

BIOLOGICAL APPROACHES

ASSUMPTIONS

1. Behaviour, cognitions & emotions can be explained in terms of the working of the brain and the effect of hormones, genetics and evolution.
2. Similarities and differences between people can be understood in terms of biological factors and their interaction with other factors.

ISSUES & DEBATES

APPLICATIONS TO EVERYDAY LIFE

Better understanding of bio factors → developing treatments to help people with sleep disorders, hormonal imbalances & manage stress mindfully.

INDIVIDUAL VS SITUATIONAL

Understanding the interaction between genes & environment helps understand individual differences, and understanding how the brain responds to stress helps explain the impact of situational factors.

NATURE VS NURTURE

Though the biological approach favours nature advances in neuroplasticity and epigenetics help to explain how nurture changes behaviour.

USE OF ANIMALS

The biological approach often uses nonhuman animals bc of biological similarities with humans.