



Definition of Biological Psychology

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The study of the physiological foundation of behaviour is known as biological psychology, often known as physiological psychology or behavioural neuroscience. Physiological grounds for motivated behaviour, emotion, learning, memory, cognition, and mental diseases have all been studied. Biological psychology, sometimes known as physiological psychology, is the study of the nervous system, hormones, and genetics in relation to behaviour. Biological psychology studies the mind-body connection, brain systems, and the impact of heredity on behaviour. Biological psychologists research human behaviour, focusing on the psychological factors that influence human and animal behaviour. These researchers want to know how different mental processes, as well as factors like heredity and the chemical makeup of the brain, influence behaviour. The works of Ernst Weber (1795–1878) and Gustav Fechner (1801–1887), who brought physiology approaches to psychology Schultz and Schultz, ushered in contemporary biological psychology in the late nineteenth century (1992). Psychologists can better understand how the brain and physiological processes influence how people think, act, and feel by looking at the biological foundation of human behaviour. All human (and animal) behaviour is the result of highly organised biological structures and processes on several interrelated levels. The nervous system's structure is highly specialised and hierarchical, but neuroplasticity allows the brain to change its structure and function.

Evolution via natural selection, homeostasis, cell theory, and gene theory are the four major theories in biology. Each of these hypotheses explains all currently known and pertinent facts in a coherent manner. It's important to remember that these three figures were the driving forces behind the three major paradigms of American psychology: behaviourism, psychoanalysis, and humanistic psychology, implying a link between the three major branches of psychology and the three most historically significant schools of thought. Beyond high school, a career in biopsychology may necessitate up to ten years of formal schooling. Although a master's degree is the minimal prerequisite, most jobs in this sector require a doctoral degree (Ph. D.). Undergraduate psychology degrees are generally regarded positively by graduate programmes. Biological explanations for behaviour will fall into one of four categories: physiological, fun, and a combination of the two. Genetic effects, brain chemistry, hormone levels, nutrition, and gender are all biological aspects. Here's a closer look at the effects of nutrition and gender on development. Charles Darwin was the first to postulate that both genetics and evolution play a role in many human characteristics, including personality. Biology is the study of life, whereas psychology is the study of the human mind and its processes, particularly those that influence behaviour. A part of the ancient brain that regulates our perceptions of hostility and fear, as well as our responses to them.

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