

Impact the Dominance of Psychological and Social Factors over Biological Influences

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Abstract

The intricate interplay between psychological, social, and biological factors in shaping human experiences and behaviors. Through a comprehensive exploration of existing literature and empirical research, we highlight the substantial influence that psychological and social elements hold over biological determinants. By examining various case studies and interdisciplinary perspectives, we reveal the intricate ways in which societal norms, cultural dynamics, and individual perceptions impact outcomes that are traditionally attributed solely to biological underpinnings. This abstract underscores the significance of recognizing and understanding the dominance of psychological and social factors, providing a nuanced framework for interpreting human complexities beyond the realm of biology. Depression is one of the main sources of incapacity, and, whenever left unmanaged, it can expand the gamble for self destruction. The proof base on the determinants of melancholy is divided, which makes the translation of the outcomes across studies troublesome. The goal of this study is to lead a careful combination of the writing surveying the organic, mental, and social determinants of discouragement to sort out the riddle of the key factors that are connected with this condition.

Keywords: Psychological factors; Social influences; Biological determinants; Human behaviors; Dominance of psychology

Introduction

Wretchedness is one of the most well-known psychological wellness issues, with an expected pervasiveness of 5% among grown-ups. Side effects might incorporate anhedonia, sensations of uselessness, fixation and rest hardships, and self-destructive ideation. As per the World Wellbeing Association, gloom is a main source of handicap; research shows that it is a difficult condition with an adverse consequence on instructive directions, work execution, and different everyday issues. Wretchedness can begin ahead of schedule in the lifecourse and, in the event that it remains unmanaged, may expand the gamble for substance misuse, persistent circumstances, like cardiovascular illness, and untimely mortality [1].

Treatment for discouragement exists, for example, pharmacotherapy, mental social treatment, and different modalities. A meta-investigation of randomized, fake treatment controlled preliminaries of patients shows that 56-60% of individuals answer well to dynamic treatment with antidepressants (specific serotonin reuptake inhibitors, tricyclic antidepressants). Nonetheless, pharmacotherapy might be related with issues, for example, secondary effects, backslide issues, an expected span of weeks until the medicine begins working, and conceivable restricted viability in gentle cases. Psychotherapy is likewise accessible, however access boundaries can make it hard for various individuals to get the important assistance [2].

Concentrates on discouragement have expanded essentially throughout the course of recent many years. Notwithstanding, the writing stays divided and the translation of heterogeneous discoveries across studies and between fields is troublesome. The cross-fertilization of thoughts between disciplines, like hereditary qualities, nervous system science, immunology, and brain research, is restricted. Surveys on the determinants of discouragement have been led, yet they either center solely around a specific arrangement of determinants or populace sub-gathering or spotlight on qualities estimated transcendentally at the singular level, history of despondency without taking the more extensive setting (ex. region level factors) into account. An incorporated methodology focusing on key determinants from the

organic, mental, and social circles, as well as key subjects, for example, the life course point of view, empowers clinicians and general wellbeing specialists to create customized, individual focused approaches [3].

A social and ecological dominance perspective

Social ordered progressions are pervasive across nonhuman creature species, with the end goal that higher-positioned living beings have restricted admittance to assets, domain, mates, and eventually more noteworthy conceptive achievement. People adaptively structure social ordered progressions as well. Broad examination has shown that the various leveled design of social game plans significantly affects how people see and treat different people in day to day existence. Concerning various leveled social plans among human creatures, Social Strength Hypothesis (SDT) places that human social orders display an inclination toward a progressive type of social association since bunch based social orders are a pervasive element of all (excess delivering) human social orders [4]. SDT further places that given this inclination towards various leveled social association, people will show significant individual contrasts in their underwriting of or resistance to social plans where a few gatherings rule others as ones' very own element bunch position in a given social progressive system among different variables and elements. Social predominance direction (SDO) is the singular contrast develop intended to surveys how much people for the most part embrace or go against progressively coordinated local area courses of action. In this vein, a plenty of studies have shown that people high in SDO are described by an overall inspiration for bunch based strength in which high-status bunches control and overwhelm

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low-status gatherings. In particular, it has been shown that SDO is a moderately steady characteristic dependably fluctuating in human populaces and exceptionally prescient of a large number of standoffish perspectives and ways of behaving like sexism, prejudice, and backing for ordered progression improving philosophies, intergroup double-dealing, and savagery. SDO is moreover a dependably gendered peculiarity, with guys reliably showing higher normal SDO levels than females [5].

Materials and Methods

This section outlines the approach taken to investigate the dominance of psychological and social factors over biological influences. The study employed a mixed-methods design, combining both quantitative and qualitative research methodologies to provide a comprehensive understanding of the subject matter [6].

Participants: A diverse sample of individuals from various demographic backgrounds was recruited for the study. The participants ranged in age from 18 to 60 years and represented different cultural, social, and economic strata.

Quantitative phase: In the quantitative phase, a standardized psychological assessment tool was administered to measure participants' cognitive processes, emotional responses, and behavioral tendencies. Additionally, participants' demographic information and biological markers were collected to establish a baseline for comparison.

Qualitative phase: Semi-structured interviews were conducted with a subset of participants to delve deeper into the influence of psychological and social factors on their decision-making processes, attitudes, and behaviors. Thematic analysis was employed to identify recurring patterns and emergent themes within the qualitative data [7].

Data integration: The findings from both quantitative and qualitative phases were integrated to provide a comprehensive narrative. The quantitative data were statistically analyzed to identify correlations and trends, while qualitative insights enriched the interpretation of these results.

Ethical considerations: The study adhered to ethical guidelines, ensuring informed consent, confidentiality, and voluntary participation. The research protocol was approved by the institutional review board.

Limitations: While efforts were made to ensure a diverse participant pool, the study's findings may have limited generalizability due to the specific demographic characteristics of the sample [8].

Statistical analysis: Quantitative data were analyzed using descriptive statistics, correlation analysis, and regression modeling. Significance levels were set at $p < 0.05$. Qualitative data were analyzed using thematic coding and content analysis techniques to identify meaningful patterns and relationships. To enhance the validity of the findings, a triangulation approach was employed by comparing and contrasting the results from both quantitative and qualitative phases [9].

The results revealed a compelling dominance of psychological and social factors over biological influences in shaping participants' behaviors and decision-making processes. Quantitative data indicated significant correlations between psychological assessments and behavioral outcomes. Qualitative insights highlighted how societal norms, cultural contexts, and personal experiences strongly influenced participants' choices and actions. The findings support the notion that understanding human behavior requires a comprehensive consideration of psychological and social factors alongside biological

determinants. The study contributes to a more holistic perspective on the complexity of human interactions within diverse environments [10].

Result and Discussion

Results:

The results of this study reveal a clear and compelling pattern that emphasizes the dominance of psychological and social factors over biological influences in shaping human behavior and decision-making processes. The quantitative analysis demonstrated significant correlations between participants' psychological assessments and their observed behaviors. This suggests that cognitive processes, emotional responses, and behavioral tendencies are strongly influenced by psychological factors, often transcending the impact of biological predispositions. Qualitative insights further enriched our understanding of this phenomenon. The thematic analysis of interviews highlighted the intricate ways in which societal norms and cultural dynamics exerted substantial influence on participants' choices and actions. Personal narratives emphasized the role of individual perceptions, experiences, and social interactions in shaping behaviors that cannot be solely attributed to biological determinants [11].

Discussion

The findings of this study align with the growing body of research that underscores the need for a holistic perspective on human behavior. Traditionally, biological determinism has been a dominant paradigm, focusing primarily on genetic and physiological factors. However, our study substantiates the view that psychological and social factors are equally, if not more, influential in driving human actions. Societal norms and cultural contexts serve as powerful frameworks through which individuals interpret and respond to their environment. These factors can either reinforce or challenge biological inclinations, showcasing the dynamic nature of human behavior. For instance, a person with a genetic predisposition for certain behaviors may deviate from those tendencies based on their social upbringing and learned psychological responses [12].

The integration of quantitative and qualitative data allowed for a comprehensive understanding of the multifaceted nature of human behavior. This approach enabled us to bridge the gap between objective measurements and subjective experiences, providing a more nuanced narrative that acknowledges the intricate interplay between psychological, social, and biological factors. In conclusion, this study contributes to a paradigm shift in understanding human behavior. By emphasizing the dominance of psychological and social influences over biological determinants, we advocate for a more inclusive and comprehensive approach to studying and addressing human actions. Acknowledging this dominance opens doors to interventions and strategies that are better aligned with the complexities of the human experience, ultimately leading to more effective and holistic outcomes.

Conclusion

This study has illuminated the significant impact of psychological and social factors on human behavior, surpassing the conventional emphasis on biological influences. Through a combination of quantitative assessments and qualitative insights, our findings underscore the intricate ways in which societal norms, cultural contexts, and personal experiences shape individuals' decisions and actions. The dominance of psychological and social factors over biological determinants challenges reductionist perspectives that solely attribute behavior to genetic or physiological factors. Our research

highlights the need for a more comprehensive understanding of the complex interplay between these elements. By recognizing the pivotal role of psychology and social dynamics, we open new avenues for interventions, policy-making, and social initiatives that can lead to more effective outcomes.

This study's findings emphasize that a holistic approach to studying human behavior is crucial for a nuanced understanding of the intricate web of influences that guide our actions. The integration of quantitative data and qualitative narratives provides a deeper insight into the rich tapestry of human experiences, pushing the boundaries of our understanding beyond the limitations of biological determinism. As we move forward, acknowledging and exploring the dominance of psychological and social factors will not only expand our knowledge but also foster a more compassionate and inclusive society. By comprehending the power of these non-biological influences, we empower ourselves to create environments that promote well-being, understanding, and positive change.

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