

# Motivations for quitting smoking



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## Motivation and the Brain

### Introduction

The brain is our center of control for the growth and operation of human beings. The powerful power in motivation is the brain; it as well manages actions required for a person to turn out to be motivated regarding something. To stay on an exercise routine requires motivation, but that motivation is sometimes blocked by our internal struggles. The majority drugs, together with nicotine, stimulate a “ euphoric” outcome in the mind that can be hard to “ unwrap.” (Lewis, 2009) Smoking for the majority will be the mainly hard thing they will forever do. Quitting smoking for someone who is a chain smoker is extremely difficult. In this paper we are going to discuss about structures and functions of brain, intrinsic and extrinsic factors, in addition to the environment and heredity factors, on the motivation to quit smoking

### Structures of the Brain and Smoking

Nicotine is recognized to stimulate receptors of neuronal nicotinic in the system of mesolimbic dopamine. What this denotes is that nicotine operates as a sort of a neural transmitter, and stimulates the dopamine system; generate the calming or euphoric effect the majority often connected with smoking of cigarette. Since these receptors happen to receptive to use of nicotine, a person will happen to familiarized to the activation of hypersensitive psychomotor (Lewis, 2009).

The activation of psychomotor generates an alertness sense, boosts up metabolism, and can (in combination with the enhancement in the system of dopamine) generate a sense of happiness. In the course of classic conditioning the brain happens to be accustomed to the smoking activity, which turns out to be a dependence in tense situations (Lewis, 2009). On the other hand, the effects of boosting of nicotine happen to an addiction, where the body can turn out to be entirely addicted, making the individual to be motivated to look for nicotine sources just about continuously (Lewis, 2009)

Quitting smoking as a result happens to be so hard since the motivation sources to do so have got to triumph over the motivation to endure smoking. Since nicotine and smoking is a twin-edged sword, the dependence to smoking is not simply physiological, however behavioral in addition. In a lot of cases, the physical smoking act can be additional hard to break than the smoking physiological addiction (Lewis, 2009).

### Extrinsic and Intrinsic Motivation

Quitting smoking happens to be difficult since there is a virtually absolute lack of intrinsic motivation to do so. The distinction amid intrinsic and extrinsic motivation, is that extrinsic motivation sources approach from the outside of the real behavior, or are effects of alleged behavior. Intrinsic motivation sources, on the other hand, are natural and internal, subsequent the mind's or body instinctive desires and needs. [Deckers (2005)]

### Intrinsic Motivation

Because motivation of intrinsic is inner, the addiction by itself turn out to be the merely resource of intrinsic motivation. The commanding internal want to carry on smoking turn out to be a huge blockade to the conduct of quitting smoking. The soothing outcomes of smoking on the brain are a bit the brain constantly seeks in a person who has happens to be sensitive to smoking (Lewis, 2009), and there are no internal counter-balances to prevail over this motivation source.

Other than the positive effects of smoking, there are severe negative motivations for quitting. A individual endures what is well-known as withdrawal symptom, where they incident a sense of mental disorder, increased irritability, reduced senses, a sensation of physical sickness, weight gain, and coughing as the receptive cilia in the lungs commence to reactivate (Lewis, 2009). These results are extremely repulsive, and are the most important reason for setback in those endeavoring to quit (Lewis, 2009).

Whilst the harmful health facets of smoking are renowned, even those can be hard to overpower the motivational intrinsic source, and are additional extrinsic than intrinsic. People who endeavor to quit smoking have a relapse rate of 80%, with merely 6% of those endeavoring to quit creating it for further than a month prior to relapsing (Lewis, 2009). The majority people who effort to quit and not succeed incident a relapse in a 3 months of endeavoring to quit (Lewis, 2009).

Extrinsic Motivation

There is a lot of additional motivation of extrinsic sources to equal sides of smoking (continuing and quitting) than there are intrinsic ones. People are induced to persist smoking since they turn out to be conscious of its soothing effects, are receptive to peer pressure, take pleasure in fitting in with family and friends who smoke, or find out of its likely weight-controlling features (Lewis, 2009). The craving to commence and carry on smoking has as well been linked to a numeral of dopamine-reducing mental disorders, for example bipolar syndrome and depression (Lewis, 2009).

Quitting smoking, on the other hand, has several motivational extrinsic sources as well. The benefits of wellbeing of quitting are eminent, as are the “ hygiene” results of quitting (less dust in your home, not stinking like smoke, stopping the discolorization of wallpaper and paint, etc). People can be motivated extrinsically by family and friends, for instance, who are concerned for the well-being of person. (Lewis, 2009). While this can all be commanding motivation sources to quit, they are habitually not adequate to supersede the intrinsic motivation to carry on.

### Environment and Heredity

Since mental disorders are identified to have hereditary connections, the intrinsic prospect of addiction materializes to be very much increased with those whose members of family have high rates of addiction (Lewis, 2009). The environmental effect In addition, of being about smokers throughout adolescence generates a sense of “ it’s all right to smoke,” which is extremely hard to modify in adulthood.

Additionally to hereditary and environmental effects at home, cigarette advertisement can construct quitting even additional difficult. Even in the instance of several who have been long-standing quitters of use of nicotine, the view of these advertisements or even observing others smoking can activate the craving to recommence the smoking habit (Lewis, 2009). This adds to the intricacy of quitting smoking in general.

## Conclusion

Whilst quitting smoking can be extremely hard with the equilibrium of sources of motivation, a lot of people thrive in doing so each year. In the majority cases, it takes a cognizant endeavor to overpower the commanding intrinsic motivations to carry on smoking with an additional source of motivation that might not appear as commanding as the addictive effects of nicotine and the condition smoking behavior. Yet still, with its soaring failure rate and rapid relapse time, quitting smoking persists to be tremendously hard with even the majority well-researched methods of quitting. The simply actual answer to quitting needs sturdy willpower and the capability to overcome motivation with a new motivation.

## Reference

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