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The Role of Cognitive Emotion Regulation in Predicting of Tendency to Cigarette and Hookah Smoking in Adolescents

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ABSTRACT

The purpose of this study to was examine the role of cognitive emotion regulation in predicting the tendency to cigarette and hookah smoking in adolescents. Smoking is an important risk factor in lung cancer, chronic obstructive lung disease, coronary heart disease and a range of cancers in long-term smokers and also for other diseases, such as for example, psychotic symptoms, skin problems or visual problems. This research is descriptive and correlational. The population consist of all male adolescents in Ardebil. 430 male adolescents were selected multi-stage cluster sampling. The adolescents answered the same questionnaire including cognitive emotion regulation and questionnaire of tendency to cigarette and hookah smoking . Data analysis included multivariate regression, pearson's r correlations, regression analysis, ANOVA analyses and SPSS software (package of Spss/pc + + ver18). The results of this study show the there is a significant relationship between positive and negative cognitive emotion regulation strategies and tendency to cigarette and hookah smoking. So that there is a significant negative relationship between positive cognitive emotion regulation strategies with tendency to cigarette and hookah smoking and significant positive relationship between negative cognitive emotion regulation strategies with tendency to cigarette and hookah smoking.

INTRODUCTION

Smoking is an important risk factor in lung cancer, chronic obstructive lung disease, coronary heart disease and a range of cancers in long-term smokers (Brook, Brook, Zhang, & Cohen, 2004) and also for other diseases, such as for example, psychotic symptoms (Henquet et al., 2005), skin problems (Ernster et al., 1995) or visual problems (Klein, Klein, & Moss, 1998), as well as being one of the main causes of avoidable death in developed countries. Adolescent and young people may suffer from shortness of breath, asthma, allergic symptoms and increases in respiratory diseases as well as other illnesses (Wilkinson & Abraham, 2004). These symptoms

are aggravated if the individual also consumes cannabis (Macleod et al., 2004). On the other hand, cannabis use could cause psychological and social problems (Macleod et al., 2004).

Cognitive emotion regulation strategies are cognitive responses to emotion-eliciting events that consciously or unconsciously attempt to modify the magnitude and/or type of individuals' emotional experience or the event itself (Campbell-Sills & Barlow, 2007). In recent years, a substantial amount of work has been devoted to delineating the relationships between dispositions to use certain strategies and a variety of disorders, including depression (Nolen-Hoeksema et al, 2008), mania

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(Feldman et al, 2008), generalized anxiety disorder (Mennin et al, 2007), post-traumatic stress disorder (Tull & Roemer, 2003), social anxiety disorder (Kashdan & Breen, 2008), and eating disorders (Nolen- Hoeksema et al, 2007). Beker et al (2004) finding there is a significant relationship between emotional regulation and smoking. Franques et al (2006) reports the there is a significant relationship between drug abuse and cognitive emotion regulation strategies. The aim of this study to was examine the role of cognitive emotion regulation in predicting the tendency to cigarette and hookah smoking in adolescents.

RESEARCH METHODS

This research is descriptive and correlational. The population consist of all male adolescents in Ardebil. 430 male adolescents were selected multi-stage cluster sampling. The adolescents answered the same questionnaire including cognitive emotion regulation (Hasani, 2010) (including 26 questions) and questionnaire of tendency to cigarette and hookah smoking (Riahi et al, 2009) (including 20 questions). The cronbach's alpha that obtained from the pilot data was 0.93 for cognitive emotion regulation and 0.73 for tendency to cigarette smoking and tobacco. Data analysis included multivariate regression, pearson's r correlations, regression analysis, ANOVA analyses and SPSS software (package of Spss / pc + + ver18).

RESULTS

The results showed that the mean age of the subjects was 16.23 and SD was 1.98. The education level of 430 subjects were studied, 2.3% leave school, 19.11% first period (middle school). 62.49% second period (High school) and 16.1% were freshman.

The results of this study show the there is a significant relationship between positive and negative cognitive emotion regulation strategies and tendency to cigarette and hookah smoking ($p \leq 0.01$). So that there is a significant negative relationship between positive cognitive emotion regulation strategies with tendency to cigarette and hookah smoking and significant positive relationship between negative cognitive emotion regulation strategies with tendency to cigarette and hookah smoking ($p \leq 0.01$). To determine the effect of each component of positive and negative cognitive emotion regulation strategies as predictor variables and tendency to cigarette and hookah smoking were analyzed as dependent variable in the regression equation.

According the results of table 3 at least one of the predictive variables were ability to predict cigarette and hookah smoking in adolescents. Due to the beta values, positive strategies 0.16 ($\beta = 0.16$) can be changes related to tendency to cigarette and hookah smoking significantly predict among adolescents.

Table 1: The mean and standard deviation of emotion regulation strategies

Cognitive emotion regulation strategies	Mean	SD
Positive strategies of cognitive emotion regulation	63.51	10.50
Negative strategies of cognitive emotion regulation	42.07	7.25

Table 2: The mean and standard deviation of tendency to cigarette and hookah smoking

Variable	Mean	SD
Tendency to cigarette and hookah smoking	29.34	6.98

Table 3: The matrix of Pearson correlation coefficient

	Statistics	Tendency to cigarette and hookah smoking
Positive strategies of cognitive emotion regulation	Correlation coefficient	0.300**
	Significance level	0.000
Negative strategies of cognitive emotion regulation	Correlation coefficient	0.198
	Significance level	0.001

Table 4: The results of multiple regression analysis

P		F	MS		DF	SS	Model
0.004		5.636	230.47		2	460.95	Regression
			40.89		368	14147.94	Residual
					370	15508.9	Total
P	T	Standard coefficients	Non-standard coefficients		R2	R	Predictor variables
		BETA	SE	B			
0.000	22.100		1.036	22.89	-	-	Constant
0.001	3.264	0.198	0.017	0.056	0.028	0.164	Positive Strategies
0.428	0.793	0.079	0.033	0.026	0.03	0.172	Negative Strategies

DISCUSSION

The purpose of this study was to examine the role of cognitive emotion regulation in predicting the tendency to cigarette and hookah smoking in adolescents. The results of this study show that there is a significant relationship between positive and negative cognitive emotion regulation strategies and tendency to cigarette and hookah smoking. So that there is a significant negative relationship between positive cognitive emotion regulation strategies with tendency to cigarette and hookah smoking and significant positive relationship between negative cognitive emotion regulation strategies with tendency to cigarette and hookah smoking. These results are in good agreement with result Franques et al (2006), Beker et al (2004) and Mc charque et al (2013).

Franques et al (2006) reports that there is a significant relationship between drug abuse and cognitive emotion regulation strategies. Beker et al (2004) finding there is a significant relationship between emotional regulation and smoking.

Emotion regulation, a variety of control processes that aim to manage what, when, where, how and how our emotions are experienced or expressed. Emotion regulation includes cognitive processes that occur automatically or with effort. Such processes allow people to enjoy positive events in their lives and avoid negative events and their severity increase or decrease (Gross, 2001) and people who used of negative emotion regulation strategies, to cigarette smoking and hookah as a source of spiritual turn and to avoid of spiritual unrest and sense of security its consumption. Therefore emotion regulation can refer to a wide range of biological processes, social, behavioral and cognitive processes as well as conscious and unconscious (Garnefski et al, 2001). The researchers, the causes of smoking and the habit of smoking hookah divided into three phases, The first phase begins with the origin of mental abilities. The second phase is created by origin habit and instinct. The third phase is established with mental habit origin, organic and biological habit in the person (Azaripour,

2004). In fact, between the processes and causes of cognitive emotion regulation and smoking a match is established. So that Baker et al (2011) reports emotional regulation is main motivation for smoking. Therefore people who are used of cognitive emotion regulation strategies negative were more prone to smoking and hookah. Finally, the results showed that the positive and negative components of cognitive regulation strategies 16% ability to predict to cigarette and hookah smoking in adolescents.

CONCLUSION

According the results, more adolescents used of this material as a way to regulate their emotions. Also, the lack of knowledge proper use of emotion regulation strategies can also affect it. Thus, they need programs to modify an important loss of use of emotion regulation strategies. Because the data is collected through a questionnaire and like other self-report research results may be making the possibility of abuse. It is recommended that utilization of adolescents' views on various aspects of the management and emotional adjustment.

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