



# A Comprehensive Perspective on Social Aspects of Human Biology and Physiology

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## DESCRIPTION

The study of human biology and physiology has traditionally been a field of the natural sciences. However, as we search deeper into the 21<sup>st</sup> century, it becomes increasingly evident that a purely naturalistic approach may not be sufficient to fully understand the complexities of human beings. The social sciences have always advanced towards a more interconnected, interdisciplinary approach to research, and we explore the inclusion of human biology and physiology into the social sciences. The human body is not only a biological entity; it is a social one as well. Our bodies are formed by our social environments, just as our social environments are changed by our bodies. This relationship between biology and society is a field of study that has the potential to revolutionize our understanding of human behavior, health, and disease.

One of the most involving arguments for the combination of human biology and physiology into the social sciences is the concept of 'embodiment'. Embodiment is a concept that highlights the significant role our physical bodies play in our perception, cognition, and interaction with the world around us. Our bodies influence how we recognize the world, how we interact with others, and how we understand ourselves. By studying the biological and physiological aspects of embodiment, we can gain a deeper understanding of the social aspects of human life. Furthermore, embodiment also refers to the idea that our physical experiences can form our mental and emotional states. For example, physical sensations such as hunger, pain, or fatigue can influence our thoughts, feelings, and behaviors. Similarly, our physical activities, such as exercise or dancing, can impact our mood and cognitive function.

In summary, the concept of embodiment emphasizes the interconnectedness of our physical bodies and our mental and social lives. It suggests that to fully understand human cognition, behavior, and social interactions, we must consider the active role our bodies play in these processes. Another fundamental area where the process of human biology and physiology into the

social sciences can yield valuable understanding is in the study of health disparities. Health disparities refer to the differences in health outcomes between different social groups. These disparities are often applied to social factors such as income, education, and race. However, by including a biological and physiological perspective, we can gain a more complicated understanding of health divisions. For example, we can explore how social stressors can lead to physiological changes that increase the risk of disease. This can help us develop more effective interventions to reduce health disparities.

The inclusion of human biology and physiology into the social sciences also has implications for the study of human behavior. By understanding the biological and physiological causes of behavior, we can gain a more comprehensive understanding of why people behave the way they do. This can help us develop more effective strategies for changing behavior, whether it's encouraging healthier lifestyles or reducing antisocial behavior.

Despite the potential benefits of including human biology and physiology in the social sciences, there are also challenges. One of the main challenges is the risk of biological determinate: The idea that our biology determines our behavior and social outcomes. This perspective can lead to a neglect of the social and environmental factors that also form our lives. It's important to remember that while our biology influences our behavior and health, it doesn't determine them. We are not just products of our biology, but also of our environments and experiences.

In conclusion, the study of human biology and physiology has much to offer the social sciences. By including these fields, we can gain a more balanced understanding of human beings and develop more effective strategies for improving human health and wellbeing. However, this must be done carefully, with recognition of the complex interplay between biology and society. As we move forward, it's essential that we continue to promote interdisciplinary research and collaboration, for it is only through such efforts that we can truly understand the complexities of the human condition.

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