reported of drinking alcohol during the last month (Substance Abuse and Mental Health Services Administration, 2013).

Cannabis is one of the most widely used drugs in the world and the most affected population from cannabis is the youth. Cannabis is used due to different reasons and the most important reason for the use of cannabis in countries like Pakistan is the cultural and traditional factor and people use cannabis as a source of elation of mood (Khalily, Schwannauer, & Hallahan, 2015).

Alcohol use is the most common form of substance use among boys in the United States. Most of them start drinking from their school level (Essau, Karpinski, Petermann & Conrad, 1998; Mittag & Jerusalem, 2000). Same kind of results were indicated by the study by Kolip (2000). A further study in Germany reported that 96% of adolescents were having experience of drinking alcohol (beer in most cases) before the age of 18 years (Kirkcaldy et al., 2004).

There is a strong relationship between different personality traits and self-esteem as self-esteem generates positive feelings of a person towards himself and these positive feelings are the core of self-esteem as well as Extraversion (DeNeve & Cooper, 1998). In the same way the negative feelings are also associated with self-esteem and the term Neuroticism (Watson & Clark, 1984).

There is a strong literature which support that certain personality traits are strongly associated with substance use behavior (Goldberg, 1992). A study was conducted to measure the impact of personality traits on drug use behavior among adolescents and showed that adolescents scored low on agreeableness, conscientiousness, and emotionality (Neuroticism) while the scores were high on the trait of extraversion,

and adolescents had higher intention for smoking and also they were most likely to become permanent smokers (Hofstee & Goldberg, 1992).

A study was conducted by Wijatkowski et al. (1990) found that both regular smokers among boys and girls scored high on two major traits of neuroticism and Extraversion. Another study supported the same kind of findings among adults between the ages of 20 to 25. The findings indicated that smokers are more extraverted and Neurotic as compared to the non-smokers (Cherry & Kiernan, 1976). The reason for this high level of smoking may be that extraverts smoke because they see smoking as a stimulation (Eysenck, 1980). While those who scored high on the trait of neuroticism most possibly smoke to decrease their level of anxiety and tension (Eysenck, 1980; Martin & Pritchard, 1991; Volkow et al. 2009).

In the six factor HEXACO model of personality the sixth personality trait of honesty/humility have a strong relationship with the use of drugs (Zuckermen, 2007). While among some other traits sensation seeking and novelty seeking are related to extraversion (Zuckerman, 1974; Cloninger, 1987). Whereas the trait of extraversion have been linked with substance use and alcohol consumption (Roberti, 2004; Desrichard & Denarie, 2005). Greater scores on this personality trait has been found among alcohol (Allnutt, 2008), cocaine (Chakroun, 2010), tobacco (Masse & Tremblay, 1997), heroin (Le Bon, O., et al. 2004), and also with the use of cold drinks (Lara, et al., 2011).

A meta-analysis was conducted of 194 different researches which indicated a negative association of conscientiousness with alcohol, tobacco, and use of other substances (Bogg & Roberts, 2004). The low level of conscientiousness was found to

lead children to smoking and even high consumptions of alcohol when they become young (Bogg & Roberts, 2004).

In the same way a study conducted in 24 years in Czeck Republic found the association of conscientiousness with smoking and drinking behavior in the middle age (Kubička, et al. 2001). Same results were shown by another longitudinal study conducted in Hawaii which studied 963 children from different elementary schools and revealed that conscientiousness is related to smoking and alcohol use (Hampson, et al. 2006).

Another personality trait is neuroticism which is associated with the use of different drugs. Neuroticism leads individuals towards smoking and even to the chain smoking (Mroczek, Spiro, & Turiano, 2009). In many cases the trait of neuroticism also leads to the alcohol abuse (Terracciano et al., 2008). Another longitudinal study reported that the children with high level of neuroticism was a strong predictor of high level of alcohol use among them in later life (Hampson et al., 2006). The trait of neuroticism along with its subdomains like negative affect have a significant positive correlation with the use of heroin, cocaine, and cannabis (Hopwood et al., 2007; Kashdan et al., 2005).

Another personality trait related with the substance use is agreeableness. Its two dimensions which are aggression and hostility. Aggression and hostility are strongly related to the use of tobacco, cannabis, and alcohol among children, adolescents and adults (Terracciano et al., 2008) furthermore a meta-analysis has also proved these findings (Malouff et al., 2007).

Another longitudinal studies have found that the low level of agreeableness during children leads females towards smoking in their adulthood (Hampson et al., 2006)

while hostility level was a strong predictor of smoking among college students of both genders after 20 years (Siegler et al., 1992).

According to Hampson (2008) the correlation between drug use and extraversion is not much clear but still there are different hints where the high levels of extraversion are found to be linked with alcohol and tobacco use. In a meta-analysis of twenty-five different studies from the year of 1972 to 2001 found strong association between smoking and high extraversion (Flint & Munafò, 2007).

A study on the relationship between drug abuse and self-esteem revealed a significant and negative relationship between drug abuse and self-esteem among adolescents. It means that if the self-esteem of an individual is low then there are higher chances for him for substance abuse (Zamboanga, 2009).

In Pakistan a study conducted by Khalily (2001) made a comparison between the psychosocial characteristics of drug addicts and non addicts. The results revealed a significant difference in psychosocial characteristics among the drug addicts and non addicts.

Furthermore another significant study on cannabis user university students was conducted by Khalily, Schwannauer and Hallahan (2015). They found that Cannabis use was demonstrated to be associated with symptoms of elation and impulsivity in a university student population who had no prior history of treatment by the mental health services.

An immense number of studies have revealed a significant correlation between self-esteem with alcohol abuse and cannabis. Ikechukwu et al. (2013) in his study revealed that there is a significant correlation of self-esteem with alcohol, cannabis, and tobacco abuse. Various studies in the past have also shown a negative correlation of self-esteem with the abuse of different substances mainly alcohol and cannabis (Young, et al., 1989). A further study by Nehra, et al. (2012) revealed that there is a significant relationship between cannabis use and the low level of self-esteem. Their findings further revealed that in the treatment of drug abuse disorders the major obstacle is the low level of self-esteem.

METHOD

Method

Objective

The objectives of the study are:

- To investigate the relationship between personality traits and self-esteem in tobacco, cannabis and alcohol users and non-users.
- To determine the difference in personality traits and self-esteem in terms of the demographic variables.

Hypothesis

1. It was hypothesized that there is a significant relationship/association between personality traits and self-esteem among cigarette smokers.
2. It was hypothesized that there is significant relationship between personality traits and self-esteem in cannabis users.
3. It was assumed that there is significant relationship between personality traits and self-esteem in alcohol users.
4. It was anticipated that substance non-users have high self-esteem as compared to the substance users.
5. It was hypothesized that there is a difference in personality traits and self-esteem in terms of demographic variables (age, gender, education, marital status and socioeconomic status) in tobacco, alcohol and drug abusers.

Research Design/Approach

In the present study the correlational research design was used and it was cross sectional study. The sample was taken on the basis of snow ball sampling technique. A relationship will be investigated between personality traits and self-esteem with substance users (tobacco, cannabis and alcohol use) and non-users.

Inclusion and Exclusion criteria

Only substance users (tobacco, cannabis, and alcohol) and substance non-user students with age range of 18-30 years from public sector universities of Islamabad and Rawalpindi were included in this study. Individuals with medical illnesses or other psychological disorders were excluded in this research.

Population

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The targeted population for the current study was (N=200) the male and female substance users, tobacco (n=50), cannabis (n=50), and alcohol users (n=50) and non-users (n=50 from Rawalpindi and Islamabad. The population was selected from education institutions.

Sample of the Study

In the present study the sample was collected through snow ball sampling technique. Male and female participants in the current study was taken from the rehabilitation centers, drug centers, universities, colleges and from the general population (substance use & non-users) from Rawalpindi and Islamabad. The sample of this research

was comprised of two hundred male participants ($N=200$), out of which ($n=150$) was substance users (tobacco, cannabis, and alcohol users) while the other ($n=50$) was consisted of substance non-user.

Operational definition of variables

Personality:

Personality is the collective perceptions, emotions, cognitions, motivations, and actions of the individual that interact with various environmental situations (Léon-Carrión, 2001).

Self-esteem: Self-esteem is “the collection of beliefs or feelings we have about ourselves and our self-perceptions. How we define ourselves influences our motivations, attitudes, and behaviors and affects our emotional adjustment” (Sheslow, 2008).

Instruments of the Study

Two research instruments/scales will be used in the present study:

1. Hexaco-PI-R (The HEXACO Personality inventory revised)

The 60-item HEXACO-PI-R (HEXACO-60) is a shorter version of the HEXACO-PI-R (100 items) in response to demand for an instrument that would be suitable when the time available for personality assessment is very short (Ashton & Lee, 2009). In HEXACO-60, each of the six scales contains 10 items that collectively cover a wide range of content, with at least two items representing each of the four narrow traits of

each scale in the longer HEXACO-PI-R. The HEXACO-60 is used in samples of college students and community adults, and the instrument did show the desired properties.

The HEXACO-PI-R is very much reliable instrument for the internal consistency reliabilities ranged from .77 to .80 in the college sample and from .73 to .80 in the community sample. Its reliability is low as compared to its large length versions which ranged from .88 to .91 in the college sample and from .87 to .90 in the community sample. The higher reliability of the HEXACO-PI(-R) scales is attributable to their greater length; on an item-for-item basis, the HEXACO-60 scales were somewhat more reliable, as the mean interitem correlations for the HEXACO-PI-R scales ranged from .19 to .25 in the college sample and from .17 to .23 in the community sample (Ashton & Lee, 2009).

2. Rosenberg Self-Esteem Scale

Rosenberg Self-Esteem Scale was developed by Dr. Morris Rosenberg in 1965. It is a 10-item likert scale which measures self-esteem via self-report. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a four-point scale ranging from strongly agree to strongly disagree. Among these 10 items, 5 items are related to positive description of self-esteem while the other 5 items are related to the negative description of self-esteem. The cut-off score for SES shows low self Esteem, normal Self- Esteem, and High Self- Esteem at 0-15, 15-25, and 25-30 scores respectively.

The Rosenberg Self-Esteem Scale was originally developed to assess self-esteem among adolescents. The original sample for the scale consisted of 5,024 high-school juniors and seniors from 10 randomly selected schools in New York State. The SES has

now been validated for use with substance abusers and other clinical groups. It is regularly used in treatment outcome studies and currently it is used by 53 different nations in different cross-cultural studies. The scale has been validated for use with both male and female adolescent, adult and elderly populations.

The Rosenberg Self-esteem Scale is very much reliable and valid instrument. The cut-off score for SES shows low self Esteem, normal Self- Esteem, and High Self- Esteem at 0-15, 15-25, and 25-30 scores respectively. This scale have concurrent validity (0.77 to 0.88), construct validity with anxiety is (-0.64) and with depression is (-0.54). The face validity of this scale explained by Gray- Little et al (1997) shown that each of the 10 items were proved to be differentially related to self-esteem.

Procedure

Data was collected through the above mentioned instruments/scales from the rehabilitation centers, drug centers, drug centers, universities, colleges and from general population as well from Rawalpindi and Islamabad. All of the research participants was approached personally and guided properly. They was briefed about the topic of the study and purpose of the study. Informed consent was ensured from the participants individually. Instructions about the scales was given to them at every stage and when required by anyone. These questionnaires was collected after three or four days of distribution.

Data Analysis

Data was presented in the form of tables and scores will be configured quantitatively using SPSS (23.0) software. The results was interpreted through mean,

standard deviation, t-test, ANOVA and Bivariate correlation. T-test was used in this study for measuring the difference between two mean scores. For measuring the relationship of personality traits and self-esteem on tobacco, cannabis and alcohol users, bivariate correlation test will be used. ANOVA test is used when there was more than two categorical groups.

Pilot Study of the Research.

To test the reliability of the scales 30 participants were taken. Results of the scales were reliable and mentioned below:

Table 1

Cronbach's alpha, Descriptive Statistics of Personality Traits, and Self-esteem among drug user and non-user for Pilot Study (N=30)

Variables	K	M(SD)	Range		<i>a</i>
			Actual	Potential	
Honesty	10	27.13(2.61)	24-33	10-60	.79
Emotionality	10	33.57(5.50)	25-44	10-60	.75
Extraversion	10	35.50(8.95)	21-45	10-60	.77
Agreeableness	10	26.57(4.77)	17-40	10-60	.73
Conscientiousness	10	30.80(4.06)	23-39	10-60	.71
Openness to Experience	10	28.17(5.53)	18-38	10-60	.75
Self-esteem	10	13.97(.93)	8-17	0-30	.85

Note. k = No. of items, *a* = Cronbach's Alpha.

The results revealed that all the sub-scales of personality traits inventory and self-esteem scale were showed good range of Cronbach's alpha for reliability and all scales can be used in this research. While, the extraversion personality trait was the highest among drug user and non-user.

RESULTS

Results

Table 1
Frequency Distribution of Overall Sample (N=200)

Respondent's Characteristics		<i>f(%)</i>
Gender	Male	146(73.0)
	Female	54(27.0)
Family Type	Nuclear	66(33.0)
	Joint	134(67.0)
Education	BS (Hons)	114(57.0)
	Master	28(14.0)
	M. Phil.	58(29.0)
Socioeconomic Status	Lower	14(07.0)
	Middle	139(69.5)
	Upper	47(23.5)
Marital Status	Single	191(95.5)
	Married	09(4.5)
Use of Drug in Family	Yes	45(22.5)
	No	155(77.5)
Use of Drug in Peers	Yes	166(83.0)
	No	34(17.0)
Substance Use	Tobacco	50(25.0)
	Cannabis	50(25.0)
	Alcohol	50(25.0)
	Non-user	50(25.0)

Table 2

Cronbach's alpha, Descriptive Statistics of Personality Traits, and Self-esteem among drug user and non-user (N=200)

Variables	K	M(SD)	Range		α
			Actual	Potential	
Honesty	10	29.64(4.34)	16-42	10-60	.74
Emotionality	10	30.32(5.53)	12-44	10-60	.81
Extraversion	10	32.13(4.99)	21-47	10-60	.71
Agreeableness	10	30.57(4.84)	17-45	10-60	.78
Conscientiousness	10	31.79(4.65)	20-43	10-60	.69
Openness to Experience	10	31.38(5.86)	17-49	10-60	.72
Self-esteem	10	18.34(3.90)	13-30	0-30	.81

Note. k = No. of items, α = Cronbach's Alpha.

The results revealed that all the sub-scales of personality traits inventory and self-esteem scale were showed good range of Cronbach's alpha for reliability. While, the extraversion personality trait was the highest among drug user and non-user.

H₁ It was hypothesized that there is a significant relationship/association between personality traits and self-esteem among tobacco users.

Table 3

Descriptive Statistics and Bivariate Correlation among Age, Education Grades, Duration of Drug Use, Personality Traits and self-Esteem in Tobacco User (N=50)

	M(SD)	1	2	3	4	5	6
Age	24.16(2.25)						
Educational Grades (CGPA)	3.10(.42)						
Duration of Drug use (Year)	3.84(1.75)						
1. Honesty	30.54(4.46)						
2. Emotionality	31.72(4.35)	-.263					
3. Extraversion	32.02(4.42)	.501**	-.244				
4. Agreeableness	31.38(5.50)	.455**	-.279*	.381**			
5. Conscientiousness	31.66(3.27)	.336*	-.375**	.108	.144		
6. Openness to Experience	29.94(5.30)	.205	-.363**	-.122	.156	.334*	
7. Self-esteem	17.52(2.67)	.405**	-.565**	.558**	.405**	.070	.444**

**p < 0.01, *p < 0.05

Table 2 showed that the Mean age and std. deviation of overall tobacco user was [M (24.16 ± 2.25)]. While the Mean of educational grades and std. deviation in overall tobacco user was [M (3.10 ± .42)], further, the Mean of duration drug use and std. deviation in overall tobacco user was [M (3.84 ± 1.75)]. Whereas, the extraversion personality trait was the highest among tobacco user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with (r = .501) extraversion, (r = .455) agreeableness, (r = .336) conscientiousness and (r = .405) self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with (r = -.279) agreeableness, (r = -.375) conscientiousness, (r = -.363) openness to experience and (r = -.565) self-esteem. While extraversion as a personality trait was significantly positively correlated with (r = .381) agreeableness and (r = .558) self-esteem. Agreeableness was significantly positively correlated with (r = .402) self-esteem, whereas Conscientiousness was significantly positively correlated with (r = .334) openness to experience. Finally, openness to experience was significantly positively correlated with (r = .444) self-esteem.

H₂ It was hypothesized that is less relationship between personality traits and self-esteem in cannabis users.

Table 4

Descriptive Statistics and Bivariate Correlation among Age, Education Grades, Duration of Drug Use, Personality Traits and self-Esteem in Cannabis User (N=50)

	M(SD)	1	2	3	4	5	6
Age	23.98(2.09)						
Educational Grades (CGPA)	3.12(.45)						
Duration of Drug use (Year)	3.72(1.79)						
1. Honesty	29.48(3.82)						
2. Emotionality	32.34(4.93)	-.039					
3. Extraversion	28.22(7.03)	.250	-.417**				
4. Agreeableness	33.18(4.94)	.315*	-.249	.364**			
5. Conscientiousness	31.38(3.97)	.169	-.238	.183	.072		
6. Openness to Experience	32.88(5.26)	-.179	-.374**	.187	.003	.521**	
7. Self-esteem	18.24(2.72)	.106	-.407**	.332*	.029	.214	.357*

**p < 0.01, *p < 0.05

Table 3 showed that the Mean age and std. deviation of overall cannabis user was [M (23.98 ± 2.09)]. While the Mean of educational grades and std. deviation in overall cannabis user was [M (3.12 ± .45)], further, the Mean of duration drug use and std. deviation in overall cannabis user was [M (3.72 ± 1.79)]. Whereas, the agreeableness personality trait was the highest among cannabis user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with (r = .315) agreeableness. Furthermore, emotionality as a personality trait was significantly negatively correlated with (r = -.417) agreeableness, (r = -.374) openness to experience and (r = -.407) self-esteem. While extraversion as a personality trait was significantly positively correlated with (r = .364) agreeableness and (r = .332) self-esteem, whereas Conscientiousness was significantly positively correlated with (r = .521) openness to experience. Finally, openness to experience was significantly positively correlated with (r = .357) self-esteem.

H₃ It was assumed that there is least relationship between personality traits and self-esteem in alcohol users.

Table 5

Descriptive Statistics and Bivariate Correlation among Age, Education Grades, Duration of Drug Use, Personality Traits and self-Esteem in Alcohol User (N=50)

	M(SD)	1	2	3	4	5	6
Age	24.48(2.06)						
Educational Grades (CGPA)	3.06(.56)						
Duration of Drug use (Year)	4.50(1.59)						
1. Honesty	29.44(4.04)						
2. Emotionality	31.82(4.73)	.145					
3. Extraversion	32.42(7.33)	.417**	-.218				
4. Agreeableness	28.88(5.10)	.246	.075	.326*			
5. Conscientiousness	31.18(5.04)	.050	-.103	-.153	-.060		
6. Openness to Experience	31.12(4.66)	.309*	-.261	.302*	.002	.304*	
7. Self-esteem	17.26(2.73)	.370**	-.290*	.411**	.300*	.191	.733**

**p < 0.01, *p < 0.05

Table 4 showed that the Mean age and std. deviation of overall alcohol user was [M (24.48 ±2.06)]. While the Mean of educational grades and std. deviation in overall alcohol user was [M (3.06 ±.56)], further, the Mean of duration drug use and std. deviation in overall alcohol user was [M (4.50 ±1.59)]. Whereas, the extraversion personality trait was the highest among alcohol user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with (r=.417) extraversion, (r=.309) openness to experience and (r=.370) self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with (r= -.290) self-esteem. While extraversion as a personality trait was significantly positively correlated with (r=.326) agreeableness, (r= .302) openness to experience and (r=.411) self-esteem, whereas agreeableness was significantly positively correlated with (r= .300) self-esteem. Conscientiousness was significantly positively correlated with (r=.304) openness to experience. Finally, openness to experience was significantly positively highly correlated with (r=.733) self-esteem.

H₄ It was anticipated that there is highest relationship between personality traits and self-esteem in non-users.

Table 5

Descriptive Statistics and Bivariate Correlation among Age, Education Grades, Duration of Drug Use, Personality Traits and self-Esteem in Non-User (N=50)

	M(SD)	1	2	3	4	5	6
Age	23.28(3.04)						
Educational Grades (CGPA)	3.28(.36)						
1. Honesty	29.10(4.93)						
2. Emotionality	30.20(5.20)	-.170					
3. Extraversion	31.36(4.67)	.205	-.202				
4. Agreeableness	30.62(4.33)	.128	-.104	.387**			
5. Conscientiousness	31.12(4.960)	.100	-.238	.397**	.614**		
6. Openness to Experience	30.26(4.82)	.178	-.404**	.440**	.414**	.511**	
7. Self-esteem	20.32(5.81)	.281*	-.584**	.466**	.372**	.329*	.321*

**p < 0.01, *p < 0.05

Table 5 showed that the Mean age and std. deviation of overall non-user was [M (23.28 ± 3.04)]. While the Mean of educational grades and std. deviation in overall non-user was [M (3.28 ± .36)]. Whereas, the extraversion personality trait was the highest among non-user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with (r= .281) self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with (r= -.404) openness to experience and (r= -.584) self-esteem. While extraversion as a personality trait was significantly positively correlated with (r=.387) agreeableness, (r= .397) conscientiousness, (r= .440) openness to experience and (r=.466) self-esteem, whereas agreeableness was significantly positively correlated with (r= .614) conscientiousness, (r= .414) openness to experience and (r= .372) self-esteem. Conscientiousness was significantly positively correlated with (r=.511) openness to experience and (r= .329) self-esteem. Finally, openness to experience was significantly positively correlated with (r=.321) self-esteem.

H₅ It was hypothesized that there is relationship between personality traits and self-esteem among drug user and non-users.

Table 6

Descriptive Statistics and Bivariate Correlation among Age, Education Grades, Duration of Drug Use, Personality Traits and self-Esteem in Drug User and Non-User (N=200)

	M(SD)	1	2	3	4	5	6
Age	23.98(2.42)						
Educational Grades (CGPA)	3.14(0.46)						
1. Honesty	29.64(4.34)						
2. Emotionality	30.32(5.53)	-.064					
3. Extraversion	32.13(4.99)	.322**	-.277**				
4. Agreeableness	30.57(4.84)	.290**	-.149*	.355**			
5. Conscientiousness	31.79(4.65)	.143*	-.246**	.152*	.194**		
6. Openness to Experience	31.38(5.86)	.130	-.346**	.210**	.100	.408**	
7. Self-esteem	18.34(3.90)	.295**	-.370**	.399**	.289**	.186**	.371**

**p < 0.01, *p < 0.05

Table 6 showed that the Mean age and std. deviation of overall drug user and non-user was [M (23.98 ± 2.42)]. While the Mean of educational grades and std. deviation in overall drug user and non-user was [M (3.14 ± .46)]. Whereas, the extraversion personality trait was the highest among drug user and non-user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with (r= .322) extraversion, (r= .290) agreeableness, (r= .143) conscientiousness and (r= .295) self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with (r= -.277) extraversion, (r= -.149) agreeableness, (r= -.246) conscientiousness, (r= -.346) openness to experience, (r= -.370) self-esteem. While extraversion as a personality trait was significantly positively correlated with (r=.355) agreeableness, (r= .152) conscientiousness, (r= .210) openness to experience and (r=.399) self-esteem, whereas agreeableness was significantly positively correlated with (r= .194) conscientiousness, and (r= .289) self-esteem. Conscientiousness was significantly positively correlated with (r=.408) openness to experience and (r= .186) self-esteem. Finally, openness to experience was significantly positively correlated with (r=.371) self-esteem.

H₆ It was assumed that substance non-users have high self-esteem as compared to the substance users.

Table 7

Independent Sample t-test use for differences between Substance User and Non-User Population Sample for Self-esteem (N=200)

Variable	Substance User (n = 150)	Non-user (n = 50)	t	95%CI	
	M(SD)	M(SD)		LL	UL
Self-esteem	17.67(2.72)	20.32(5.81)	-4.34**	-3.85	-1.45

Note. CI = Confidence Interval, LL= Lower Limit, UL = Upper Limit, p** < .01

The results revealed that drug use plying a significant role of difference in self-esteem.

While the Mean of self-esteem [M (17.67 ± 2.72)] were lower in substance users as compared to [M (20.32 ± 5.81)] non-users.

H₇ It was anticipated that there is a difference in personality traits and self-esteem in terms of demographic variables (gender, socioeconomic status and education) in tobacco, alcohol drug abusers and non-user.

Table 8

Independent Sample T-test use for differences between Male and Female Population Sample for Personality Traits and Self-esteem (N=200)

Variable	Male (n =146)	Female (n = 54)	t	95%CI	
	M(SD)	M(SD)		LL	UL
Honesty	29.92(4.18)	28.89(4.69)	1.50	-.33	2.39
Emotionality	29.53(5.67)	32.43(4.57)	-3.37**	-4.59	-1.20
Extraversion	32.45(4.86)	31.24(5.27)	1.53	-.35	2.77
Agreeableness	30.86(5.11)	29.76(3.96)	1.44	-.41	2.62
Conscientiousness	32.02(4.92)	31.15(3.80)	1.18	-.59	2.33
Openness to Experience	32.34(6.04)	28.76(4.44)	3.98**	1.81	5.36
Self-esteem	18.67(3.82)	17.43(4.00)	2.02*	.03	2.46

Note. CI = Confidence Interval, LL= Lower Limit, UL = Upper Limit, p** < .01, p* < .05

The results revealed that gender playing a significant role of difference in emotionality, openness to experience and self-esteem. While the Mean of honesty, extraversion, agreeableness, conscientiousness, openness to experience and self-esteem were higher among male respondents as compared to female respondents. While the Mean of emotionality was higher among female respondents than male respondents.

Table 9

Use One Way ANOVA for Multiple Comparison among Lower, Middle and Upper Socioeconomic status with Personality Traits and Self-Esteem (N=200)

Variables	Lower (n=14)	Middle (n=139)	Upper (n=47)	F	p
	M(SD)	M(SD)	M(SD)		
Honesty	28.07(6.49)	29.45(4.06)	30.68(4.25)	2.45	.09
Emotionality	32.71(8.19)	29.74(5.47)	31.30(4.46)	2.86	.06
Extraversion	31.07(4.97)	31.88(4.97)	33.17(5.01)	1.52	.22
Agreeableness	31.50(5.81)	30.40(4.92)	30.79(4.32)	.39	.68
Conscientiousness	29.14(4.90)	32.17(4.56)	31.45(4.69)	3.00	.06
Openness to experience	28.50(4.88)	31.58(6.05)	31.62(5.42)	1.83	.16
Self-esteem	16.50(3.25)	18.40(3.98)	18.70(3.74)	1.79	.17

The results revealed that the Mean of honesty, extraversion, openness to experience and self-esteem were higher among upper socioeconomic status respondents as compared to middle and lower socioeconomic status respondents, while the Mean of emotionality and agreeableness were higher among lower socioeconomic status respondents than middle and upper socioeconomic status respondents. Furthermore, the Mean of conscientiousness was higher among middle socioeconomic status respondents as compared upper and lower socioeconomic status respondents.

Table 10

Use One Way ANOVA for Multiple Comparison among BS (Hons), Master and M. Phil/MS Education Respondents with Personality Traits and Self-Esteem (N=200)

Variables	BS(Hons) (n=114)	Master (n=28)	M.Phil. (n=58)	F	p
	M(SD)	M(SD)	M(SD)		
Honesty	29.65(4.45)	30.64(5.00)	29.14(3.72)	1.14	.32
Emotionality	30.70(5.84)	28.89(5.31)	30.24(4.95)	1.21	.30
Extraversion	32.88(5.05)	31.61(4.86)	30.90(4.74)	3.28	.04
Agreeableness	30.48(4.66)	29.43(3.85)	31.28(5.51)	1.42	.24
Conscientiousness	31.98(4.87)	31.64(4.52)	31.47(4.32)	.25	.78
Openness to experience	31.47(6.07)	30.86(4.03)	31.45(6.25)	.13	.88
Self-esteem	17.92(3.17)	18.14(2.72)	19.24(5.33)	2.28	.11

The results revealed that the Mean of honesty was higher among studying in master education respondents as compared to studying in BS and M. Phil education respondents. While, the Mean of emotionality, extraversion, conscientiousness and openness to experience were higher among studying in BS (Hons) respondents as compared to Master and M. Phil education respondents, whereas the Mean of agreeableness and self-esteem were higher among studying in M. Phil respondents than BS and Master education respondents.

DISCUSSION

Discussion

The current study intended to investigate the relationship between personality traits and self-esteem among substance users and non-users. Two questionnaires were used for data collection from the participants of this study. The first instrument was the Urdu translated version of Rosenberg Self-esteem Scale (RSES) translated by Sardar (1998) questionnaire was the revised version of HEXACO Personality Inventory (Ashton & Lee, 2004) which is also known as big six personality traits.

The first hypothesis (H_1) of this research was, "There is a significant relationship/association between personality traits and self-esteem among cigarette smokers". Results revealed in table 3, that the Mean age and std. deviation of overall tobacco users was [M (24.16 \pm 2.25)]. While the Mean of educational grades and std. deviation in overall tobacco users was [M (3.10 \pm .42)], furthermore, the Mean of duration of substance use and std. deviation in overall tobacco users was [M (3.84 \pm 1.75)]. The results indicated that the personality trait extraversion was the highest among tobacco users. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with extraversion, agreeableness, conscientiousness and self-esteem. Furthermore, emotionality have a significant negative correlation with agreeableness, conscientiousness, openness to experience and self-esteem. While extraversion had significant positive correlation with agreeableness and self-esteem. Agreeableness was significantly positively correlated with self-esteem, whereas

Conscientiousness had significant positive correlation with openness to experience.

Finally, openness to experience was significantly positively correlated with self-esteem.

According to the studies conducted in the past there is a significantly strong relationship between different personality traits and self-esteem because of the fact that self-esteem generates positive feelings of a person towards himself and these positive feelings are the core of self-esteem as well as Extraversion (DeNeve & Cooper, 1998). In the same way the negative feelings are also associated with self-esteem and (Emotionality) Neuroticism (Watson & Clark, 1984). Another study conducted on adults showed the effect of personality traits on the use of drug. The results revealed that those adolescents who were having low scores on agreeableness, conscientiousness, and emotionality (neuroticism) and high scores on extraversion were having a high intention for smoking and also were at great risk to become permanent smokers (Hofstee & Goldberg, 1992). Furthermore Wijatkowski et al. (1990) found that both regular smokers among boys and girls scored high on two major traits of neuroticism and Extraversion. Another study supported the same kind of findings among adults between the ages of 20 to 25. The findings indicated that smokers are more extraverted and Neurotic as compared to the non-smokers (Cherry & Kiernan, 1976). The reason for this high level of smoking may be that extraverts smoke because they see smoking as a stimulation (Eysenck, 1980). While those who scored high on the trait of neuroticism most possibly smoke to decrease their level of anxiety and tension (Eysenck, 1980; Martin & Pritchard, 1991; Volkow et al. 2009). Another personality trait related with the substance use is agreeableness which is strongly related to the use of tobacco among children, adolescents and youth (Terracciano et al., 2008) furthermore a meta-analysis has also proved these findings (Malouff et al., 2007).

Furthermore Neuroticism leads individuals towards smoking and even to the chain smoking (Mroczek, Spiro, & Turiano, 2009). All these studies support the findings of this study so the hypothesis is accepted.

The second hypothesis (H_2) of this research was, “there is less relationship between personality traits and self-esteem in cannabis user.” Results showed in table 4, that the Mean age and std. deviation of overall cannabis users was [M (23.98 \pm 2.09)]. While the Mean of educational grades and std. deviation in overall cannabis users was [M (3.12 \pm .45)]. Furthermore, the Mean of duration of drug use and std. deviation in overall cannabis users was found to be [M (3.72 \pm 1.79)]. The highest personality trait among the cannabis users was agreeableness. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with agreeableness. Moreover, emotionality was significantly negatively correlated with agreeableness, openness to experience and self-esteem. While extraversion was significantly positively correlated with agreeableness and self-esteem, whereas Conscientiousness was significantly positively correlated with openness to experience. Finally, openness to experience was significantly positively correlated with self-esteem. According to the previous findings there is a significant and negative relationship between drug abuse and self-esteem among adolescents. It means that if the self-esteem of an individual is low then there are higher chances for him for substance abuse (Zamboanga, 2009). Furthermore the Emotionality (neuroticism) have a significant positive correlation with the use of heroin, cocaine, and cannabis (Hopwood et al., 2007; Kashdan et al., 2005). Another personality trait related with the substance use is agreeableness. Its two dimensions which are aggression and hostility. Aggression and hostility are strongly

related to the use of cannabis among children, adolescents and adults (Terracciano et al., 2008) furthermore a meta-analysis has also proved these findings (Malouff et al., 2007). These studies also support the findings of the current study by proving the hypothesis.

In third hypothesis (H_3) of current research, "there is least relationship between personality traits and self-esteem in alcohol users." Tabulated results showed in table 5, revealed that the Mean age and std. deviation of overall alcohol users was [M (24.48 \pm 2.06)]. While the Mean of educational grades and std. deviation in overall alcohol users was [M (3.06 \pm .56)]. Additionally the Mean of duration drug use and std. deviation in overall alcohol users was [M (4.50 \pm 1.59)]. Whereas, the extraversion personality trait was highest among alcohol users. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with extraversion, openness to experience and self-esteem. Additionally, emotionality as a personality trait was significantly negatively correlated with self-esteem. While extraversion was significantly positively correlated with agreeableness, openness to experience and self-esteem. In the same way agreeableness was significantly positively correlated with self-esteem. Conscientiousness was significantly positively correlated with openness to experience. Finally, openness to experience was significantly positively highly correlated with self-esteem.

In the previous studies the trait of extraversion have been linked with alcohol consumption (Roberti, 2004; Desrichard & Denarie, 2005) which also support the findings of the current study. A further study found that in most cases the trait of neuroticism (Emotionality) also leads to the alcohol abuse (Terracciano et al., 2008).

Greater scores on emotionality has been found among alcohol users (Allnutt, 2008). A meta-analysis of 194 different researches found a negative association of conscientiousness with alcohol use (Bogg & Roberts, 2004). The low level of conscientiousness was found to lead children to high consumptions of alcohol when they become young (Bogg & Roberts, 2004). In the same way another study found the association of conscientiousness with alcohol use in the middle age (Kubička, et al. 2001). Another study also revealed that conscientiousness is related to alcohol use (Hampson, et al. 2006). Another study also found that agreeableness is also related to the use of and alcohol among teenagers and adults (Terracciano et al., 2008). All these studies also support the findings of the current study and also prove the hypothesis.

The forth hypothesis (H₄) of present research was that there is a significant relationship between personality traits and self-esteem among substance non-users. Results showed table 6, that the Mean age and std. deviation of overall substance non-users was [M (23.28 ± 3.04)]. While the Mean of educational grades and std. deviation in overall substance non-users was [M (3.28 ± .36)]. However, the extraversion personality trait was the highest among non-users. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with openness to experience and self-esteem. While extraversion was significantly positively correlated with agreeableness, conscientiousness, openness to experience and self-esteem. Whereas agreeableness was significantly positively correlated with conscientiousness, openness to experience and self-esteem. Conscientiousness was

significantly positively correlated with openness to experience and self-esteem. Finally, openness to experience was significantly positively correlated with self-esteem.

The previous studies have found that emotionality (neuroticism) is responsible for making people stressful, aggressive, and anxious and this trait have a significant negative relationship with self-esteem (Caspi et al., 2005; Rosenberg, 1985; Rosenberg, Schooler, & Schoenbach, 1989). Another study also found that there was a strong positive relationship of self-esteem with extraversion, openness to experience, conscientiousness, and agreeableness while emotionality is significantly negatively correlated with self-esteem (Amirazodi & Amerazodi, 2011). Many other studies have also explored the relationship between self-esteem and personality traits. Self-esteem was associated negatively with neuroticism and positively associated with extraversion (Francis; 1996; Swickert et al., 2004; Watson et al., 2002). These studies confirmed a relationship between personality traits and self-esteem. The results of the present study were also supported by the above mentioned researches.

In fifth hypothesis (H_5) of this research was that there is relationship between personality traits and self-esteem among drug user and non-users." Results showed in table 7, that the Mean age and std. deviation of overall substance users and non-users was [M (23.98 \pm 2.42)]. While the Mean of educational grades and std. deviation in overall substance users and non-users was [M (3.14 \pm .46)]. While, the extraversion personality trait was the highest among drug users and non-user. The results of bivariate correlation showed that honesty as a personality trait was significantly positively correlated with extraversion, agreeableness, conscientiousness and self-esteem. Furthermore, emotionality as a personality trait was significantly negatively correlated with

extraversion, agreeableness, conscientiousness, openness to experience, and self-esteem. While extraversion was significantly positively correlated with agreeableness, conscientiousness, openness to experience and self-esteem. Whereas agreeableness was significantly positively correlated with conscientiousness, and self-esteem. Conscientiousness was significantly positively correlated with openness to experience and self-esteem. Finally, openness to experience was significantly positively correlated with self-esteem. The results of present study are supported by the previous researches. The past studies have found that there is a significant relationship between personality traits and self-esteem (Robins, Tracy, Trzesniewski, Potter, & Golling, 2001). Furthermore some other studies have also investigated the relationship between personality traits of big five and self-esteem (Watson, Suls, & Haig, 2002; Erdle, Gosling, & Potter, 2009). There is a positive correlation of personality traits with self-esteem (Robins et al., 2001). Furthermore, there is a positive relationship of self-esteem with agreeableness, extraversion, openness and conscientiousness while there is a negative relationship it has a negative relationship with neuroticism which is termed as emotionality according to the big six model (Watson et al., 2002). Another study conducted by Swickert et al. (2004) found a significant positive correlation between extraversion and self-esteem.

The sixth hypothesis (H_6) of this research was, "substance non-users have high self-esteem as compared to the substance users." Results reported in table 8, that the use of substance played a significant role of difference in self-esteem. While the Mean of self-esteem was lower in substance users as compared to non-users. Various studies have found the relationship between self-esteem and substance use (Schroeder et al., 1993).

Furthermore (Henry & Slater, 2007) found that the low level of self-esteem is associated with the use of alcohol.

A further study by Glendinning (2002) found no significant relationship between global self-esteem and smoking while there was a correlation between specific self-esteem related to area and culture with smoking. Some other studies have also linked area related self-esteem with the substance use behavior. (Emery, McDermott, Holcomb, & Marty, 1993; Young & Werch, 1990; Young, Werch, & Bakema, 1989). They have found that high level of school and home self-esteem are very strong predictor of the substance use. Donnelly et al. (2008) found that there are significant differences in self-esteem among substance users and non-users, and found high level of self-esteem among substance non-users. These findings also support the findings of the current study.

Conclusion

Conclusively, personality traits associated with self-esteem, honesty, extraversion, agreeableness, conscientiousness, and openness to experience were positively related with self-esteem and emotionality was negatively correlated with self-esteem. The personality trait of extraversion was found to be highest among tobacco users, alcohol users and substance non-users. While agreeableness as a personality trait was highest among cannabis users.

Extraversion as a personality trait was highest personality trait among the overall respondents including substance users and non-users. The level of self-esteem was higher among non-users as compared to the substance users. Furthermore, the level of honesty, extraversion, agreeableness, conscientiousness, openness to experience and self-esteem

were higher among the male respondents as compared to the female respondents. While the level of emotionality was higher among the female respondents as compared to the male respondents.

Whereas the level of emotionality and agreeableness were higher among the respondents of lower socioeconomic status as compared to the middle and upper socioeconomic status respondents. Additionally, the level of conscientiousness was higher among middle socioeconomic status respondents as compared upper and lower socioeconomic status respondents.

In the same way the level of emotionality, extraversion, conscientiousness and openness to experience were higher among students studying in BS (Hons) as compared to the respondents with Masters and M. Phil level of education, whereas the level of agreeableness and self-esteem were higher among the respondents studying in M. Phil as compared to respondents of BS and Master level of education.

Limitations

Limitations

Every research has some limitations in it. This research also includes some limitations which need to be revised and discussed upon.

1. The limitations of this study include that the data was collected from the public and private sector universities from Islamabad and Rawalpindi. For further studies the data should be taken from different universities and colleges from all the provinces to generalize the results to the whole society.

2. Most of people did not had proper understanding of the purpose of this study and some individuals were still reluctant to share their data.
3. It was also difficult to convince students to give their data by filling the questionnaires of this study.

Strengths

1. There is no major study in Pakistan which focused on the personality traits and self-esteem among tobacco, cannabis, alcohol user and non-user students.
2. The data for this study was collected from male as well as female substance user and non-user students from public and private sector universities of Islamabad and Rawalpindi. It also check the effect of demographics for these respondents.

Suggestions

1. The data for further studies should be large and target whole Pakistan so that the results may be generalized to the whole population.
2. Because of the importance of religion, religiosity should also be taken as a mediator in the further studies.
3. Data should also be taken from college students.

Implications of the study

This study will be helpful for the administration of public and private sector universities, law enforcement agencies to make policies for the control of substance use among educational institutions. It will also be useful for psychologists and psychiatrists in the process of diagnosis and treatment of individuals with substance use because they

can predict the use of certain substances on the basis of personality traits and self-esteem which can also be useful in the treatment process.

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ANNEXURES

Appendix A

INFORMED CONSENT

Assalam-o-Alaikum. I am Ahmed Mujtaba Owaisi from the department of Psychology, International Islamic University, Islamabad. I am conducting a research entitled "Relationship Between Personality Traits and Self-esteem among substance users and non-users". I need your cooperation to fill this form and I also ensure you that your data will not be shared with anyone and there will be a full confidentiality of your data. Thank you so much for your cooperation.

Demographics of Study

Age:

Education:

Socioeconomic Status: Lower. Middle. Upper.

Marital Status:

Family type: Nuclear. Joint.

Substance: Tobacco. Cannabis. Alcohol. Other.....

Use of Drugs in Family: Yes No.

Use of Drugs in friends: Yes No.

Duration of use:years.

Appendix B

HEXACO-PI-R

مکمل طور پر غیر متفق = 1 غیر متفق = 2 غیر جانبدار = 3 متفق = 4 مکمل طور پر متفق = 5

- 1 _____ ٹ گیلری جا کر مجھے کافی بوریت ہو گی۔
- 2 _____ ن پہلے سے چیزوں کی منصوبہ بندی اور تنظیم/ترتیب کر لینا/لپتی ہوں تاکہ آخری وقت کے ہاتھ پاؤں
رنے سے بچ سکوں۔
- 3 _____ ن ان لوگوں کیلئے بھی شاذونادر ہی بغض رکھتا/رکھتی ہوں جنہوں نے میرے ساتھ بہت برا سلوک کیا ہو۔
- 4 _____ ن مجموعی طور پر اپنے آپ سے کافی حد تک مطمئن ہوں۔
- 5 _____ ن خوف محسوس کروں گا/گی اگر مجھے خراب موسمی حالات میں سفر کرنا پڑے۔
- 6 _____ ن تنخواہ میں اضافے یا ترقی کیلئے خوشامد کا استعمال نہیں کروں گا/گی چاہے مجھے لگے کہ اس سے
میابی ہوگی۔
- 7 _____ ن دوسرے ممالک کی تاریخ اور سیاست کے متعلق جاننے میں دلچسپی رکھتا/رکھتی ہوں۔
- 8 _____ ن مقصد کے حصول کی کوشش کرنے کے لیے میں اکثر بہت جدوجہد کرتا/کرتی ہوں۔
- 9 _____ ن اوقات لوگ مجھے بتاتے ہیں کہ میں دوسروں پر بہت تنقید کرتا/کرتی ہوں۔
- 10 _____ ن گروپ میٹنگ میں شاذونادر ہی اپنی رائے کا اظہار کرتا/کرتی ہوں۔
- 11 _____ ن اوقات میں چھوٹی چھوٹی چیزوں کے بارے میں پریشان ہونے سے بچ نہیں پاتا/پاتی۔
- 12 _____ ن مجھے یہ معلوم ہو کہ میں کبھی نہیں پکڑا جاؤں گا/گی تو میں لاکھوں ڈالر چرانے کے لیے راضی
جاؤں گا/گی۔
- 13 _____ ن کوئی فن پارہ (آرٹ) جیسے کہ ناول، گیت یا رنگوں سے بنائی ہوئی تصویر تخلیق کرنے سے لطف اندوز
نہیں ہوتا/ہوتی۔
- 14 _____ ن چیز پر کام کرتے ہوئے میں چھوٹی چھوٹی تفصیلات کی طرف زیادہ توجہ نہیں دیتا/دیتی۔
- 15 _____ ن اوقات لوگ مجھے کہتے ہیں کہ میں بہت ضدی ہوں۔
- 16 _____ ن اکیلے کام کرنے والی نوکری پر ایسی نوکری کو ترجیح دیتا/دیتی ہوں جس میں لوگوں سے زیادہ میل
ب میں کسی تکلیف دہ تجربے سے گزرتا/گزرتی ہوں تو بہتر محسوس کرنے کیلئے مجھے کسی کی
برورت ہوتی ہے۔
- 17 _____ ن زیادہ پیسہ ہونا میرے لیے خاص اہمیت نہیں رکھتا۔
- 18 _____ ن را خیال ہے کہ انقلابی خیالات کی طرف توجہ دینا وقت کا ضیاع ہے۔
- 19 _____ ن عاتق سوچ بچار کی بجائے میں وقتی احساس کی بنیاد پر فیصلے کرتا/کرتی ہوں۔
- 20 _____

- 21 گ مجھے جلدی غصے میں آنے والا شخص سمجھتے ہیں۔
- 22 بادہ تر دنوں میں، میں خوش اور پر امید محسوس کرتا/کرتی ہوں۔
- 23 مجھے رونا آتا ہے جب میں کسی دوسرے کو رونا دیکھتا/دیکھتی ہوں۔
- 24 را خیال ہے کہ میں ایک عام انسان سے زیادہ احترام دینے جانے کا حقدار ہوں۔
- 25 مجھے موقع ملے تو میں کلاسیکی موسیقی کی محفل میں شرکت کرنا پسند کروں گا/گی۔
- 26 م کرتے وقت مجھے بعض اوقات اپنے غیر منظم ہونے کی وجہ سے مشکلات ہوتی ہیں۔
- 27 ن لوگوں نے میرے ساتھ بُرا برتاؤ کیا ہو، ان کی طرف میرا رویہ "معاف کرو اور بھول جاؤ" ہوتا ہے۔
- 28 مجھے محسوس ہوتا ہے کہ میں ایک غیر مقبول شخص ہوں۔
- 29 ب جسمانی خطرے کی بات آئے تو میں بہت خوف زدہ ہو جاتا/جاتی ہوں۔
- 30 ر مجھے کسی سے کوئی چیز چاہیے ہو، تو میں اس شخص کے بہت برے لطائف پر ہنسوں گا۔

← جاری رکھیے

- 31 مجھے انسائیکلو پیڈیا دیکھنے (پڑھنے) میں کبھی مزا نہیں آیا۔
- 32 کسی کام سے عہدہ برآ ہونے کے لیے میں صرف گزارہ لائق (کم سے کم) کام کرتا ہوں۔
- 33 میں دوسرے لوگوں کے بارے میں رائے قائم کرنے میں نرم رویہ رکھتا/رکھتی ہوں۔
- 34 سماجی مواقع پر عموماً میں ہی سب سے پہلا قدم اٹھانے والا/والی ہوتا/ہوتی ہوں۔
- 35 میں اکثر لوگوں کی نسبت بہت کم پریشان ہوتا/ہوتی ہوں۔
- 36 میں کبھی رشوت قبول نہیں کروں گا/گی خواہ وہ بہت زیادہ ہی کیوں نہ ہو۔
- 37 لوگ مجھے اکثر کہتے ہیں کہ میں اچھی تصوراتی صلاحیت کا/کی حامل ہوں۔
- 38 میں ہمیشہ اپنے کام میں بالکل درست ہونے کی کوشش کرتا /کرتی ہوں چاہے جتنا بھی وقت لگے۔
- 39 میں عام طور پر اپنی رائے میں کافی لچک رکھتا/رکھتی ہوں، جب لوگ مجھ سے غیر متفق ہوں۔
- 40 ننی جگہ پر میں سب سے پہلا کام ہمیشہ دوست بنانے کا کرتا/کرتی ہوں۔
- 41 کسی سے جذباتی سہارے کی ضرورت کے بغیر میں مشکل حالات سے نیٹ سکتا/سکتی ہوں۔
- 42 میں مہنگی آسانسی چیزوں کی ملکیت سے بہت زیادہ خوشی حاصل کروں گا/گی۔
- 43 میں ان لوگوں کو پسند کرتا/کرتی ہوں جو غیر روایتی خیالات رکھتے ہیں۔
- 44 میں بہت غلطیاں کرتا/کرتی ہوں کیوں کہ میں کوئی عمل کرنے سے پہلے سوچتا/سوچتی نہیں۔
- 45 اکثر لوگ میرے مقابلے میں بہت جلدی غصے میں آجاتے ہیں۔
- 46 زیادہ تر لوگ مجھ سے زیادہ ہشاش بشاش اور فعال ہوتے ہیں جتنا کہ میں عام طور پر ہوتا/ہوتی ہوں۔
- 47 جب کوئی میرا قریبی شخص زیادہ عرصے کیلئے دور جا رہا ہو تو میں احساسات/جذبات کی شدت محسوس کرتا/کرتی ہوں۔
- 48 میں چاہتا/چاہتی ہوں کہ لوگوں کو پتہ چلے کہ میں ایک اعلیٰ مرتبے کا اہم شخص ہوں۔
- 49 میں خود کو فنکار یا تخلیقی قسم کا انسان نہیں سمجھتا/سمجھتی۔
- 50 لوگ اکثر مجھے کمال پرست (Perfectionist) کہتے ہیں۔

- 51 _____ جب لوگ بہت زیادہ غلطیاں بھی کرتے ہیں، میں شاذونادر ہی کچھ منفی کہتا/کہتی ہوں۔
- 52 _____ میں بعض اوقات محسوس کرتا /کرتی ہوں کہ میں ایک بے وقعت شخص ہوں۔
- 53 _____ ہنگامی صورتحال میں بھی میں بوکھلاہٹ کا شکار نہیں ہوتا/ہوتی۔
- 54 _____ کسی شخص کی رعایت حاصل کرنے کے لیے میں اس کو پسند کرنے کا دکھاوا نہیں کروں گا/گی۔
- 55 _____ فلسفے پر تبادلہ خیال کرنے سے مجھے بوریٹ ہوتی ہے۔
- 56 _____ میں کسی ایک منصوبے پر قائم رہنے کی بجائے جو بھی ذہن میں آئے، اس پر عمل کرنے کو ترجیح
- 57 _____ جب لوگ مجھے یہ بتاتے ہیں کہ میں غلطی پر ہوں تو میرا پہلا ردعمل ان سے بحث کرنے کا ہوتا ہے۔
- 58 _____ جب میں لوگوں کے ایک مجمع میں ہوتا/ہوتی ہوں تو اکثر میں ہی مجمع کی طرف سے بولتا/بولتی ہوں۔
- 59 _____ ایسے موقعوں پر بھی میں غیر جذباتی رہتا ہوں جہاں اکثر لوگ بہت زیادہ جذباتی ہوجاتے ہیں۔
- 60 _____ میں جعلی رقم استعمال کرنے کی طرف مائل ہوں گا/گی، اگر مجھے یہ یقین ہو کہ میں پکڑا/پکڑی نہیں

