

Title:

About smoking addiction

Word Count:

971

Summary:

Here is a survey of the factors that contribute to the addiction to smoking and nicotine.

Keywords:

About, smoking, addiction, the, factors, contributing, to, smoke, nicotine, consume, understand, understand

Article Body:

The addiction to smoking, which implies addiction to the substance nicotine has several compon

#### THE SOCIAL COMPONENT

To some extent the habit of smoking is a product of socialization. Socialization is simply the

If one lives or works together with other smoking individuals, one will more or less automatic

If the other individuals also make moves to threaten or freeze out an individual trying to bra

#### THE NEED FOR SUCKING AND CHEWING

Every person have a need for sucking and chewing. This need is necessary in early infancy,

If you want to stop smoking, you can try to satisfy this need by other means, for example by a

#### AUTOMATIC REPEATING

When a person have done something many times and frequently enough, there will be created a pa

The pattern of automatic repetition also have the effect of making a person feel safer in the

Such a pattern of automatic repetition is always a component in the smoking habit. If you want

Then try to avoid these situations or environments where you use to smoke, or to deliberately

#### NICOTINE USED AS A SELF MEDICATION

Nicotine has a tranquilizing effect upon nervous feelings. At the same time it has some anti-d

However, gradually there will be a need for steadily higher doses of nicotine to give these go

This gratification, but with the need for steadily higher doses to get the good effects is a m

#### THE PLEASURE COMPONENT

There is to some degree a plain and direct pleasure connected with smoking. This pleasure is i

If the plain pleasure of smoking is a main reason for your habit, then you should try to find

## THE GENETIC COMPONENT

Not all people get equally easy dependent of nicotine. There are factors yet not fully understood.

## THE NERVOUS MECHANISMS WORKING BY ADDICTION

The normal brain has signal substances with a tranquilizing effect, and substances with a stimulating effect.

Nicotine attaches itself to some receptors and thus give the nerve cell having these receptors a stimulating effect.

However, when nicotine steadily induces dopamine release, the brain will gradually decrease the production of dopamine.

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