

PERSONALITY TRAITS OF FRESHMAN BINGE DRINKERS AND CIGARETTE SMOKERS IN STATE UNIVERSITIES AND COLLEGES

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ABSTRACT

This paper examined the personality traits of ninety six freshman college binge drinkers and cigarette smokers who participated in this research. A pre-survey questionnaire, standardized test and semi-structured interview were used to gather data. Data were analyzed through descriptive-correlational method of research. Findings revealed that the participants are dominated by male, most of them belong to the late adolescence stage and majority of the participants belong to a complete (intact) family. Four sticks of cigarettes are the most number of cigarettes consumed per day and almost half of the participants are involved in two times a month binge drinking. The study likewise discovered gender differences in some personality traits. When participants are grouped according to their developmental stage, they also differ in personality traits. Participants raised in the different family structures revealed similarities and differences in personality traits. Those who consumed cigarettes irrespective of the number of cigarette sticks got the highest mean score in Extraversion. Participants who ingested alcohol registered the highest mean score in Neuroticism and Extraversion. It was discovered that gender is significantly related to Extraversion while Conscientiousness and alcohol consumption is significantly related to each other. Results indicate the need to devise an intervention program for freshman binge drinkers and cigarette smokers.

Keywords: Personality Traits, Freshman Binge Drinkers, Cigarette Smokers, State Universities and Colleges

INTRODUCTION:

Freshman college students are in the period of transition. They experience a lot of challenges in their university life and as a result they face psychological turmoil which could greatly affect their personality and health behaviors. Smoking and drinking are significant in the process of self-exploration (Ham & Hope, 2005; Nichtera et al, 2010). During adolescence, alcohol and cigarette use are initiated and escalated (Zehe et al, 2013). The freshman college students are vulnerable to substance use like nicotine and alcohol since they are in their adolescence stage. It has been observed that these substances are strongly associated to each other especially during social gathering.

There are various reasons of substance use and among adolescents; curiosity is one of the common causes. Among freshman college students it is not only transition into a new social context that motivates them to alcohol drinking and cigarette smoking, but they also considered substance use as normative (Brook et al, 2006; Kassel et al, 2007). The exposure of the adolescents to peers who use substances like alcohol and nicotine increase the risks of drinking and smoking behavior (Kristjansson et al, 2010; Stickley et al, 2013). Parental permissibility (Abar et al, 2009) and parental use of alcohol and nicotine could influence adolescents on the use of these substances (Abar et al, 2009; de Leeuw et al, 2010; Gau et al, 2009). Sibling smoking also predicted the cigarette smoking (de Leeuw et al, 2010; Gau et al, 2009). Alcohol drinking is also use as coping mechanism (Ham et al, 2007). Adolescents use substances when there is pressure and conflicts (Chang et al, 2005) and aid in emotion regulation (Braun et al, 2012) like used to reduce tension, disturbances, ease boredom, weariness and fatigue, and in some instances to escape the harsh realities of their world (Madu et al, 2003). The incessant patronage and consumption of alcohol and cigarette is an indication that the adolescents probably disregard the negative and damaging effect of these substances.

Every person is a unique individual and those who drink alcoholic beverages and smoke cigarette have distinct personality. Personality traits can undergo transformation especially during the adolescence stage which is a prone period of change (Canals et al, 2005). Binge drinkers and cigarette smokers have to be described in terms of personality dimension to have a thorough understanding of their health hazard behavior. Discerning the personality traits of these freshman college binge drinkers and cigarette smokers enable us to understand the likelihood of using alcohol and nicotine. The dearth of studies conducted on personality traits of binge drinkers and cigarette smokers among freshman college students especially in the Philippines, prompted the researchers to venture on this investigation.

STATEMENT OF THE PROBLEM:

Generally, this study aims to determine the personality traits of the freshman college binge drinkers and cigarette smokers in state universities and colleges in Region II, Philippines. Specifically, it aims to answer the following questions: 1. What is the socio-demographic profile of the participants in terms of gender, age, family structure and substance used? 2. What are the personality traits of the freshman college binge drinkers and cigarette smokers as measured by the NEO-FFI when grouped according to their socio-demographic profile: gender, age, family structure and substance used? 3. Is there a significant relationship between the personality traits of freshman binge drinkers and cigarette smokers when grouped according to their socio-demographic profile?

METHODOLOGY:

PARTICIPANTS:

There was a universal distribution of survey questionnaires among college freshman students in the main campuses of the different state universities and colleges in Region II, Philippines to identify participants in this study. Throughout the region, ninety six freshman college students enrolled during the school year 2011-2012 met the criteria set by the researchers, hence, became participants of the study. The criteria used are as follows: binge drinkers consume any or combination of the alcoholic beverages like beer, liquor, or wine per drinking occasion at least twice for a period of one month to the point of intoxication which usually lead to functional impairment of mental (judgment and perception) and physical functioning (motor coordination). The binge drinkers need to satisfy at least one or more

criterion/criteria for alcohol intoxication like slurred/unclear speech, walk with unsteady pace/gaits, have trouble paying attention or remembering, slow and awkward in their physical reactions, act inappropriately, becoming aggressive like saying impolite/offensive things (Hoeksema, 2007). Likewise, prior to the survey the freshman college students should have smoked 3 to 6 sticks of cigarette per day one.

DESIGN:

The researchers made use of descriptive-correlational research design; however, inferential statistics were used to analyze the significant relationship of variables.

INSTRUMENT:

The instruments used in this research were the NEO-Five Factor Inventory, pre-survey questionnaire and a semi-structured interview.

NEO-FIVE FACTOR INVENTORY (NEO-FFI):

NEO-Five Factor Inventory (NEO-FFI) consists of a 60-item standardized questionnaire that measures the five domains of personality: Neuroticism (N), Openness to Experience (O), Agreeableness (A), Conscientiousness (C) and Extraversion (E). This is a good instrument for personality test as well as for psychological research purposes. This test has a correlation of .75 to .89 with NEO-PI validimax factors with internal consistency ranging from .75 to .89.

PRE-SURVEY QUESTIONNAIRE:

The pre-survey questionnaire gathered information about the socio-demographic profile of the participants and the 12 item-statements regarding binge drinking and cigarette smoking which were prepared by the researchers. This was pre-tested to a similar sample not included in the study; it was validated and the obtained correlation coefficient was $r=.86$. No theory was used in the construction of the pre-survey questionnaire; however, concepts were based on the insights gained from the readings of the researchers.

SEMI-STRUCTURED INTERVIEW:

The researchers prepared guide statements in the conduct of the interview. Themes were identified that served as bases in the interview. The themes of the interview guide were based on the literature gathered by the researchers.

DATA ANALYSIS:

The data gathered was analyzed through SPSS program. To answer the personality traits of the participants as measured by NEO-FFI when grouped according to socio-demographic profile, descriptive statistics were used to analyze the data: frequency, percentage, mean and standard deviation. Likewise, Kendall's tau b and Chi-square were utilized to determine the significant relationship between variables.

RESULTS:

In this section, the result and analysis of the data are presented:

The Socio-demographic Profile of the Participants

Gender. Table 1 shows that there are fewer female participants (13 or 13.54%) compared to male with 83 or 6.46% participants. The difference between the male and female participants implies that cigarette smoking and binge drinking are dominated by male.

Age. Table 1 also shows that the highest number of participants (46 or 47.12%) is 18-21 years old. Some of them (38 or 39.58%) are 15-17 years old and the least number of participants (12 or 12.50%) has an age range of 22-25 years. The result indicates that most cigarette smokers and binge drinkers among freshman college students are in the late adolescent stage.

Table 1. Descriptive Statistics of Respondents' Socio-demographic Profile

Profile Variables	Frequency n=96	Percent
Gender		
Male	83	86.46
Female	13	13.54
Age		
15-17	38	39.58
18-21	46	47.12
22-25	12	12.50
Family Structure		
Complete/intact	62	64.58
Single mother	11	11.46
Single father	5	5.21
Grand parents	13	13.54
Foster parents	5	5.21
Substance Used		
Cigarette Consumption per day		
3 sticks	15	15.63
4 sticks	42	43.75
5 sticks	6	6.25
6 sticks	33	34.38
Alcohol Consumption per month		
Once a week	29	30.21
Twice a month	46	47.92
3 times a month	9	9.38
4 times a month	4	4.17
5 Times a month or more	8	8.33

Family Structure. In terms of family structure, majority of the participants with 62 or 64.58% came from a complete (intact) family. This was followed by those raised by their grandparents with 13 or 13.54% and reared by single mother, 11 or 11.46%. Only 5 or 5.21% were raised by single fathers and foster parents, respectively. Result shows that majority of the freshman college students who are cigarette smokers and binge drinkers belong to a complete or intact family.

Substance Used: Cigarette Consumption and Alcohol Consumption. Substance used with regard to cigarette consumption per day and alcohol consumption per month is also reflected in Table 1. It can be gleaned in the table that most of the participants (42 or 43.75%) consumed 4 sticks of cigarette per day. Some of them (33 or 34.38%) used 6 sticks per day while 15 or 15.63% consumed 3 sticks in a day. Few of the participants (6 or 6.25%) smoked 5 sticks of cigarette per day. It can be noted that most of the participants consume 4 sticks of cigarette per day.

In terms of alcohol consumption, the bulk of the participants drink alcohol twice a month (46 or 47.92%). Twenty nine (29) or 30.21% consume alcohol once a week, while 9 or 9.38% drank 4 times a month and 8 or 8.33% consumed alcohol 5 times a month or more. Only 4 or 4.17 drink alcohol 3 times a month. Result shows that almost half of the participants were involved in binge drinking twice a month.

PERSONALITY TRAITS WHEN GROUPED ACCORDING TO GENDER, AGE AND FAMILY STRUCTURE:

Gender. As gleaned in Table 2, male participants obtained higher scores than female participants in the following personality traits: Agreeableness, Conscientiousness, Extraversion and Openness to experience with a mean score of 2.29, 2.92, 3.28 and 2.95, respectively. Female participants got a higher mean score of 3.46 in the personality trait Neuroticism than male participants who obtained mean score of 3.36. It can be observed that male participants obtained higher scores in most of the personality traits while female participants got higher in one personality trait only.

Age. Table 2 reveals that participants aged 18-21(late adolescence) obtained the highest scores in the personality trait Agreeableness (M=2.33), Extraversion (M=3.22), Neuroticism (M=3.41), and Openness to experience (M=3.04). Table 2 also discloses that the personality trait Conscientiousness is highest among participants aged 22-25 (early adulthood) years. Data revealed that Conscientiousness is high among older individuals.

Family Structure. Table 2 displays that participants reared by “single father” obtained highest in personality traits Agreeableness, Conscientiousness, and Openness to experience with mean scores of 3.20, 3.20 and 3.40. Those who were reared by “foster parents” obtained the highest mean score in personality traits Conscientiousness (3.20) and Extraversion (3.40). In personality trait Neuroticism, participants who were reared up by “single mothers” revealed the highest mean score (3.55). Children reared in different family structures revealed similarities and differences in personality traits

Table 2. Descriptive Statistics on Personality Traits when Grouped according to Gender, Age and Family Structure

Gender	A		C		E		N		O	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Male	2.29	1.08	2.92	0.78	3.28	0.98	3.36	0.83	2.95	0.79
Female	1.92	1.32	2.77	1.30	2.62	0.96	3.46	1.05	2.77	0.83
Age										
15-17	2.29	1.11	2.82	0.77	3.16	1.05	3.37	0.85	2.82	0.69
18-21	2.33	1.12	2.85	0.94	3.22	1.01	3.41	0.91	3.04	0.87
22-25	1.75	1.06	3.33	0.78	3.17	0.83	3.25	0.75	2.83	0.83
Family Structure										
Complete	2.26	1.12	2.94	0.85	3.19	0.97	3.42	0.90	2.95	0.84
Single mother	1.91	1.14	2.36	1.03	3.00	0.77	3.55	0.69	2.64	0.67
Single Father	3.20	0.84	3.20	0.45	3.00	1.22	3.00	0.71	3.40	0.55
Grand Parents	2.00	1.08	2.92	0.95	3.31	1.25	3.15	0.90	3.00	0.82
Foster parents	2.40	1.14	3.20	0.45	3.40	1.14	3.40	0.89	2.60	0.55

Legend:

A=Agreeableness

C=Conscientiousness

E= Extraversion

N= Neuroticism

O= Openness to experience

Interpretation:

Very High = 5.00-5.49

High = 3.5-4.49

Average = 3.00-3.49

Low = 1.5-2.49

Very Low = 1.00-1.49

PERSONALITY TRAITS WHEN GROUPED ACCORDING TO SUBSTANCE USED:

Cigarette Consumption. Table 3 presents the participants who consumed “three, four, and five sticks” of cigarette every day exhibited the highest mean score in personality trait Neuroticism with obtained mean scores of 3.60; 3.26; 4.17, respectively. Those who consumed “six sticks of cigarette” per day got the highest mean score in personality trait Extraversion with 3.42.

Alcohol consumption. As gleaned in Table 3, participants who consumed alcohol “once a week”, “twice a month”, “three times a month”, and “four times a month” registered the highest mean score in personality trait Neuroticism with 3.55; 3.30; 3.33; 4.00, respectively. The highest mean score in personality trait Extraversion 3.75 was obtained by the participants who consumed alcohol “five times a month or more” as shown by the mean score of 3.75. As observed from the data, the dominant personality traits among freshman college binge drinkers and cigarette smokers are Neuroticism and Extraversion.

Table 3. Descriptive Statistics on Personality traits when grouped according to Substance Used

Personality Traits	A		C		E		N		O	
Cigarette Consumption	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
3 sticks	2.20	1.32	2.73	0.25	3.13	0.26	3.60	0.21	3.00	0.65
4 sticks	2.33	0.93	2.88	0.11	3.05	0.16	3.26	0.14	2.93	0.81
5 sticks	1.83	1.60	2.83	0.60	3.00	0.37	4.17	0.31	2.5	0.84
6 sticks	2.21	1.17	3.00	0.16	3.42	0.17	3.27	0.14	2.97	0.85
Alcohol Consumption										
Once a week	2.38	1.15	2.72	1.00	3.14	0.88	3.55	0.78	2.90	0.77
Twice a Month	2.24	1.16	2.89	0.82	3.17	1.02	3.30	0.84	2.87	0.75
Three times a month	2.11	0.78	2.89	0.93	2.89	0.78	3.33	1.00	3.22	0.97
Four times a month	1.75	0.96	3.25	0.50	3.25	1.50	4.00	0.82	2.75	0.50
Five times a month or more	2.13	1.25	3.38	0.52	3.75	1.28	2.88	0.99	3.13	1.13

Legend:

A= Agreeableness

C= Conscientiousness

E= Extraversion

N= Neuroticism

O= Openness to experience

Interpretation:

Very High = 4.0-5.49

High = 3.5-4.49

Average = 3.00-3.49

Low = 1.5-2.49

Very Low = 1.00-1.49

Relationship between Personality Traits and Socio-demographic Profile of the Participants. It can be gleaned in Table 4 that no significant relationship was established between the age of the participants and the different personality traits: Agreeableness, Conscientiousness, Extraversion, Neuroticism, and Openness to experience. However, gender is significantly related to Extraversion as revealed by Chi-square value of 5.95 and p-value of 0.01. Personality trait Conscientiousness and alcohol consumption are also significantly related to each other. The Kendall's Tau b value of 0.18 with a probability value of 0.04 clearly indicates a significant and direct correlation. However, it was noted that the association between gender and the level of personality traits Extraversion and Conscientiousness and alcohol consumption among participants is slight or almost negligible.

Table 4. Test of Relationship between Personality Traits and Profile Variables of the Participants

Personality Traits	Age		Gender		Cigarette Consumption		Alcohol Consumption		Family Structure	
	Kendall's Tau b	P-value	Chi-Square	P-value	Kendall's Tau b	P-value	Kendall's Tau b	P-value	Chi-Square	P-value
A	-0.05 ^{ns}	0.55	1.22 ^{ns}	0.27	-0.04 ^{ns}	0.65	-0.09 ^{ns}	0.33	0.00 ^{ns}	0.97
C	0.13 ^{ns}	0.12	0.32 ^{ns}	0.57	0.09 ^{ns}	0.32	0.18*	0.04	0.15 ^{ns}	0.70
E	0.06 ^{ns}	0.44	5.95*	0.01	0.10 ^{ns}	0.26	0.07 ^{ns}	0.42	0.06 ^{ns}	0.80
N	-0.02 ^{ns}	0.83	0.15 ^{ns}	0.70	-0.07 ^{ns}	0.47	-0.10 ^{ns}	0.25	0.26 ^{ns}	0.61
O	0.07 ^{ns}	0.41	0.59 ^{ns}	0.44	-0.03 ^{ns}	0.78	0.08 ^{ns}	0.35	0.14 ^{ns}	0.70

Legend: *Significant ^{ns}Not significant Significant at .05

A= Agreeableness E= Extraversion O= Openness to experience
C= Conscientiousness N= Neuroticism

DISCUSSION:

Socio-Demographic Profile of the Participants. The result of this study concurs with the study conducted by Emslie et al (2009); Kye et al (2012); Ozer et al (2008), that smoking and drinking rates were higher among men than among women. The finding on age of the binge drinkers and cigarette smokers does not conform with Ebirim et al (2014), where cigarette smoking and binge drinking is highest among the youth ages 14-16 years old and least among age group 17-19 years. Despite the inconsistencies of findings on the age group, it can be observed that majority of cigarette users and binge drinkers are generally in their adolescence stage.

On family structure, Teshome et al (2013), agrees with the finding that most cigarette users and binge drinkers are living with both parents and raised in an intact family. However, the finding of this study does not concur with several studies conducted (Mazzuco et al, 2010; Stickley et al, 2013). Results of their study disclosed that in non-intact families binge drinking and smoking occur more often. Among college students, family cohesion decreased the probability of regular smoking (Veselska et al 2009), and an intact family is a protective factor against cigarette smoking (Gau et al, 2009). Thus, inconsistent result implies further verification.

In terms of cigarette consumption, finding of this study is contrary to the result of the study conducted by Ebirim et al, (2014). According to them, 60% of the group they studied consumed 5-10 sticks (moderate smokers) of cigarette per day. Our research discovered that only 4 cigarette sticks were consumed by most of the participants. This implies that most of the participants do not consume cigarette in an excessive amount. The result obtained in binge drinking does not support the conclusion of Florkowski et al (2013), where they discovered that the participants on their study were involved in binge drinking more than 4 times a week.

Personality traits when grouped according to Gender, Age and Family Structure. Result of the study revealed that males scored higher in personality traits Agreeableness, Conscientiousness, Extraversion and Openness to experience as compared to female participants. However, female scored higher in Neuroticism. The consistent findings (Costa et al, 2001; Vianello et al, 2013) that males are higher in the personality trait Openness to experience validate this aspect of research. Likewise, the finding on personality trait Extraversion which is higher in males validates the study conducted by Lynn and Martin (Costa et al, 2001); Martsh et al, (1997); Vianello et al, (2013) but contradicts the finding of Torres, (2006). The inconsistent findings could not confirm that male participants are higher in social adaptability, more unrestrained, more open and confident are more vulnerable to substance use like alcohol and cigarette than female participants.

The finding in personality trait Conscientious which is higher in males disagrees with the study conducted by Kashdan et al, (2005). According to them Conscientiousness to alcohol use and smoking was stronger in women compared to men. Another recent study discovered no difference in implicit Conscientiousness between male and female (Vianello et al, 2013). Vecchione et al, (2012) also disclosed that in both males and females, Conscientiousness increased in early from age 16 to

age 20. Changes in Conscientiousness are likely to reflect adolescents' growth and development in the direction of greater self-control and discipline. Inconsistent findings could not affirm that men are higher in Conscientiousness compared to female. Thus, finding of this research has to be verified. However, in this research, higher Conscientiousness was observed among older participants. It implies that as they mature, they learn to regulate their conduct and perform more successful tasks in carrying out their duty.

In this study, it was noted that male participants have higher Agreeableness. There are rare studies that discuss Agreeableness among substance users like alcohol and cigarette (McAdams et al, 2009). However, Theakston et al (2004), validated the finding of this study. They discovered that male young drinkers with high Agreeableness had elevated level of weekly alcohol consumption. Another study uncovered the increasing trajectory of Agreeableness in the male group only (Vecchione et al, 2012). Among youths there is strong engagement in normative life tasks and roles, such as leaving home, establishing a family, and starting a career (Roberts et al., as cited by Vecchione et al, 2012). In the period of adulthood, society demands that male adults have to perform roles expected to them. In the Philippines, Filipino family is typically patriarchal and the father is considered to be the head, hence responsibilities of being a family man lie on the fathers' shoulder. This implies that even the male binge drinkers and cigarette smokers are more likely to behave in a socially acceptable manner as they grow older.

The finding of this research that female participants scored higher in personality trait Neuroticism compared to male participants proved past studies conducted (Goodwin et al, 2006; Scmitt et al, 2008). The result of the study also supports McCrae's et al (2002), finding that personality trait Neuroticism appeared to increase in girls during adolescents. Female participants' neurotic behavior maybe explained due to unresponsive, indifferent, or insensitive attitude of parents to respond to their needs and interests. Parental conflicts witnessed by female participants likewise resulted to frustration, lack of ability to cope well. As a consequence, negative emotional reactions were experienced. In addition, girls with neurotic behaviors were likely to participate in risky behavior like cigarette smoking and alcohol drinking (Markey et al, 2006). With these findings, it is no longer surprising to note that adolescent female are already involved in cigarette smoking and binge drinking.

The result of this study concurs with a previous study conducted by Littlefield et al, (2010). They discovered that Neuroticism and Openness to experience significantly decreased from age 21 to 35. Another finding conducted from various cultures revealed that Neuroticism, Extraversion, and Openness to experience declined from adolescence to adulthood (McCrae et al, 2004). A decrease in impulsivity and neuroticism related to decreases in alcohol problems from ages 18 to 35 (Littlefield et al, 2010). Likewise, they also discovered that Conscientiousness and Agreeableness significantly increased at age 21-35. In early adulthood personality traits Agreeableness and Conscientiousness increased (Anic, 2007).

The present study disclosed that only personality trait Conscientiousness is in agreement with the finding. It is expected that as the individual grows older he/she could manage and cope better with situations, become more optimistic and sociable, and develop a better self and sensible logical reasoning. Hence, it is easier for him/her to regulate and modify his/her behavior.

In the Philippine context, Filipinos treasure social acceptance. Social acceptance is concerned on how one is acknowledged by his peers, acquaintances, his companions, or other members of the social groups. The aim of social acceptance is of course to maintain harmonious relationship and to gain social approval. Among Filipinos, social acceptance operates especially in a closely knitted family ties. At an early age, children are taught to be kind with their playmates, to get along well with others, and to be solicitous with other people. They have to cultivate friendly disposition to avoid differences and conflicts. The two intermediate values subsumed as a result of social acceptance are smooth interpersonal relations and *pakikisama* (Panopio et al, 2006). *Pakikisama* among Filipinos connotes high quality of human association. Filipinos are warm, thoughtful, and they value much their relationship with others. To demonstrate that they are friendly and have admirable manners they do not reject or seldom decline invitations from friends, relatives and even acquaintances. One way of showing *pakikisama* is the acceptance of the offering of cigarette/s and a bottle or bottles of alcoholic

beverages. Filipinos are fond of celebrating fiestas, birthdays, and many kinds of celebration that requires social gathering. During social gathering, alcoholic beverages and smoking are rampant. Hence, drinking and smoking is inescapable among visitors. Among Filipinos, the offering of cigarette/s and alcoholic drinks may be an indication of being hospitable. The sharing of both alcoholic beverages and cigarettes with utmost sincerity would not be turned down by a typical Filipino to avoid embarrassment and to maintain good camaraderie. Similarly, among Filipinos *hiya* can take part in the involvement of nicotine and alcohol consumption. *Hiya* is the ordinary way of how a person responds when asked for a favor like joining a drinking spree or asked for cigarette smoking. He/she felt embarrassed if he/she does not conform to the social norm. So to protect the ego, he/she has to behave acceptably by others. In the Filipino culture “pakikisama” and “hiya” seems to play a vital role in the consumption of cigarette and alcohol among the participants.

This study disclosed that participants who were raised by “single mother” obtained a high mean score in personality trait Neuroticism. This may suggest that in the absence of a father in the family, more problems could be encountered like financial difficulty, how to discipline children and even the execution of household activities especially those that require manual labor. Consequently, single mothers become disturbed, frustrated and irrational. Normally, a mother is thoughtful, loving, caring, kind, sympathetic and selfless. However, an anxious, bothered and troubled mother could not be effective and competent in her parental responsibility. These may affect the participants’ behavior and personality.

Participants reared by “single father” obtained highest in personality traits Agreeableness, Conscientiousness, and Openness to experience. This finding is most likely explained by the fact that single fathers are considerate, caring, optimistic, cautious, have self-control, imaginative and creative. They are not afraid to try new and different activities since they are powerful, tough, independent, and has the ability to be more resourceful and innovative. As head of the family, they are expected to be more financially capable and competent thus, less problems and difficulties could be encountered. This finding implies that these personality traits were reflected on their adolescent children.

Participants’ foremost personality traits when reared by “foster parents” were Extraversion and Conscientiousness. They are most likely warmhearted, affectionate, kind, and cordial. Similarly, they are also responsible and matured. Foster parents are not the real or biological parents of their foster children. However, they may want to prove that they are dependable, capable of directing their foster children to become successful, and achieve their ambition. Foster parents possibly really enjoy dealing with people; hence, they take pleasure in rearing their foster children. The foster parents’ extroversion and persevering traits are reflected on the personality traits of their foster children.

Data similar to this study are rare and it appears that no study had been conducted to evaluate the family structure in relation to personality traits of the cigarette smokers and binge drinkers thus; further research is needed to validate the findings of this study. However, based on intensive research done by the researcher, it was discovered that there are some studies conducted on the association of family structure and substance use. One common finding is that alcohol consumption and hazardous ingestion of alcohol such as binge drinking occur more often in non-intact families (Stickley et al, 2013). This finding was concurred by previous studies conducted (Be’gue et al, 2009; Mazzuco et al, 2010). In this research, most of the participants belong to a complete (intact) family. Living with parents was associated with protective health behavior (less smoking, less heavy drinking) (Takeda et al, 2004). This statement is in contrary to the result of the finding since most of the binge drinkers and cigarette smokers in this study belong to a complete family, and that, they are living with their parents.

Parental and peer group are very essential in understanding adolescent substance use (Eitle, 2005; Martins et al, 2008). Youths are likely influenced by their parents who consistently practiced strong disapproval of substance use to abstain from heavy drinking (Martino et al, 2009). Another study conducted disclosed that parental monitoring (Habib et al, 2010; Martins et al 2008), as well as family rules on alcohol use had the strongest and most consistent relationship with alcohol use in early adolescence (Habib et al, 2010). Teenagers’ regular use of alcohol is connected with lack of supervision from parents (Gau et al, 2009; Kleykamp et al, 2005). Parental influence including the nature of parental supervision and monitoring, the quality of parental–child attachment, and the history

of parental substance use are all of utmost importance in realizing the consumption of substances among individuals (Eitle, 2005). Sun et al (2008), also stated that students residing off-campus in the absence of their parents reported higher levels of drinking. Moving away from home even temporary may increase the probability of drinking (Gage et al, 2006).

This study discovered relevant results. Interview outcome confirmed the above mentioned statements that parental monitoring, attachment, parental substance use, and peer influence are contributory factors in the participants' involvement in binge drinking and cigarette smoking. Staying in the boarding houses and away from their parents influences the use of substances. The tendency of the participants to smoke and drink alcohol is attributed to freedom they obtained, thus, lesser parental supervision and monitoring. This is coupled by non-strict implementation of rules and regulations in their home and boarding houses on consumption of alcohol and cigarette. In the interview conducted it was also evident that participants were influenced to use cigarette and alcohol because parents and peers are also involved in cigarette smoking and binge drinking. Participants disclosed that most of them considered their parents as their models since they manifest ideal behavior such as being responsible, kind, understanding, and loving.

Relationship between Personality Traits and Socio-demographic Profile of the Participants. The test of significant relationship between personality traits and profile variables of the participants is also discussed in this section. Findings revealed that no significant relationship was established between the age of the participants and the different personality traits: Agreeableness, Conscientiousness, Extraversion, Neuroticism, and Openness to experience. However, gender is significantly related to Extraversion.

Completed researches disclosed that personality trait Extraversion was significantly higher among females than among males (Schmitt et al, 2008; Goodwin et al, 2006). These findings are in contrary with the result of the present study since personality trait Extraversion is correlated with gender. Male gender or female gender could not point out variation to evaluate the personality trait Extraversion. Thus, this finding needs further evaluation to discover gender differences.

Personality trait Conscientiousness can act as shield for health hazard demeanor like cigarette smoking and alcohol drinking. Several studies reported that those who are Conscientious (Kashdan et al, 2005; Larsen et al, 2008) engaged less in alcohol drinking and cigarette smoking while those low on Conscientiousness (Kuntsche et al, 2006; Kuntsche et al, 2008; McAdams et al, 2009) are linked with alcohol use and cigarette smoking. Past studies uncovered that high level of Conscientiousness is associated with greater health protection (Kern et al, 2008; Raynor et al, 2009; Rondina et al, 2007). Surprisingly, the result of this study revealed that personality trait Conscientiousness is significantly related to alcohol consumption. In this study, the participants are discovered having Conscientiousness level which was "average". The "average" Conscientiousness does not guarantee their high degree of self-discipline, responsibility and efficiency. The not exceptional Conscientiousness possibly explains the finding of this research. Likewise, binge drinking and smoking in the Filipino context has to be analyzed well to provide an in-depth understanding on the cigarette smoking and drinking behavior of freshman college students.

CONCLUSION AND IMPLICATION:

The following conclusions are drawn based on the aforecited findings:

1. Most of the participants are male, they belong to the late adolescence stage and majority of the participants belong to a complete (intact) family. Four sticks of cigarettes are the most number of cigarettes consumed per day and almost half of the participants are involved in two times a month binge drinking.
2. Freshman college binge drinkers and cigarette smokers have low level of personality trait Agreeableness and they have average level of personality traits Conscientiousness, Neuroticism, Extraversion, and Openness to experience.
3. Male gender or female gender could not point out variation to evaluate the personality trait Extraversion.

4. The higher the Conscientiousness level of the participants, the greater passion to take substances like alcohol and cigarette.
5. An intervention program on personality enhancement has to be devised especially on to deal with the low level of personality trait Agreeableness.

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