

What Affects Human Behavior?

What Affects Human Behavior?

Azariah Pugh

01247624

March 31, 2024

Abstract

Discussing human behavior is a difficult topic that needs research from several academic fields. Everybody approaches situations differently, and this is a result of the experiences they have had in life. Several academic fields study human behavior and how people respond to different circumstances, but the three fields that are most widely accepted are psychology, biology, and economics. Psychological inquiry examines an individual's motivational and affective dimensions. Most of the time, our reactions to situations are emotional ones. This field looks closely at the study of human minds and the comprehension of mental processes. The field of biology investigates the biology of the human brain. Everybody has a different brain and genetic makeup. Certain situations tend to be handled differently by certain people than by others. Some people are extroverted, while others are shy. We can examine the human body and determine what makes it behave in particular ways. A person grows up in a learning atmosphere that is focused on economics. Communities are critical in molding a person's way of thinking. Compared to someone from an affluent society, those from poor socioeconomic areas who have nothing to lose are more likely to engage in criminal activities. We examine the behavioral gaps

What Affects Human Behavior?

in people and develop a comprehensive picture of this circumstance. Combining all these fields of study enables people to have a comprehensive understanding of the reasoning behind these behaviors.

What Affects Human Behavior?

We must first comprehend the idea of human behavior before delving into specifics about the factors that influence it. Human behavior is the response or action triggered by facets of existence. Each person reacts differently, which can be attributed to a variety of factors including environment, personal experiences, cultural background, and heredity. A person's reaction to a given scenario could differ from another person's due to possible past experiences. This is the reason it's improper to assess someone's behavior without knowing more about their past.

Comprehending human behavior provides additional insights into various issues. This produces a sharp lens through which we can see the world and ourselves more clearly. When we can identify the root of the issue, we can solve it quickly and effectively. Accurate background knowledge may enable others to understand the motivations behind an individual's actions. An essential component of human behavior is prediction. You can readily foresee someone's potential reaction to a certain scenario if you are familiar with their behavior. This is highly beneficial as it has the potential to avert poor choices. When we comprehend human behavior better, we can handle complex obstacles and withstand beneficial changes.

Psychology Discipline

What Affects Human Behavior?

Psychology is the scientific study of human behavior and mental processes. It aims to help us understand why people behave the way they do and what motivates them. Psychologists use a variety of methods to study human behavior, including observations, surveys, and experiments. Experimental methods are particularly useful because they allow psychologists to test their theories and hypotheses in a controlled environment. Overall, psychology is an important discipline that helps us gain a deeper understanding of ourselves and the world around us.

When seeking to comprehend an individual's behavior, we often begin by examining their interactions with others - a fundamental aspect of social psychology. Social psychologists delve into how people can be influenced by those they encounter. As our parents often advise, the company we keep can have a powerful impact on us, and we must be mindful of negative influences. Friendships can also be a source of motivation, encouraging us to take risks and try new things. Meanwhile, psychologists focus on cognitive processes, using this lens to scrutinize an individual's problem-solving, perception, and attention. By closely examining these cognitive processes, experts can gain insight into how one might approach a particular scenario. Prediction is also a key component of psychology, as with enough research and analysis, we can anticipate how someone may react before they even act.

Let's consider the scenario of a child who is not receiving adequate attention at home due to his parents being preoccupied with a newborn baby who requires a great deal of attention. This child is the middle child and while he performs well academically, he occasionally exhibits negative behavior to gain attention. It is commonly observed that children may act out in public situations when they feel neglected and powerless at home. Middle children often feel as though they are not receiving the same level of affection as their older and younger siblings. As a psychologist,

What Affects Human Behavior?

we can conclude that the root cause of this child's situation is the lack of attention he is receiving at home.

In (Wallace, 2020) " The author states in her article that as an expert she believes that middle child syndrome is an actual thing and she calls it a syndrome because many middle children have a predictable set of emotional experiences in the family, which affect their behavior, their emotions, and personality similarly. Having three siblings and being the middle child can help you learn how to fit in with the group. Strong social skills can result from sharing, listening to others, and engaging in activities. The middle kid can become an adept negotiator due to their experience navigating the distinct personalities of their elder and younger siblings. Being the middle kid has some advantages, though, including not being taken care of and having attention-seeking tendencies. While some middle children could turn to unhealthy attention-seeking strategies like putting off chores or homework, others might go out and find attention from peers.

Biological Discipline

Biology is the study of living organisms, including human beings. Biologists examine how the human body interacts with its environment, and genetics is a key area of study within Biology.

Our unique DNA is what defines us as individuals. Another important field of study is neuroscience, which looks at the brain and nervous system. Since the brain controls the body, understanding why we behave the way we do requires a deep understanding of the brain.

“Biological processes play a big role in human behavior. Scientists continue to seek out the connection between biology and human behavior” (Thomas Rowland,2020).

What Affects Human Behavior?

As was previously said, each person has a distinct manner of behaving, which is greatly impacted by their DNA. Our personality traits and mental health are greatly influenced by our genetic makeup. We can gain a better understanding of an individual's features and the reasons for their behavior by closely examining certain gene helices. It is significant to remember that genes can transmit features from one generation to the next. "The capacity for certain behaviors and the tendencies for those behaviors to be shaped by specific environmental events are completely determined by a biological organ: the brain. Caretaking behavior as a set of environmental events can have a profound effect on a being's emotional and social life only because of that being's brain" (Johnson, 2016). We can learn more about how someone acts by researching their older relatives. Good traits get passed down just like bad traits get passed down. For example, Let's say that two shy people had a child. It would be highly possible that their child would have some shyness in them that was passed down. We see that sometimes an individual's brain may cause them to do things that they have no control over. Children often inherit personality traits and characteristics from their parents, resembling them in many ways.

Understanding how people function well requires an understanding of neurobiology and brain function. Neurobiologists can witness the passage of chemical signals and subsequent reactions by examining different regions of the nervous system and the brain. It's critical to remember that every person's brain functions uniquely. For instance, some people react more quickly than others, and other people are better at processing numerous pieces of information at once. The various regions of the brain that control memory, emotions, and decision-making affect how people respond to certain circumstances. Since people often react differently depending on their

What Affects Human Behavior?

emotions, understanding how the brain functions of an individual can help us understand why they behave in the way that they do.

Anthropology Discipline

Anthropology is a diverse field that seeks to understand human beings, their cultures, and societies. It has a significant impact on human behavior. Social and cultural anthropology emerged in the 1920s and focuses on comprehending human behavior in cultural contexts. It differentiates from biological anthropology and emphasizes social sciences, linguistics, and contemporary societies. Anthropologists use various methods such as participant observation, ethnography, surveys, and interviews to delve into how people live their beliefs, values, and traditions. By studying cultural norms, rituals, and social structures, anthropologists reveal patterns of behavior influenced by cultural context. For example, kinship systems, marriage practices, and gender roles significantly impact individual behavior.

"Biological anthropology is the study of human biology and behavior from an evolutionary perspective. It seeks to understand how biological factors, such as genetics and physiology, interact with sociocultural systems to shape human diversity"(Cassar, 2023). By illuminating the nuanced relationship between biology and culture, biological anthropology provides important new perspectives on social structure and sophisticated human behavior. The biocultural approach acknowledges the complex interdependence of biological and sociocultural systems, exploring how cultural practices and biological factors, like genetics and physiology, shape human diversity. Biological anthropology offers insights into how genetic predispositions, hormonal influences, and brain functions intersect with cultural norms, impacting our susceptibility to certain behaviors and mental health conditions.

What Affects Human Behavior?

Anthropology and neurosciences are becoming more closely linked as we seek to better understand human behavior. Anthropology's holistic approach to examining both biological and cultural systems is essential for gaining insight into the intricacies of human behavior. The interdependence between culture and neurobiology is undeniable, as we see our brains adapt to cultural practices and cultural norms shape our neural pathways. Examples of this include language acquisition and social bonding, both of which have significant neurobiological components. By studying a variety of societies and contexts, anthropologists provide valuable insights into the complex relationship between biology, culture, and human behavior, offering a window into what makes us uniquely human.

"Advanced instrumentation can provide unprecedented opportunities for cross-cultural studies in anthropology and neurosciences, particularly in laboratory and field experiments. Neuroimaging methods can isolate neural pathways and anatomical brain areas linked to specific cross-cultural responses" (Sarto-Jackson et al., 2017). For cross-cultural data sets to be comparable, interdisciplinary teams must plan experiments and gather data. Research into neuroendocrine systems and psych experiments can transform the field of neurobiology and behavior. Concepts like neuroplasticity, culture, groups, behaviors, and propensities must all be defined explicitly.

Common Ground (Conclusion)

It is impossible to adequately explain the subject of "Human Behavior" using a single discipline. It is believed that human behavior is a complicated subject that requires explanation from the perspectives of several academic fields, including psychology, biology, and anthropology. There are connections between all these fields. The multidisciplinary viewpoint of these fields allows us to view how human actions are shaped from a variety of angles. For instance, a psychologist's

What Affects Human Behavior?

perspective on human behavior reveals that societal (economic) and biological factors have a significant impact on behavior. Examining people's reactions to things is the responsibility of a psychologist. They need to comprehend how people's brains function and the kinds of environments they live in to make their claims accurate. The integration of a biocultural approach across the three disciplines acknowledges that human behavior is shaped by the interaction of biological and cultural elements. The three fields also have social interaction in common. We can recognize how peers, social capital, and social norms affect our actions. Social norms are sets of guidelines that help people know how to behave in certain situations. Cultural norms and behavior are shaped by this. Essentially, peer influence is what the word refers to. People's views and actions can be readily shaped by those in their immediate vicinity. Depending on the group and environment one is in, influence can be both positive and detrimental. the shared understanding of how genetics, psychology, and anthropology influence behavior in humans

Elaborating on human behavior has always been a challenging task. Even though my research has brought some clarity to the topic, there is still a long way to go in terms of further studies. I focused my research efforts on psychology, biology, and economics, as these fields have a profound impact on human behavior. Human behavior is a complex and nuanced phenomenon that is difficult to explain. Various factors influence it, such as genetics, environment, culture, and personal experiences. Moreover, human behavior is constantly evolving, making it even more challenging to understand and describe. As such, no one can fully comprehend the intricacies of human behavior.

What Affects Human Behavior?

However, it is important to recognize that everyone has a unique past that shapes their behavior.

The way people react to situations is influenced by their personal experiences, upbringing, and cultural background. Therefore, it is crucial to approach each person with empathy and an open mind, without making assumptions about their behavior. As human behavior continues to change over time, further research will be necessary to deepen our understanding of this complex phenomenon. Nevertheless, we can start by acknowledging the diversity and complexity of human behavior, and by treating each person as an individual with their own unique experiences and perspective.

References

Asmolv. (2021). Anthropology of Everyday: Transformation of Human Behavior under Technological and Social Change. Lurian Journal, 2(1). <https://doi.org/10.15826/Lurian.2021.2.1.1> [Links to an external site.](#)

Cullin, Vitzthum, V. J., & Wiley, A. S. (2021). Mind the gap: Contesting normal/abnormal constructs of human biology and behaviors. American Journal of Human Biology, 33(5), e23666–n/a. <https://doi.org/10.1002/ajhb.23666> [Links to an external site.](#)

Graves. (2004). Behavioral anthropology toward an integrated science of human behavior.

AltaMira Pres

Kendra Cherry, Mse. (2022, October 12). 8 basic psychology facts you should know.

Verywell well. [https://www.verywellmind.com/psychology-basics-](https://www.verywellmind.com/psychology-basics-4157186#:~:text=Human%20psychology%20is%20defined%20as%20the%20science%20of,atypical%20behavior%20to%20understand%20the%20human%20experience%20fully.)

4157186#:~:text=Human%20psychology%20is%20defined%20as%20the%20science%20

of,atypical%20behavior%20to%20understand%20the%20human%20experience%20fully.

[Links to an external site.](#) [Links to an external site.](#)

Cassar, C. (2023, March 9). *Biological anthropology - the relationship between biology and Sociocultural Systems*. Anthropology

Review. <https://anthropologyreview.org/anthropology-glossary-of-terms/biological-anthropology-the-relationship-between-biology-and-sociocultural-systems/> [Links to an external site.](#)

What Affects Human Behavior?

Johnson, J. A. (2016, October 20). *Biology determines every thought, feeling, and behavior*. Psychology Today. <https://www.psychologytoday.com/us/blog/cuibono/201610/biology-determines-every-thought-feeling-and-behavior>Links to an external site.

Rowland. (2020). *The Biology of Human Behavior: A Brief Inquiry*(1st ed.). Cambridge Scholars Publishing.

Sarto-Jackson, I., Larson, D. O., & Callebaut, W. (2017, May 23). *Culture, neurobiology, and human behavior: New perspectives in anthropology - biology & philosophy*. SpringerLink. <https://link.springer.com/article/10.1007/s10539-017-9574-2#Sec7>Links to an external site.

Smith, E. A., Paul, R. A., Keyes, C. F., Harnik, G. F., Ghanman, F., Hill, J. H., Hannerz, U., & Tuttle, R. H. (1998, July 20). *The major branches of anthropology*. Encyclopædia Britannica. <https://www.britannica.com/science/anthropology/The-major-branches-of-anthropology>Links to an external site.

Strout, S. L., & Sokol, R. I. (2007). *Apa PsycNet*. American Psychological Association. <https://psycnet.apa.org/fulltext/2010-01930-001.html>Links to an external site.

Wallace, M. (2020, August 16). *Middle child syndrome*. Psychology Today. <https://www.psychologytoday.com/us/blog/how-raise-happy-cooperative-child/202008/middle-child-syndrome>Links to an external site.