

THE ROLE OF UNREALISTIC OPTIMISM IN THE RELATIONSHIP BETWEEN HEALTH BELIEFS AND BEHAVIOR OF SMOKING AMONG UNIVERSITY STUDENTS

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***ABSTRACT_** The present study aimed to reveal the role of unrealistic optimism in the relationship between health beliefs and behavior of smoking among university students, and see if there are fundamental differences between unrealistic optimism and health beliefs and between smoking behavior among young people relationship, and to achieve that used the study sample (160) of young people, of whom 80 young smokers and (80) Non-Smoker, students from the University of Tabuk and to achieve the objective of the study was the use of optimism scale is unrealistic (preparation Badr Saleh, 2001) and the scale for smoking health beliefs (prepared by the researcher), and after making sure their conditions of psychometric, the study yielded the following results:*

- 1. that there is a difference between young smokers and non-smokers in the optimism is unrealistic for the benefit of non-smokers.*
- 2. that there is a difference between young smokers and non-smokers on the health beliefs of smoking measure in favor of non-smokers.*
- 3. The existence of a positive correlation statistically significant between unrealistic optimism and health beliefs among young smokers relationship.*
- 4. the presence of statistically significant correlation between health beliefs and behavior of smoking among young people, ie, whenever the person is a smoker whenever the health beliefs has a few optimism and also relationship.*
- 5. The presence of correlation statistically significant relationship between unrealistic optimism and smoking behavior among young people, ie, whenever the person is a smoker whenever it has a little optimism.*

***Keyword:** unrealistic optimism, health beliefs, smoking.*