

Option 3: Personal Experience related to Psychological Concept

The Relationship between Brain and Behavior

Introduction

The topic of respective research is Relation in between brain and behavior. Behavior is a complex phenotype that is plastic and evolutionarily labile (Kolb & Whishaw, 2001). The coming of genomics has upset the field of behavioral heredity by giving instruments to quantify the element nature of brain gene declaration in connection to behavioral output (Haken, 2012). The purpose of this research is to study the relationship between brain gene declaration and behavior (Whitfield, Cziko & Robinson, 2003) given both the noteworthy behavioral collection communicated by parts of its intricate public opinion and the degree to which behavior is affected by heredity and the social environment (Kolb & Whishaw, 2001). The purpose of this research is to investigate and inquire the relationship between the brain and the behavior. This will be done in accordance to following outline. The communication process involving neurons direct the brain to act and react in certain ways, determining our behavior and attitudes in accordance to the observed stimuli (Haken, 2012).

Significance of Psychological Motivation

A behavior or thought is created by an action. Actions that will instigate a particular behavior or thought are effected by vitality, one's brain and by numerous different factors (Kolb & Whishaw, 2001). This sort of behavior could be either extrinsic or intrinsic nature. Extrinsic motivation is created by outside sources and a take after getting a prize or a particular feeling from somebody. Intrinsic motivation varies from extrinsic, as it is basically picked and not impacted by outside things. It is additionally prior in every person. Case in point, extrinsic motivation can make you

need to consume healthier on the grounds that others recognize the changes that originate from diverse nutrition classes.

Intrinsic motivation originates from the inclination itself that is brought on by doing something. This motivation is not influenced by any external remunerates yet more probable originates from within every person. This could give the reasons into why not everybody concurs on doing the same things.

While one consumes sound for a prize, others do it basically on the grounds that they need to do it. It ought to additionally be pointed out that something stirred from an extrinsic motivation could now be a greater amount of the intrinsic birthplace. A sample for this would be that there was an external motive to consume healthier, for example, getting more fit however now, since one lost all the weight it simply got second nature.

There are distinctive motives, including one's interest or an individual's stream that can help intrinsic motivation and the level of it. What's more, it is huge to recognize from what and where the reasons desired this or whatever available sort of behavior. Something that may start as blameless behavior can form quick into a fixation, which can prompt numerous issue (Kolb & Whishaw, 2001). Besides, both factors can impact one another.

Impact of Genetics and Environment

One approach to clarify how one's heredity and environment are included in the reasons and decisions of consuming solid is by utilizing one's evolutionary and particular history. One's past and progenitors impact an individual's evolutionary history. What and how a solid one consumes is brought about by what one could learn from the past, including how one adjusted through the years. Previously, the real motivations to consume were fundamentally due to survival

(Rosenzweig & Bennett, 1996). The learning accessible about specific sustenance's gatherings was restricted and focused around this factor. Despite the fact that one is hereditarily customized to consume, he or she still has the decision in how adjusted and sound their eating methodology is (Haken, 2012).

[Portion of text redacted]

These ideas and concepts of behavior and learning through different factors was persuaded and proposed by Skinner. As Skinner said:

“...The practice of looking inside the organism for an explanation of behavior has tended to obscure the variables which are immediately available for a scientific analysis. These variables lie outside the organism, in its immediate environment and in its environmental history...the objection to inner states is not that they do not exist, but that they are not relevant ...”

Skinner accepts that the inner state of an individual is not paramount to explain one's behavior, centered on the external variables is an experimental system to comprehend one's identity advancement.

Discussion & Conclusion

The correlation between brain and behavior is best and most comprehensively described by B.F. Skinner. The investigation of human behavior is various and numerous studies have been carried out trying to find all the more about human behavior. Numerous analysts have presumed that human behavior is complex and frequently flighty. The environment is one of the central point in the advancement of human behavior. The capriciousness of human behavior tries to demonstrate that individuals are remarkable and operate on distinctive plans and foundations. Also, the brain

of a person is independent to that of someone else, therefore, this makes an assorted qualities of how individuals think, act and decide. The investigation of human behavior obliges a profound and exhaustive research on individuals in better places and environments. B.f. Skinner, an eminent analyst and clinician, is one of the persons who captivated all his life studying human behavior and identity. He thought of different theories that assistance in understanding human behavior and determine their thinking and actions.

Skinner understood that the behavioral methodologies that were utilized around then relied on upon the Watson and Pavlov's meets expectations. These two behavioral meets expectations were centered on the standard of Stimulus- reaction and their strategy for conditioning went for finding out the reaction and effect of those stimuli on learning of life forms. Therefore, he chose to concentrate on an alternate technique for approaching behavioral reaction and their effect learning.

The change of behavior of people goes for improving or worsening their circumstance. The behavior change brought about by environment influences the body condition, which brings about a few prizes (Kuhlman, 2005). As Skinner puts it; behavior is learnt depending on the accessible conditions. An individual may create behaviors because of the certain surrounding, which influences their identity (Kuhlman, 2005). It was Skinner's accept that it was an exercise in futility trying to study the shrouded and oblivious parts of people. This conviction made him to reject different theories, which were prominent in the mental discipline.

References

Haken, H. (2012). *Principles of brain functioning: A synergetic approach to brain activity, behavior and cognition*. Springer Publishing Company, Incorporated.

Kandel, E. R., Schwartz, J. H., & Jessell, T. M. (Eds.). (2000). *Principles of neural science* (Vol. 4, pp. 1227-1246). New York: McGraw-Hill.

Kelso, J. S. (1997). *Dynamic patterns: The self-organization of brain and behavior*. MIT press.

Kolb, B., & Whishaw, I. Q. (2001). *An introduction to brain and behavior*. Worth Publishers.

Renner, M. J., & Rosenzweig, M. R. (1987). *Enriched and impoverished environments: Effects on brain and behavior* (pp. 12-38). New York: Springer-Verlag.

Rosenzweig, M. R., & Bennett, E. L. (1996). Psychobiology of plasticity: effects of training and experience on brain and behavior. *Behavioural brain research*, 78(1), 57-65.

Rubinow, D. R., & Schmidt, P. J. (1996). Androgens, brain, and behavior. *The American journal of psychiatry*.

Whitfield, C. W., Cziko, A. M., & Robinson, G. E. (2003). Gene expression profiles in the brain predict behavior in individual honey bees. *Science*, 302(5643), 296-299.

Kuhlman, H. (2005). *Living Walden Two: BF Skinner's behaviorist utopia and experimental communities*. University of Illinois Press.