Behavioural Sciences Introduction

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Behavioural Sciences
(The science of behaviour)

- Sciences concerned with the study, observation and explanation of human behaviour either in single individuals or in groups

- Behavioural sciences also concerned with the study of individual differences in relationship to patient's behaviour

Behavioural Sciences

- **Behavioural sciences** encompass all the disciplines that explore the activities of and interactions among <u>organisms</u> in the natural world.

- It involves the systematic analysis and investigation of <u>human</u> and <u>animal</u> behaviour through controlled and naturalistic <u>experimental</u> observations and rigorous formulations.

Spectrum of Behavioural Sciences

- *Psychology*

The study of the mind, occurring partly via the study of behavior. The study of the nature, functions and phenomena of human beings

- *Sociology*

The scientific study of society. The study of the development, nature and laws of human society.

Sociology also focuses on social stratification, social class, social mobility, religion, secularisation, law, and deviance.

Spectrum of Behavioural Sciences

- *<u>Anthropology:</u>*

The study of the origins, history, mechanisms and constitution of human cultures

- *<u>Ethology</u>*

The study of behaviour of non-human species in the natural setting

Spectrum of Behavioural Sciences

- ## *Echology*

Deals with the relations of human beings to their environment and the quantification of this relationship

- ## *Epidemiology*

The study of illness in defined population

Objectives of Behavioral Science Teaching:

1. Humanization of the education of doctors

2. A focus on the science of behaviour

3. Understanding normal human behaviour

4. A preparation for clinical psychiatry

Topic domains for the behaviour science in medical teaching:

1. Mind body interaction

2. Patient behaviour

3. Physician role and behaviour

4. Physician patient interaction

5. Social and cultural issues in health care

6. Health policy and economics

Human Behaviour

- **Behaviour** refers to the <u>actions</u> or <u>reactions</u> of an <u>object</u> or <u>organism</u>, usually in <u>relation</u> to the <u>environment</u>.

- **Human behaviour** is the collection of <u>behaviors</u> exhibited by <u>human beings</u>

- Behaviour can be:
- <u>Conscious</u> or <u>unconscious</u>,
- <u>Overt</u> or <u>covert</u>,
- <u>Voluntary</u> or <u>involuntary</u>.

Human Behaviour

- The behavior of people falls within a range:
  - Common X unusual,
  - Acceptable X outside acceptability

- The acceptability of behaviour and normativity is evaluated relative to social and moral norms and regulated by various means of social control.

- Social behaviour is behavior specifically directed at other people.

Categories of Human Behaviour

Four categories of human behaviour:

1. Behavior Detectability:

Behaviour we can detect with our senses (e.g, see or hear) X Behaviour that can not be detected by our senses (e.g., thinking).

2. Behaviour Purposive viz. goal-driven (involves action).

Human Behaviour

3. Behaviour involving performance (or skilled behavior).

   Behavior that demonstrates skills of various kinds from work to sports.

4. Category of instinctual behaviour, having to do with the anatomical or physiological nature of the organism.

   Behavior in this category is determined by the need or desire to avoid pain and gain pleasure.

Human Behaviour

Human behavior is influenced by:

Culture,

Emotions,

Ethics,

Rapport,

Persuasion,

Genetics.

Attitudes,

Values,

Authority,

Hypnosis,

Coercion,

Relevance of Behavioural Sciences to Health & Medicine:

Relevance is demonstrated in the:

➢ Aetiology of illness,

➢ Presentation of illnesses,

➢ Delivery of health care,

➢ Aspects of social and psychological treatment,

Relevance of Behavioural Sciences to Medicine

- Behavioural and social factors are important in planning for health care with assessment and treatment of both physical and psychiatric disorder

- Cultural factors play a role in the behaviour of the patient and treatment

- Psychological tests help in the psychiatric diagnosis

Methods of Studying Human Behaviour:

- Observation
- Questionnaires
- Structured Interviews
  - Check lists
  - Rating scales
  - Self-rating Scales
- Psychometric Tests
- Psychophysiological Techniques

Data Sources

- Official Reports

- Institution Reports

- National and local data

Determinants of Behaviour

1. Biological determinants

   ➢ Genetic Influences

   ➢ Growth and developmental Influences

   ➢ Biochemical Influences

   ➢ Psycho physiological parameters

2. Learning (conditioning)

3. Sociocultural factors

4. Psychosocial factors

Biological Determinants of Human Behaviour

- Behaviour is biologically determined

- The complexity of the behavior of an organism is related to the complexity of its nervous system.

- Generally, organisms with complex nervous systems have a greater capacity to learn new responses and thus adjust their behavior.

Thank you