



STORY BY SARAH DAY, WRITER

Cursing negatively affects society

I hear it walking to class. It's all throughout media — television, social media, music — you name it. Bad words seem to be unavoidable. The internet has allowed for profanity to appear everywhere and to appear uncensored, thus making these words lose their head-turning value.

My professors — authority figures — sometimes swear during class, yet it doesn't even phase me anymore. In order to gain attention these days, a person must use a myriad of words strung together creatively in order to cause an effect of maximum vulgarity.

It starts out slowly — you begin to say swear words in your head, then out loud on occasion and then out loud on a regular basis. Some curse as a way to blow off steam in negative situations. Some use profanity because everyone else seems to be doing it. And still, some swear because they're joking around with their friends.

What is this culture of cursing doing to society?

For starters, most swear words are derived from an intent to insult another person. Interestingly enough, many of these words have very feminine connotations.

Yes, context is everything, but as recently proven to me through a discussion in one of my classes, these derogatory comments are the seemingly invisible impact of the mentality society holds that women are less than men. Why continue to perpetuate that stigma?

Another issue is the nature of profanity itself. Discussions with topics of a sensitive nature can quickly turn to arguments, leading to violence if things get out of control. This is because swearing can create a more hostile environment than one where foul language is absent.

Curse words slowly creep into our vocabulary without us realizing until they become a natural reaction in a variety of circumstances. Swearing can leave someone with a bad impression, signal a lack of control and indicate a bad attitude or immaturity. This is even truer when it comes to our generation interacting with members of older generations.

We should be conscious of the situations in which we choose to use profane language, and try to limit it all together. Nobody wants to be the person who has a slip-up at an important event within a professional setting or in front of the entire family at a holiday dinner.

WHY CURSE?

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Cursing is one of those things that our society has allowed to become normal in the past few years. Many of us do not think twice as we spit out a curse word in middle of a sentence or story that we are saying. It has come to the point where most people are okay with hearing these words constantly, and they do not even think about it anymore.

Think about one of the world's most highly respected people. A person whom you truly admire and look up to. Do you think that they walk around cursing for no good reason? The correct answer is no. There is a reason for that. Cursing is not something that people find admirable. Deep down everybody knows that cursing is bad. There are so many other words that you could use instead of curse words. The real question is can you be strong enough to stand up to peer pressure? The correct answer is yes. Anybody can take action and stand up for what they believe in. Anybody could spread the word and make the world a better place.

So why do people curse? The answer is easy. It is because everybody else is doing it. Your friends at school are cursing. The team captain of your schools sports team is cursing. The popular kids are cursing. Even your parents and teachers might be cursing. But what about you? Will you be the one to break the chain? Will you try your hardest to alter your speech? Just start with yourself. If everyone tries to work on themselves then slowly we can change the world.

[HTTP://WWW.TEENINK.COM/OPINION/POP_CULTURE_TRENDS/ARTICLE/244010/WHY-CURSE/](http://www.teenink.com/opinion/pop_culture_trends/article/244010/why-curse/)

The Surprising Health Benefits of Swearing

BY EMILY WATERS



[HTTPS://PSYCHCENTRAL.COM/BLOG/THE-SURPRISING-HEALTH-BENEFITS-OF-SWEARING/](https://psychcentral.com/blog/the-surprising-health-benefits-of-swearing/)

No one needs to tell you that having a potty mouth is crass and vulgar. In fact, ever since we were little children we were told not to curse or swear excessively. While this advice seems well intentioned with respect to social decorum, science says otherwise. In fact, science reveals that a little cursing here and there can actually be a balm for our soul. How so? Let us examine how this seemingly bad habit can turn into something surprisingly comforting when the moment calls for it.

PAIN RELIEF. Swearing activates the so-called ‘fight or flight’ response, leading to a surge of adrenaline and a subsequent pain relieving effect on our immune system. Richard Stephens of Keele University in England discovered that people who swear are able to hold their hands in ice water for twice as long. However, this only holds true for people who swear a few times a day, and not for those who swear excessively. The main reason for this is because those who swear on a constant basis are desensitized to their swearing, and as a result, are not particularly aroused by the act of swearing when they engage in it.

NON-VIOLENT OUTLET. Swearing enables us to get back at bad people or situations without having to resort to traditional violence, or something more menacing or harmful. It can be considered an act of sublimation, whereby we channel our anger by swearing instead, in what is seen as a ‘healthier’ outlet to help release our negative emotions.

HARMLESS & HUMOROUS COPING MECHANISM. This coping mechanism, although far from a great one, can serve to increase our sense of self esteem, when it seems deflated, threatened or attacked. This in turn helps to build our inner resilience, and confidence in the midst of perceived tension and stress.

ASSERTION OF POWER/CONTROL. Swearing can give us a greater sense of power and control over a bad or negative situation. By swearing we show that we have the power to control a situation, and not have the situation control us. This usually happens, ironically, when things are spinning out of control for us, and when things are not necessarily going our way. A person need not be the actual trigger for swearing to occur, but a particular unpleasant situation can be the trigger.

SOCIAL BONDING. Swearing can serve to show that we are not a fragmented member of a society. That’s why, cursing/swearing among friends can make you feel slightly better, when its coupled with a sense of validation from others. If done correctly, and under the right circumstances and with the right people, or group, it can also indicate that we are open, trustworthy, and fun to be around, making us appear more genuinely likable, and ‘real’ to others.

PSYCHOLOGICAL & PHYSICAL HEALTH. The best health benefits of swearing include increased circulation, elevated endorphin, and serotonin levels, and an overall sense of calm, control, and well-being. All of these benefits can seem intriguing if it is done in the right way, and does not become a vulgar habit.

OUTLET FOR SELF-EXPRESSION & CREATIVITY. Swearing can at times spark our inner creativity. Some individuals who naturally possess more of a creative flair find that they can come up with very creative words in the process of swearing, or that they muster up the energy to complete a project that has been neglected for some time.

A little swearing now and then (to yourself, or with friends) is not too terrible, and in fact may be even be good for your health by making you feel better, at least in the moment. The trick is to make sure it isn’t excessive, and that your swearing is not coupled up with anger, or another extreme negative emotion, as that can be very detrimental to your overall well being, and to others near you, possibly negating all of the potential health benefits described above.

SOURCE 4



Is Swearing Good for Your Brain?