

# In Psychology, What Role Does Biology Play?

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## Review

There are numerous approaches of thinking about psychology problems. The biological approach examines the physical foundations of animal and human behavior in order to gain a better understanding of psychological concerns. It is one of the most important areas of psychology, and it includes research into the brain, immunological system, neurological system, and genetics. The relative contributions of nature vs. nurture have long been a point of contention in psychology. Those who advocate for the nurture side of the debate argue that the environment has the biggest impact on behavior. The biological viewpoint emphasizes the significance of nature.

The Biological Point of View Biopsychology or physiological psychology is terms used to describe this branch of psychology. This branch of psychology has exploded in popularity in recent years, and it is intertwined with other fields of study such as biology, neurology, and genetics. The biological perspective is a manner of looking at human problems and activities from a biological standpoint. Since its inception, psychology has placed a strong emphasis on the study of physiology and biological processes. The idea that evolution and genetics play a role in human behavior was initially proposed by Charles Darwin [1].

Consider the problem of aggression. Aggression may be viewed as the product of childhood traumas and unconscious drives from a psychoanalytic perspective. The behavioral view explores how association, reinforcement, and punishment formed the behavior. A social psychologist could investigate the group dynamics and factors that contribute to such conduct. The biological perspective, on the other hand, would entail investigating the underlying

underpinnings of violent behavior. Someone who looks at things from a biological standpoint would think about how certain forms of brain injuries can lead to violent behavior. They may also investigate hereditary factors that may have a role in such outbursts of behavior [2].

Biopsychologists investigate many of the same topics as other psychologists, but they are particularly interested in how biological processes influence human behavior. The following are some of the subjects that a psychologist might look into from this perspective:

- Examining the effects of brain damage on behavior
- Examining the differences and similarities between twins to see which traits are caused by heredity and which are caused by environmental factors
- Investigating how genetic factors influence traits like aggression.
- Examining how degenerative brain diseases affect people's behavior
- Investigating the relationship between mental and genetics and brain damage

A Few Words from Very well 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 behavior [3].

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