Your Name

Instructor Name

Course Number

Date

Title: Smoking in Public Places

Smoking should be banned in public places because it causes serious health problems including lung cancer, emphysema, and complicated pregnancy. Smoking is associated directly with severe health issues as it contains ingredients that cause cancers. Second-hand smoking causes same health problems in individuals that it causes in active smokers. Therefore, smoking should not be allowed in public places. Smoking has been associated with the onset of certain chronic and acute health problems including heart diseases, emphysema, and cancers of lungs and mouth.

It has been hypothesized through various studies that smoking is linked with illegal drug and alcohol use. Studies have shown that a person who smokes is also engaged in illegal drug use. Human immunodeficiency virus (HIV) has been increasing in individuals who smoke or have a habit of alcohol abuse. It has been estimated that the chances of developing coronary heart disease increase 2 to 4 times with smoking. Also, chances of developing a stroke would also be increased 2 to 4 times in smokers as compared to non-smokers. According to the report of the center for disease control and prevention, chances of developing lung cancers in the individuals who smoke increase up to 25 times.

Evidence-based studies have shown that smoking is associated with the development of severe physical health problems therefore, it should not be allowed in public places. According to the report of the center for disease control and prevention, the probability of developing almost every lung associated disease would be increased in smokers as compared to the other persons. The smoke of cigarette contains more than 70 chemicals that cause cancer. It has nicotine, an addictive psychoactive drug, and tar as part of its ingredients. Both developed and underdeveloped countries have a higher content of these ingredients in cigarettes. Therefore, smoking is associated with potentially injurious health problems. Second-hand smoke is equally harmful as it is inhaled by non-smokers and this can cause similar health problems in them that it causes in smokers. As smoking is associated with complications in pregnancy, it has been observed that the weight of the fetus reduces due to the smoke inhaled by pregnant ladies. The probability of fetal anomalies also increases with smoking. It has been observed that passive or second-hand smoking also causes similar effects in non-smoker pregnant ladies as it causes in females who smoke during pregnancy. Therefore, the argument is supported in the view of the above detail that smoking should be banned in public places.

Smoking also causes emotional problems in individuals such as breathlessness, anxiety and altered behaviors. Studies have shown that individuals suffering from depression and anxiety often develop the habit of smoking. Centers for disease control and prevention has projected a report in which it was clearly mentioned that around 480,000 deaths in the United States are caused by smoking every year. Therefore, smoking is strongly linked with the anxious and altered behaviors in individuals who smoke.

Smoking contains addictive psychoactive drugs that cause addiction and other psychological issues. With time, the urge to smoke more increases in smokers. Smoking in public places should also be discouraged because it causes injurious health issues in females and children. According to the concepts of psychology, people particularly children usually start smoking by observing other people smoking in public areas. The environment of schools and universities that favor smoking is another contributing factor. Individuals start smoking because of the people around them. Several psychological problems such as aggression and intolerance usually develop in individuals who smoke.

If the policies are designed that ban smoking in public areas, there would fewer people who would take their first cigarette. Hence, discouraging smoking in public areas would help people to acquire healthy habits and behaviors. Smoking should be banned in public areas in the United States because it causes emotional, psychological and physical damage to the individuals who smoke.