

## **Perceived Stress and Self-Esteem as Significant Predictors of Cigarette Smoking Behavior of Bangladeshi Male Adults**

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Many previous studies have reported that smoking behavior is associated with a number of psychological variables. The present study examined whether smoking behavior of Bangladeshi adults can be predicted from their emotional intelligence, perceived stress, and self-esteem. A self-report questionnaire package comprising of Personal Information Form, Emotional Intelligence Scale, Perceived Stress Scale, and Self-Esteem Scale was administered on a purposive sample of 210, nineteen-through 45-year-old males distributed equally to smoking and non-smoking groups to collect data. Pearson Point Biserial Correlation and Binary Logistic Regression were performed to analyze the data. The results of correlation analyses revealed that smoking behavior of the respondents was negatively associated with emotional intelligence and self-esteem and positively with perceived stress. The results of regression analysis revealed that perceived stress and self-esteem can independently and significantly predict smoking behavior of the respondents. These findings can be taken to suggest that antismoking policies should incorporate, among others, strategies for enhancing emotional intelligence, managing stress, and fostering self-esteem of individuals to help prevent or stop their smoking behavior which is the gateway to further addictive behaviors.

*Key words:* emotional intelligence, perceived stress, self-esteem, smoking behavior