Causes of Addiction

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Addiction is a habit that has fallen out of hand. An individual will develop it slowly and after some time and repetition, the practice becomes a dependency. One cannot do without that particular practice even for a few days. It eventually becomes a great challenge in the life of the individual as well as a problem to those around them. This essay aims to explain some of the factors that cause substance addiction or the subconscious repetition of activities done by an individual.

The pressure principle is one of the causes of addiction. In the process of doing something, there is always an unprecedented level of pleasure felt by the body’s senses, which is then registered in the brain. The brain, therefore, records this unique feeling and once the habit is continuously practiced, the registered feeling becomes stronger and creates a sense of urgency. If the brain does not sense it for a long period of time or within the normal interval that has been developed, a sense of emptiness is felt. This way, the created urge by the brain makes the person remember the habit and they will not be satisfied until they finally identify and perform the habit, allowing the brain to receive the signal and thus inducing pleasure. Constant repetition of this action develops an addiction that becomes difficult to fight against (Muñoz, 2005).

Acquired tolerance is also another factor leading to addiction. Once the brain has identified the registered pleasure that is needed and at what interval, the brain eventually adapts to the habit, and this makes the activity less satisfying than before. This, therefore, calls for the need to practice the activity that gives the brain that specific sense more often than before. This continues this way, and the developed tolerance leads to a dangerous type of addiction where to
be satisfied, the individual has to do the activity more frequently over a short period. For this reason, developed tolerance increases the frequency of the habit leading to addiction (Thakkar, 2006).

At a certain point, compulsion takes over which also greatly contributes to the causes of addiction. This is where the satisfactory pleasure resulting from the habit decreases as the need to use the habit increases. It may be in the aftermath of the brain keeping memory of the habit or the adaptation of the body to that particular habit. This will lead to urges that subconsciously force one to do the practice more frequently since it is less satisfying but the body frequently needs it and in large amounts. This process, therefore, leads to drug addiction.

False information may also lead to addiction. There is a myth in the society that for instance, using drugs will help relieve stress. An individual who is desperate will end up using the drugs for stress relief, and in no time, he or she may become an addict since there is no permanent solution to the stress they are undergoing. Any time they sober up, they end up getting stressed and will call for the need to use the drugs. Other false rumors developed in society such as frequent sex develops brain cells will keep someone who feels unintelligent repeating the action endlessly. With time, if the intelligence level does not change, this person will end up doing it more often which may create addiction at some point. For this reason, false information can help increase chances of addiction (Thakkar, 2006).

In summary, before one becomes addicted to a substance or activity, several activities take place in the body, and the brain is at the center of it all. The tolerance created by the activity, compulsion effect and the pleasure principle play a significant role in the factors that
cause addiction. Without considering the harmful effects of addiction and their overall lasting negative impacts, one may spiral out of control in his or her life. To avoid this disaster, understanding the root causes of addiction allow one to more prepared in the fight against it.

Reference.
