

The Association of Personality Factors, Resilience, and Self-esteem with Tobacco and Marijuana Smoking among Slovak Adolescents



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BACKGROUND: Similarly to interpersonal and social factors, intrapersonal factors are associated with the regular smoking of cigarettes and with experiences with marijuana among adolescents. Therefore, a better understanding of the association of personality factors, resilience, and self-esteem with cigarette smoking and experiences with marijuana can be helpful in devising more effective prevention and health promotion programmes. **AIM:** To explore the association of personality factors, resilience, and self-esteem with regular cigarette smoking and experiences with marijuana. **METHODS:** Ten Item Personality Inventory, The Resilience Scale, The Rosenberg Self-esteem Scale, questionnaire inquiring about the regular smoking of cigarettes and experiences with marijuana. **SAMPLE:** 3725 young adolescents; 51% of them girls,

average age 14.3; $SD = 0.65$. **RESULTS:** We used SPSS16.0, two models of binary logistic regression. Lower levels of agreeableness and structured style and higher negative self-esteem were associated with regular cigarette smoking. Gender, lower levels of agreeableness and conscientiousness, a higher level of openness to new experiences, a lower level of structured style, and higher negative self-esteem were associated with experiences with marijuana. **CONCLUSIONS:** The results supported the predictive power of personality factors, resilience, and self-esteem with regard to their risk and protective functions in relation to students' regular cigarette smoking and experiences with marijuana. It is important to take into account the specific roles of these factors when designing effective health prevention programmes.

KEY WORDS: PERSONALITY FACTORS – RESILIENCE – SELF-ESTEEM – RISK BEHAVIOUR – TOBACCO CIGARETTE SMOKING – MARIJUANA – ADOLESCENTS

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