Contextualizing Smoking Behaviour over Time:
A Smoking Journey from Pleasuring to Suffering

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Abstract

This paper reports a qualitative study describing the basic psychosocial process of contextualizing smoking behaviour in the life fabric of Jordanian psychiatric nurses (JPNs). A classical grounded theory method was used to collect and analyze the data derived from a theoretical (purposeful) sample of eight Jordanian psychiatric nurses in 2009-2010. The constant comparative method of data analysis was used; thus, data collection, coding and analysis occurred simultaneously. Strategies were used throughout the study to ensure trustworthiness; that is, fulfill the requirements for credibility, transferability, dependability and confirmability. "Contextualizing smoking behaviour over time" was the core concept that explained how JPNs integrate smoking behaviour into their life fabric. For these nurses, smoking is contextualized in four phases: becoming a novice smoker, becoming a formal smoker as a nursing student, becoming a heavy smoking psychiatric nurse, and becoming an exhausted smoker. Contextualizing smoking among JPNs demonstrates that those nurses frequently normalize smoking as part of the fabric of everyday life. Participants described their smoking as a journey in a manner that reflected how it started with pleasuring and ended with suffering. Although this study presents a deep understanding of smoking behaviour, further studies are required to develop the theory of contextualized smoking. A developed contextualized theory of smoking is required to guide culturally sensitive smoking cessation and prevention programmes capable of influencing smoking behaviours.

Keywords: *Smoking; addiction; contextualizing; grounded theory, Jordanian nurses, psychiatric nurses, nursing*