

**PSYCHOLOGY FROM AN ISLAMIC
PERSPECTIVE:
A GUIDE TO TEACHING
AND LEARNING**

Editor

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PHYSIOLOGICAL PSYCHOLOGY

Hariyati Shahrina Abdul Majid

INTRODUCTION

On the earth are signs for those of assured faith. As also in your own souls/selves, will you not then see?

(Qur'ān, 51: 20-21)

The above verse asks believers to reflect not only on matters that are observable around them but also on matters that are not. History shows that people have believed that they possess something intangible that drives their behaviour – a mind, a spirit or even a soul. This belief stems from the fact that each individual is cognizant of his or her own existence. The question that arises from this belief is: how does this intangible, intricate and complex system, called the mind, spirit or soul, shape our thoughts, emotions and behaviours? The answer to this question lies in the relatively new discipline of research called neuroscience, of which physiology is a branch.

The field of neuroscience research is one of the most exciting fields today. A large number of scientists are seeking ways to understand the physiology of behaviour, using the latest and most advanced technology. Research in this field continues to yield interesting and at times, controversial findings. These findings have opened doors to questions often deemed controversial to many scientists – those pertaining to matters unobservable.

The field of physiology or the human nervous system, and psychology or human behaviour, hence, provides an avenue for Muslims and non-Muslims alike to understand unobservable and