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# Biopsychology

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Meaning and Nature of Biopsychology

# Biopsychology

- Biopsychology is an interdisciplinary branch of psychology that analyzes how the brain, neurotransmitters, and other aspects of our biology influence our behaviors, thoughts, and feelings.

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- As its name suggests, biopsychology is the science of the brain and nervous system and how they influence behavior. This includes the normal function of the brain as well as dealing with an injured brain or one in poor physical condition.
- Dewsbury (1991) define biopsychology as the scientific study of the biology of behaviour.

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- While biopsychology might seem like a fairly recent development thanks to the introduction of advanced tools and technology for examining the brain, the roots of the field date back thousands of years to the time of the early philosophers.

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- Aristotle, for example, taught that our thoughts and feelings arose from the heart. Greek thinkers such as Hippocrates and later Plato suggested that the brain was where the mind resides and that it served as the source of all thought and action.

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- It was Descartes who introduced the concept of the reflex, although later researchers demonstrated it was the spinal cord that played a critical role in these muscle responses.

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- Researchers utilize several different tests to study the human brain and nervous system. Brain imaging techniques can be categorized into two main categories: techniques that study the electrical activity in the brain and techniques that study changes in blood flow in areas of the brain associated with brain activity.