

The Islamia University of Bahawalpur



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Smoking tobacco

Smoking and Respiratory system

Smoking :

Smoking, the act of inhaling and exhaling the fumes of burning plant material. A variety of plant materials **are smoked**, including marijuana and hashish, but the act is most commonly associated with **tobacco** as **smoked** in a cigarette, cigar, or pipe.

Respirator system :

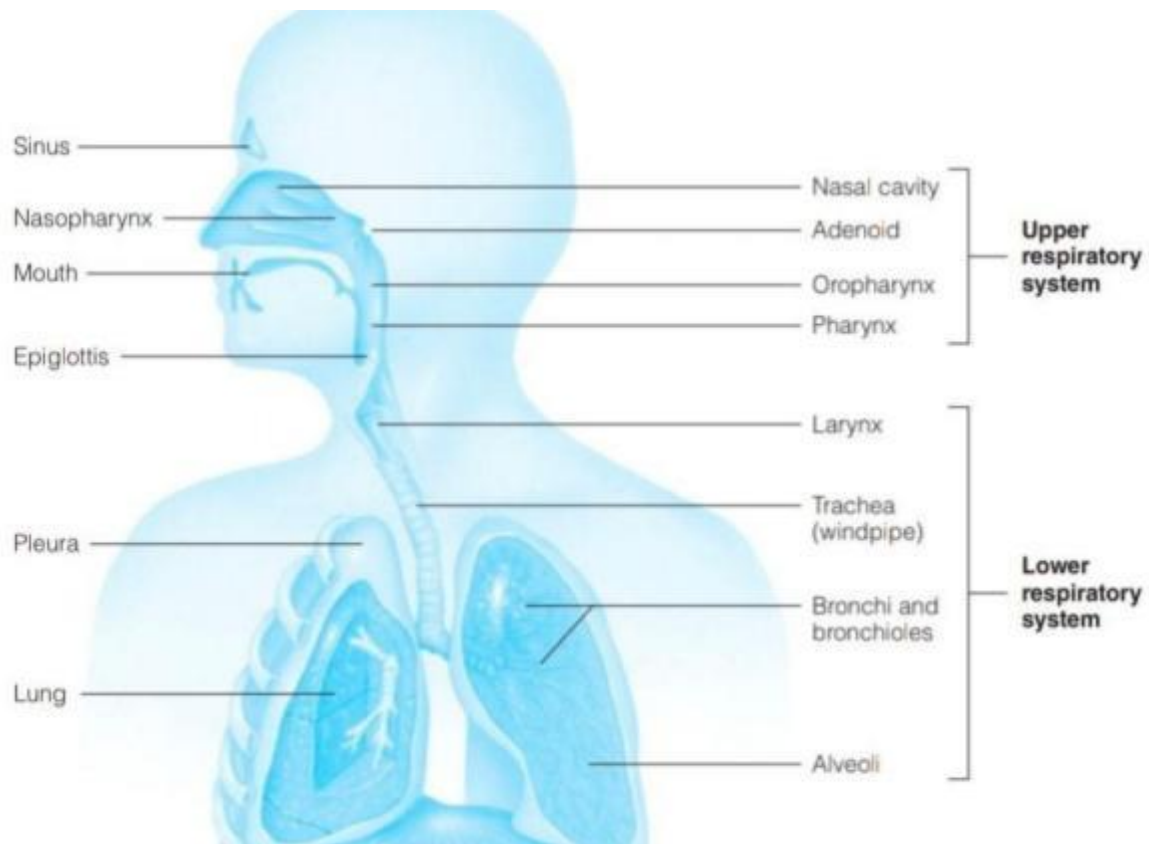
☐ The exchange of oxygen and carbon dioxide occurs deep in the lungs

Function of respiratory system :

To get air into the lungs, the diaphragm and the muscles between the ribs contract, increasing the volume within the chest.

☐ As the space inside the chest increases forcing air into the lungs.

☐ The nasal passages, pharynx, larynx, trachea, bronchi, and bronchioles conduct air into the Lungs



☐ Millions of alveoli, located at the ends of the bronchioles, . Air rich in oxygen is drawn into the lungs and reaches the alveoli

☐ The blood, now oxygen rich, travels back to the heart and is pumped out to all areas of the body. Air is an excellent medium for the introduction of foreign matter into the body.

☐ Airborne particles potentially move into the lungs with every breath. Protective mechanisms in the respiratory system, such as sneezing and coughing, expel some dangerous particles. .

☐ some of these particles can be harmful. Cigarette smoke can cause damage to the lungs, and smokers are prone to bronchitis, an inflammation of the bronchi. ☐ . Cigarette smoke contributes heavily to the development of chronic lower respiratory diseases, such as chronic bronchitis and emphysema.

Dangerous component in smoking :

Several chemicals, either within the tobacco itself or produced as a by-product of smoking, can cause organic damage. Although nicotine in large doses is extremely toxic, its precise harmful effects on the average smoker are difficult to assess.

☐ This difficulty exists because the level of nicotine in commercial cigarettes varies with the level of tars, another class of potentially hazardous substances. Acrolein and formaldehyde belong to a class of irritating compounds called **aldehydes**.

☐ Formaldehyde, a demonstrated carcinogen, disrupts tissue proteins and causes cell damage. Nitric oxide and hydrocyanic acid are gases generated in smoking tobacco that affect oxygen metabolism and therefore could be dangerous.

Because tobacco companies do not provide the public with specific information about the content of cigarettes, consumers may not be fully informed about the potential health risks posed by smoking .

History of tobacco use:

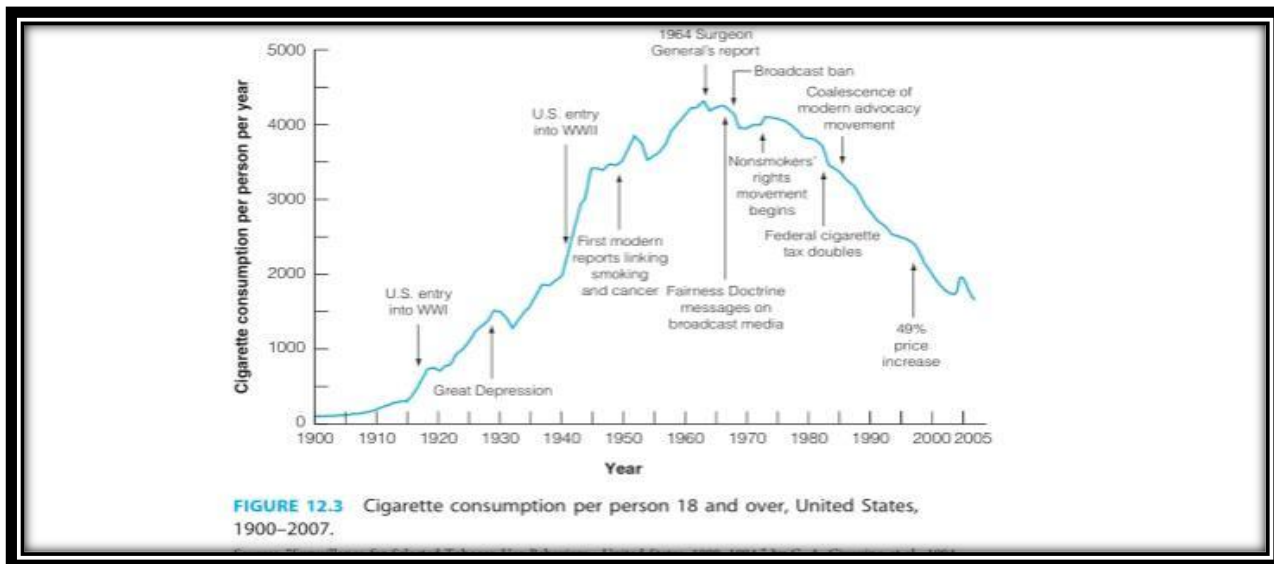
☐ When Christopher Columbus and other early European explores arrived in the western hemisphere, they found that native American had a custom considered odd by European standard: The native carried roles of dried leaves, which the set affair, and they “Drank” the smoke

☐ The smoking was habit that rapidly in popularity among European, but it was not with out its detector. Elizabeth England adopted the use of Tobacco, although Elizabethan I disapproved, as did her successor, Jam’s I . Over the countries, tobacco has been used variety of forms, including, snuff, pipes , cigars and cigarettes. The widespread adoption of cigarette smoking was aided in 1913 by the development of the “ Blended” cigarette, a mixture of the air-cured

From the time of Columbus until mid 19th century, tobacco did not lack enemies, but no one had tried to ban it for scientific or medical reason.

Smoking ratio in US :

The rate of smoking in the United States has declined since the mid-1960s, but that decline has stalled. Presently, about 18% of adult women and 23% of adult men in the United States meet the definition of smoker



Reason for smoking :

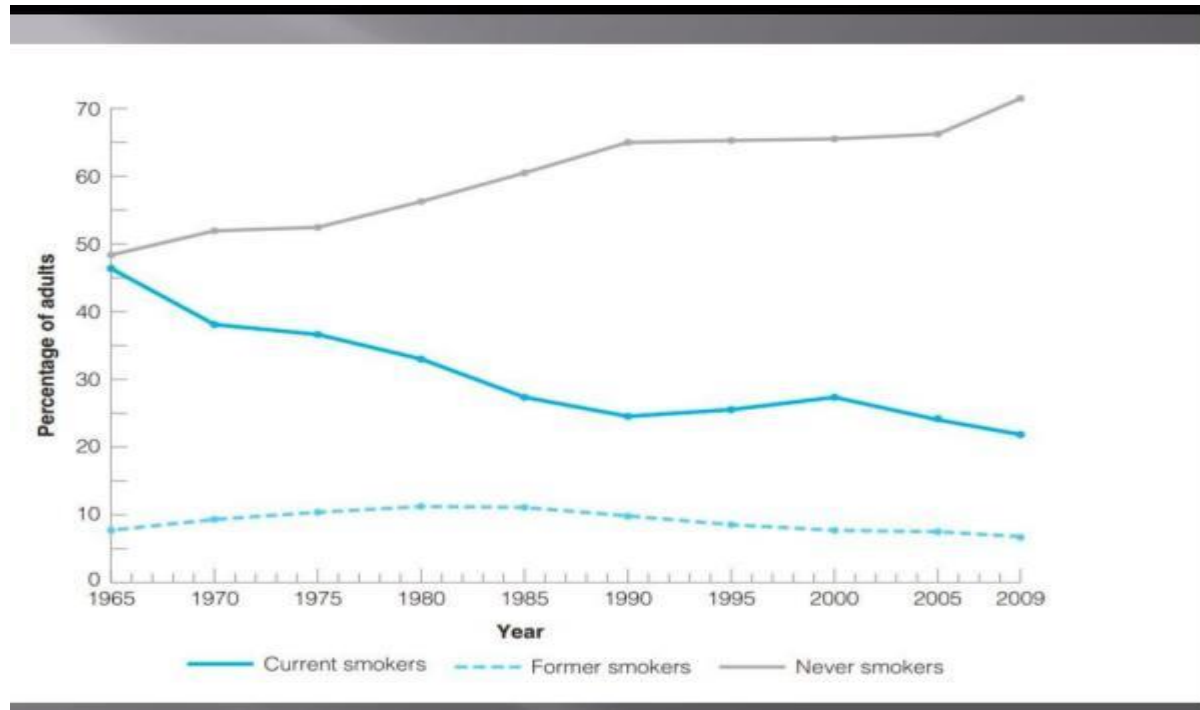
1. Ethnic background is a factor in smoking for both adolescents and adults, with Native Americans having the highest smoking rate, followed by African Americans, European Americans, Hispanic Americans, and Asian Americans.

2. Currently, educational level is a better predictor of smoking status than gender, with highly educated people smoking at a much lower rate. However, one possible negative effect is the weight gain.

Why people begin to smoke and why they continue to smoke :

1. Most smokers begin as teenagers, at a time when they are very vulnerable to peer pressure.

2 .Genetics may play a role in beginning to smoke, but social factors such as friends, siblings, and parents who smoke; advertising; and weight concerns also influence smoking initiation



Health consequences of tobacco use :

☐ The health consequences of tobacco use are multiple and serious. Smoking is the number one cause of preventable mortality in the world. Smoking causes about 443,000 deaths a year in the United States, mostly from cancer, cardiovascular disease, and chronic lower respiratory disease.

☐ Smoking also carries a risk of nonfatal diseases and disorders such as periodontal disease, loss of physical strength and bone density, respiratory disorders, cognitive dysfunction, erectile dysfunction, and macular degeneration..

Cigar and pipe smoking :

☐ Like cigars and pipes, smokeless tobacco is not as dangerous as cigarette smoking. Teenagers who use smokeless tobacco tend to believe that this form of tobacco is much safer than cigarette smoking, no level of exposure to tobacco is safe.

☐ the use of smokeless tobacco is associated with increased rates of oral cancer and periodontal disease and may be related to coronary heart disease

Passive smoking :

Passive smoking does not contribute substantially to death from cancer but does contribute to cardiovascular deaths. Environmental tobacco smoke also raises young children's risk of respiratory disease and even death

Intervention for reducing smoking rate :

. 1. Deterring Smoking

Psychological procedure aimed at buffering young adolescents against the social pressure .

2. Quitting Smoking

Second method reduce the smoking rate for current smokers.

There are following methods of quitting smoking.

1. Quitting without therapy.

2. Using Nicotine Replacement Therapy.

3. Participating in a Community Campaign

Who Quits and Who does not?

Smoking rates can be reduced either by prevention or by quitting one approach to preventing young people from starting is the inoculation method in which teenagers are given information to buffer them against the persuasive arguments' of peers and media .

These behavioral interventions-which include peer influence training in refusal skills and practice at making decisions have had some success in deterring young people from smoking

Effects of quitting .

When smokers quit , they experience a number of effects , almost all of which are positive. However one possible negative effect is the weight gain. One a more positive note stopping smoking improves health and extends life expectancy.

Health benefits of Quitting.

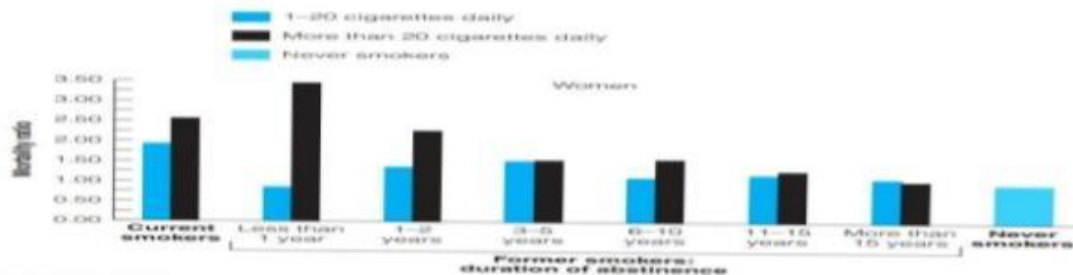


FIGURE 12.7 Overall mortality rates for female current and former smokers compared with never smokers, by duration of abstinence.
Source: The health benefits of smoking cessation: A report of the Surgeon General (p. 70), by U.S. Department of Health and Human Services, 1989, DHHS Publication (OS) 88-8416, Washington, D.C.: U.S. Government Printing Office.

