



HUMAN PHYSIOLOGICAL BEHAVIOR

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Abstract

This research aims to understand the nature of the links between the body and the soul, because this field of knowledge is the science of mutual relationship physical psycho-physical and physical, and the combination of the science of physiology, which is concerned with the study of the vital processes that take place in the tissues and organs of the body, and the psychology that is concerned with the study of psychological states, mental processes, behavioural patterns and their determinants, in order to know the different physiological data associated with variables that occur on the psychological, mental and behavioural aspects of the human being, such as knowledge of the physiological and psychological functions of the nervous system, especially the central part of it, and the feeling, perception, emotion, remembering and hormonal psychological balance.. etc.

Keywords:

Behaviour, physiological, Human, environment, Physiological Psychology.

Introduction

Physiological psychology has a long history, like any other science, in which each science added a fundamental building block that led in the end to the development of ideas and concepts illustrated for the relationship of influence between the psychological - emotional and the physiological dimensions. We also refer to the role of the methods of the study used in developing this science such as: observing brain functions, recording physiological indicators of the functional status with advanced devices, especially digital, applying psychological tests, self-report, chemical methods, methods of experimentation and comparison, comprehensive methods in estimating the functional status .

A fundamental issue discussed in physiological psychology is the search for physiological indicators that are a functional function of an individual's psychological state and his personal and behavioural characteristics, the efforts of this cognitive pattern focus on studying the bilateral relationship between the organic and psychological variables, both at the level of functions of specific parts of the body, as is the case in the search for the link between the central nervous system and phenomena such as learning, memory, emotion ... etc., or at the molecular, chemical level, as in the field of tracking the effect of hormones on behaviour and personality.

Literature Review

Behaviour Setting Theory of Barker

Both (Barker 1968 and Wicker 1979) have developed some concepts of the relationship between behaviour and the environment and have come to the conclusion that a more accurate picture of human behaviour can be achieved by knowing the position in which it exists and that is better than knowledge of individual characteristics only.

The results of their study showed that human behaviour varies throughout the day in different situations that it is exposed to, and that the similarity between situations, events and environmental conditions achieves great similarities in the behaviour of a group of people, and accordingly it was confirmed that a person tends to adapt his behaviour to the environment in which he is present (Barker 1968).

Cabanis

From 1796-1802, the ideas of the French physician Cabanis about the human's connections to the soul emerged, through his notes and research. Judging by the breadth of its culture and its familiarity with it, some see that Cabanis is the first founder of modern physiological psychology.

Remak

In 1833, Remak discovered that the gray matter surrounding the nerve fibers is of a cellular nature, and was later known to contain nerve centers.

Weber

In 1834, the scientist Weber reached an important proof that the amount of change in the intensity of the original stimulus is always equal to a fixed amount known by his name. Some call it the Weber-Fechner law, and it is a law that states that the increase or decrease in the intensity of the stimulus is distinguished depending on the ratio of the change in the intensity of the effect to its ratio before the change occurs. This law is used to measure the sensation process.

Chernegton

In the year 1857, Chernegton presented important findings on determining the functions of the nervous system and the importance of harmony and complementarity between parts of the brain relative to the level of mental activity itself.

Fechner

In the 1860s, Fechner, the mathematical physicist, made a correction to the Weber equation, so it was called the Weber-Fechner equation.

Human Physiological Behaviour

Definition of physiological psychology

It is the psychological field that studies the relationships between what is called a soul and what is called a body, that is, the study of the relationship between mental and emotional processes and behavioral phenomena and between the internal and external formation of the human being. (Hashemi, 1985)

The main topic of physiological psychology is confined to the search for physiological indicators or neurological processes that are a functional function of an individual's psychological state and his personal and motor characteristics. (Kamel, 1994)

As a general definition, it is the scientific knowledge field that carefully examines the nature of the interrelated relationships between manifestations and psychological and emotional variables on the one hand, and the psychological aspects and variables that accompany them on the other hand.

The Fields of Physiological Psychology

Physiological psychology is the link between the different branches of medicine for psychological, mental and neurological processes and it is located on the boundaries between psychology and physiology. Physiological psychology provides the physiological basis for different types of behavior in order to complete its understanding and provide physiology with an explanation of the types of behavior that is understood only in light of the general meaning of human behavior and all branches of psychology benefit from studies of physiological psychology.

Human behavior is not unique in identifying factors of the environment surrounding the individual as well as the topic of endocrine and hormones are considered one of the most important examples of the effect of physiological factors in behavior if the subject of physiological psychology is in the first place the study of the relationship between the nervous system and behavior and it is more generally the study of the relationship between the integrated behavior the and the various physical functions, and although we are either in psychology or mental medicine we focus attention on the whole person as an integrated biological and psychological recipe that responds to its external environment by various means, but we also need to know how the special parts of the body work during the behavior, where the study of members sense, nerves, glands, and muscles are anatomical and physiological in understanding human beings as a whole. (Okasha, 2009)

And that the researcher in physiological psychology finds himself in front of various images of the public that ultimately pour into this type of studies. Anatomical studies, life sciences, biochemistry, and psychology in general are all closely related to the intention in clarifying the basic issues of physiological psychology.

Research Methods in Physiological Psychology

Specialists in physiological psychology use many methods to study behavior processes. There are two methods for studying these processes empirically:

1. The first method is to record physical and chemical events and link them to behavior, such as giving mental function tests and examining brain activity while answering them.
2. The second method is based on interference in some form in physiological processes, and to observe the change in behavior as an organ excision and note the resulting effects (Al-Druz, 1994).

Research methods have multiplied in recent years. After the studies relied on removing a part of the brain and noticing the consequences, modern experiences in the living person became through electrical drawing, computer drawing of the brain, computer brain examination, and magnetic resonance imaging.

These studies helped to understand part of the higher mental processes which most of them are still in the mazes that modern science is trying to discover and solve their secrets.

Human Behavior

Behavior is defined as motor and glandular responses, i.e. responses emanating from the muscles of the organism or from the glands in its body, and therefore human behavior consists of many activities that the individual performs in his daily life so that he can adapt to the requirements of living (Saad, 1980).

And the behavior is either innate or acquired, the innate behavior is the behavior that does not need to be learned like the screaming of the child. As for the acquired behavior is the behavior that the individual learns as a result of contact with the surrounding environment (such as reading, writing).

The behavior that is represented in the relationship of the individual with other members of the group, which is also one of the common forms of behavior in human life where a person tends to belong to and form social relationships with other individuals and a person acquires this behavior from his birth as a result of his relationship with his family in which he originates first, then the social environment outside the family second.

Human behavior is characterized by its superiority over others, and its aspects of excellence:

1. Human behavior is flexible, subject to change and modification according to the circumstances of its environment.
2. It gets used to fast, no need for thought and effort.
3. His ability to reach his goals, fulfill his desires, and solve problems.
4. His ability to think well and learn from his mistakes.

Classification of Human Behavior

1. Individual behavior

Individual behavior is all that the individual performs from actions and behaviors that express his personality and all that relates to him from knowledge, experiences, culture, inherited values and all previous experiences, and the environment (whether it is natural / urban / social / cultural). The most important constituent elements or that have a direct impact on a person's individual behavior, and by this we can say that there it is a clear impact on a person's culture, traditions and customs that have arisen in practice on his behavior(Saad, 1980).

2. Group behavior

It is the agreement of people who are bound by an association, whether racially, ideologically or spatially, on a general direction of expression. Thus, the force affecting collective behavior bears the features of the culture of this society and leads to a kind of homogeneity and the individual's feeling of belonging to a group and shares with them opinion and thought, this is called public opinion.

3. Social behavior

The behavior of individuals or groups constitutes a group of activities that are practiced in the spatial environment, as the human being, whether alone or in groups dealing with the surrounding environment through the behavior that expresses the human personality, and that the environment affects the human behavior through several factors.

Determinants of Human Behavior

Human behavior in particular is subject to the influence of many factors to form in the end with specific characteristics, and these factors are: (Al-Khatib, 2003)

1. Genetics: We inherit from fathers and grandparents before them a number of physical and mental characteristics, some of which are apparent (overcoming characteristics) while others are unclear (recessive properties). The heir is largely responsible for our health, physical and mental conditions.

2. Environment: It includes all the factors that surround an individual and affect his genetic state, and classifies the environment in different forms: natural environments, social environments, and constructive environments (industrial). Or classified into the prenatal environment, the environment during childbirth, and the postpartum environment.

Genetics and the environment work as two sides of the same currency in their impact on behavior and humans, as it is not possible to separate them, and they interact together in influencing the various aspects of the individual's activity and activities during the process of growth and development.

3. Mind and body: The human being is a one mental and physical unity, and there is no meaning to any talk about separating the two. In the case of excitement of joy, the individual feels love, joy, happiness, beauty of life and the joy of the world (which are mental feelings) accompanied by rapid heart palpitations, rapid breathing and increased heart rate, and these are physical processes, all this demonstrates on the union of mind and body, or soul and body.

4. Accumulated psychological experiences (learning): A person needs in his life different skills and knowledge and a variety assists him in the process of appropriate living in a complex and changing environment, and learning provides such skills and knowledge so that the individual moves from being an inexperienced child to an adult with a large amount of knowledge and skills that allows him to practice various different activities that are different in their difficulty, goals and topics. The cornerstone of this transition is the learning process, which is intended (i.e. A change in behavior that is caused by experience and characterized by relative durability).

Conclusion

Hence, we find that the physiological psychology is the link between the various branches of medicine related to psychological, mental and neurological processes, so the psychological processes depend on the integrity of the physiological, chemical and electrical processes inside the brain. Physiological psychology studies the physiological and biological basis of various psychological phenomena, and here we mean by psychological phenomena what is called "the soul", and we do not use the term "soul", as an intangible metaphysical thing, but as a physical object, subject to scientific laws and controlled experiences, and of course they are completely different from the soul, which is of my Lord's command, is not subject to these studies, except that many people mix the self and the soul, and it is forgotten that the self is the group of the higher functions of the brain or the central nervous system, we mean emotion, thinking and behavior.

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