

Causes and effects of smoking

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CAUSES AND EFFECTS OF SMOKING Smoking is a practice in which a substance, most commonly tobacco is burned and the smoke is tasted or inhaled. It can be considered as one of the most dangerous habits that any one individual can have. There are many causes which make people smoke, however it can be divided into two main causes namely physical and psychological. On the other hand, some of the effects of smoking are addiction, chronic diseases like cancer and heart disease and ultimate death. The first cause of smoking which is a physical concern is related to human body's needs. Nicotine is an addictive and harmful substance contained in cigarettes. It reduces tension and it is also believed that it can have a calming effect on people who are anxious and worried. Thus, people smoke when they are depressed, lonely or bored and it helps them to cope up with stress. Therefore, these physical effects created by smoking play an important role in making people feel the need to smoke. Second main cause of smoking is psychological which seems to be a very important factor for people to get the habit. In many cases, smoking is started at a young age due to peer pressure, tobacco advertising, or even a concept that smoking is an acceptable behavior. Many people who start smoking have a family member or close friend who smokes. Curiosity is the other main psychological cause of smoking at the early age. Smoking is like a slow death. There are various negative consequences of smoking besides addiction and ultimate death. Smoking leads to lung cancer, heart disease, strokes, asthma and wide variety of other diseases. Smokers experience more coughs and colds as compared to non- smokers. Besides affecting oneself, it also has a negative impact on others around smokers which is also

known as second hand smoking. Also any pregnant women who are exposed to cigarettes smoke will have an increased risk of miscarriage. Premature aging of the skin, sleep disorder, loss in weight and decrease in endurance are some of the other common effects of smoking. Although smokers claim that it helps them to relax and release stress, the negative aspects of the habit take over the positive. Having known that, smoking harms almost every part of the body people still do not tend to quit it. It is always never too late to quit smoking than living a poor life or end up dying.