

The dangers of smoking are well known, yet many people continue with this habit. What are the causes of this? How can we reduce smoking in society? Give reasons for your answer, and include any relevant examples from your own knowledge or experience

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You should write at least 250 words.

The dangers of smoking are well known - Band 8 IELTS model essay

According to my observations, the enormous majority of cigarette smokers turn a deaf ear, if not unaware, to the health hazards posed by smoking. Considering this, it is important to understand their tendency for this addictive substance, as well as ways to motivate complete elimination, and I'm going to analyze both parts in this essay.

Nicotine is consumed by smokers for the simple reason that they have become addicted to something that is, in fact, a really dangerous chemical. Such individuals may have started experimenting with smoking in their adolescence, or fallen victim to peer influence. Even without the necessary willpower, even just a short-term close association could indeed result in psychological influence as well as a lifelong commitment among youngsters. Cigarette smoke offers stress and relaxation relief, which is the major cause of cigarettes. The cost of accessing an increasingly complicated, quicker, and today technologically advanced world is unavoidable. Similar to how some individuals are involved in physical activity and others consume coffee, people who smoke defend their routine as just a cheap and handy way to relax and energize at convenient stages.

Provided the grit and determination in which smokers adhere to their views, the most effective anti-smoking tactic is to downgrade the habit for users. Advertising campaigns are frequently employed to accomplish this goal in my nation. Similarly, there require to be laws regulating the illustration of smoking in films and shows to prevent easily influenced youths from trying to mimic their on-screen pop stars.

To sum up, Although these remedies appear promising, highly experienced smokers may always require the alternative of their stress buster.

The dangers of smoking are well known - Band 7.5 IELTS model essay

The most common type of cancer is lung cancer, which is induced by smoking cigarettes and is among the rapidly increasing health hazards. While individuals are aware of the consequences, they proceed with this addiction. Stress at work and the euphoria that smoking generates are the major causes of cigarettes. This can be resolved through lifestyle changes and mental toughness.

Firstly, a lot of individuals start smoking as a result of work stress. They deal with work-related stress through cigarettes. This might assist individuals in resting their minds and continues to maintain their calmness until they take up their tasks. On the contrary hand, teenagers start smoking drugs due to the excitement and sensation they feel when breathing normally the smoke. It starts as a leisure activity but later becomes an addictive substance. When a person inhales, a certain sort of hormone is decided to release, which also helps to keep them relaxed and calm.

Similarly, The very same hormone that is launched all through smoking is also set to release all through a workout, as per a study. Individuals with stressful occupations should enroll in a gym and maintain a daily exercise routine which also helps start making them fit and healthy. Meditation and physical exercise are the most effective methods for dealing with stress; therefore, individuals should allow themselves to participate in regular meditation, which helps strengthen the mind. This strengthens the ability to challenge their troubles without fear. Consequently, modifying relatively small aspects of their way of life can result in considerable long-term transition.

In conclusion, numerous causes can lead to smoking, but there are also possible options for these causes. The only solution to problems is not smoking. Individual transformation can gradually have a ripple impact on society.

The dangers of smoking are well known - Band 7 IELTS model essay

Nowadays, non-profit organizations are educating the public about the harmful effects of smoking on the body. Even though people are aware of "What long-term damage it causes to their health as well as body," a significant amount of individuals continue to smoke. In my opinion, educating individuals on the medical benefits of quitting smoking could perhaps lead to positive outcomes.

First, most individuals are aware of tobacco consumption and "What it's doing to their inner organs." However, People that smoke each and every day suffer from a range of health complications, which includes liver cancer, kidney damage, and neurological problems. Furthermore, cigarette smoking can reduce a human's life expectancy, primarily due to lung disease and fertility issues increase as frequent cigarette consumption rises. Meanwhile,

some individual people imagine that it might reduce stress. Non-smokers can start breathing the air released into the air by tobacco users, which can also lead to health issues.

Furthermore, the government should impose restrictions on smoking and increase consciousness. For instance, campaigning and educating individuals about the harm that it causes to organs. Moreover, there really are medical benefits to smoking reduction. Marketing is also a means of communication with citizens. Cinema plays an important role by showcasing good impacts, "Which could also trigger" people and turn them away from the direction of lowering. There could be serious repercussions if the government didn't enforce any regulations. Lastly, the most important aspect of avoiding tobacco is spreading awareness.

To sum up, even though many individuals are aware of the consequences. Some people continue to be habitual, like drug addiction. Smoking can indeed be diminished with the assistance of both the government and individuals.

The dangers of smoking are well known - Band 6.5 IELTS model essay

It is assumed that several humans continue to smoke despite being conscious of its dangers. This seems to be largely attributable to social pressures, that can be lowered by raising the company's import tax.

Firstly, Peer pressure serves as one of the leading causes of cigarettes. The large majority of individuals participate in this habit because of their desire to experience and be part of a specific socioeconomic status. According to the latest study commissioned by the World Health Organization, nearly half of Asian adults are either addicted to smoking or drug addicts as a byproduct of societal pressure. For example, I recently witnessed a group of adolescents smoking in a cafe in a Government area of the state and I tried to approach them to alert them about the health hazards of tobacco use. Furthermore, experimental research is also another factor contributing. A large percentage of cigarette smokers started experimenting with cigarettes before they became hopelessly addicted and reliant.

Increasing the price of tobacco products is indeed a method for reducing smoking in the nation. And hence, whenever a person desired to purchase the item he would indeed be made to pay the cost again for cigarettes or tobacco in addition to an extra 20 percent GST on the product, thereby discouraging them from purchasing it. Similarly, the marketing of the product should indeed be explicitly banned. Broadcasting, social networking sites, as well as the media as a whole should be ordered to stop broadcasting advertisements for cigarettes and other tobacco-related products.

In conclusion, smokers become dependent on tobacco and cigarettes through experimental work and societal expectations; this could be diminished by increasing the price of these products and restricting their marketing.