

# How nicotine affects human behaviors

Psychology



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Lecturer: Nicotine and Human Behavior Nicotine is yellowish oily or toxic colorless liquid that is the chief constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts it is known to interfere with the action of autonomic nervous system and skeletal muscle cells. In fact, it is also used in manufacturing of insecticides. It is administered into the body through various routes which include, oral, intravenous and intradermal among others.

Its primary components act on the brain and it can reach peak levels in the bloodstream rapidly based on how it is taken. Firstly, the major behavioral effect of nicotine is addiction and this explains why most people use it without stop. This is characterized by compulsive seeking and use to the detriments of side effects. This happens when it activates the circuitry that regulates feelings of pleasure increasing the desire for its use (Henningfield, London and Pogun).

Secondly, it affects stress performance and body weight. This is proven when a nicotine addict is deprived of nicotine where cognitive and attention abilities get impaired. These deficits are only reversed when the user is given nicotine. In this regard, stress results from increased smoking. On the other hand users are known to weigh 3 to 4 kg less than non-smokers.

Thirdly, it suppresses appetite implying the reason why most women don't quit smoking it since they assume they would eat more and consequently put up weight. After dependence on nicotine, the user may experience symptoms such as dizziness, disturbed sleeping patterns, anger, tiredness and depression.

However, when it is taken in small doses, it enhances brain activity, cognition, concentration and memory. In summary, research has proven that <https://assignbuster.com/how-nicotine-affects-human-behaviors/>

nicotine is highly addictive substance found in cigarettes and that it may cause alteration of chemicals in human brain leading to toxic effects or constant need for the drug.

#### References

Henningfield, Jack E., Edythe London and Sakire Pogun. Nicotine Psychopharmacology. london: Springer, 2009.