

## Why smokers are psychologically and socially hooked with a stick

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Cigarette smoking is a very well known bad habit that could kill. This activity has been known to give out toxic substances to the body that could cause diseases of its vital organs. However, despite knowing the problems that smoking has, many people still stay with the habit. There are innumerable reasons, psychological and social in nature, as to why they are so hooked with it.

Nicotine is a known substance that prompts any smoker to be dependent to cigarette smoking. The level of this nicotine makes control of the craving. This affects how the smoker behaves and thinks about smoking.

One noted psychologist says that smoking could be one manifestation of oral fixation that has been developed in a smoker when he was a child. This was brought about by the unsolved tasks and issues of the oral phase during childhood. Because of this, the child, as he grows up, tends to develop orally-related activities or habits that could be responses to stress and anxieties that he meets.

Man is a social being, and he has needs that can continuously reaffirm this status. Socially speaking, there are many factors that influence any person to turn smoking as a habit, or more than that.

Smoking can be developed at home. Parental influence is a big factor. Children who have witnessed their parents smoke and tolerate this habit inside the home tend to engage more on smoking, at a young age. Parental image serves as a driving and inviting force for the habit to pursue.

This is further enhanced by peer pressure. During the teenage years, peers are considered to be the most influential social group in terms of the adolescents' capability to decide and make choices. The existing thought that smoking is a sign of liberty and being 'cool', teenagers resort to smoking and eventually turn it into a hobby. Smoking can be done as a common activity among teens during their peer talks and other shared activities.

In this commercially and economically driven world, where commodities are sold in any way possible, cigarettes are presented and brought to doors of anyone. The general thought of the public remains to be hooked on cigarette's availability and accessibility.

Smoking kills and people know how any cigarette stick could do the job well. However, they are still hooked to this habit. This is because there are innumerable social and psychological influences that make them stay to it. To counter this, stronger defenses and sense of discipline is required. After all, who wants a shorter life?