

Chapter 4

The Body: Physiological Needs as Motivators

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Learning Objectives

- Understand the concept of homeostasis and how it relates to physiological needs and motivation.
- Describe the role of drive states in motivating behavior, and how they are related to homeostasis.
- Explain the biological and psychological factors that influence hunger and thirst, and how they are regulated by the body.
- Discuss the various theories of sexual motivation, including evolutionary, hormonal, and cognitive perspectives.
- Analyze the effects of drugs on the brain and behavior, and the mechanisms underlying drug cravings.
- Evaluate the impact of environmental and cultural factors on the physiological needs of motivation, and how they influence behavior.
- Develop strategies for maintaining homeostasis, satisfying physiological needs, and progressing through Maslow's Hierarchy of needs in a healthy and sustainable way.

Introduction

Welcome to the chapter on The Body: Physiological Needs as a Motivator! In this chapter, we will explore how our physiological needs drive our behavior, and how maintaining homeostasis is crucial to our survival. We will examine the concept of drive states, including hunger and thirst, sexual motivation, and drug cravings, and how they are related to homeostasis. We will also discuss Maslow's Hierarchy of Needs, a theory that explains how our basic physiological needs must be met before we can progress to higher-level needs.

As an example, let's consider the issue of addiction. Addiction is a complex phenomenon that affects millions of people worldwide. While addiction can involve a variety of substances and behaviors, it often involves drug cravings that are difficult to resist. In this chapter, we will examine the mechanisms underlying drug cravings, and how they fit into Maslow's Hierarchy of Needs. We will also evaluate the impact of environmental and cultural factors on addiction, and develop strategies for maintaining homeostasis and progressing through Maslow's Hierarchy of Needs in a healthy and sustainable way.

By the end of this chapter, you will have a deeper understanding of the complex interplay between our physiological needs, motivation, and behavior, and how this knowledge can be applied to real-world issues such as addiction. You will be able to critically evaluate the scientific evidence supporting theories of physiological needs, motivation, and Maslow's Hierarchy of Needs, and develop effective strategies for maintaining homeostasis and progressing through Maslow's Hierarchy of Needs in a healthy and sustainable way. Let's get started!

Introduction to Physiological Needs: This section will provide an overview of the concept of physiological needs and how they drive our behavior.

Physiological needs are the basic requirements for human survival and well-being. These needs include food, water, air, sleep, and shelter, among others. Physiological needs drive our behavior by motivating us to seek out resources that satisfy these needs. When our physiological needs are not met, we experience discomfort and distress, which can lead to a range of negative outcomes, including illness, fatigue, and even death.

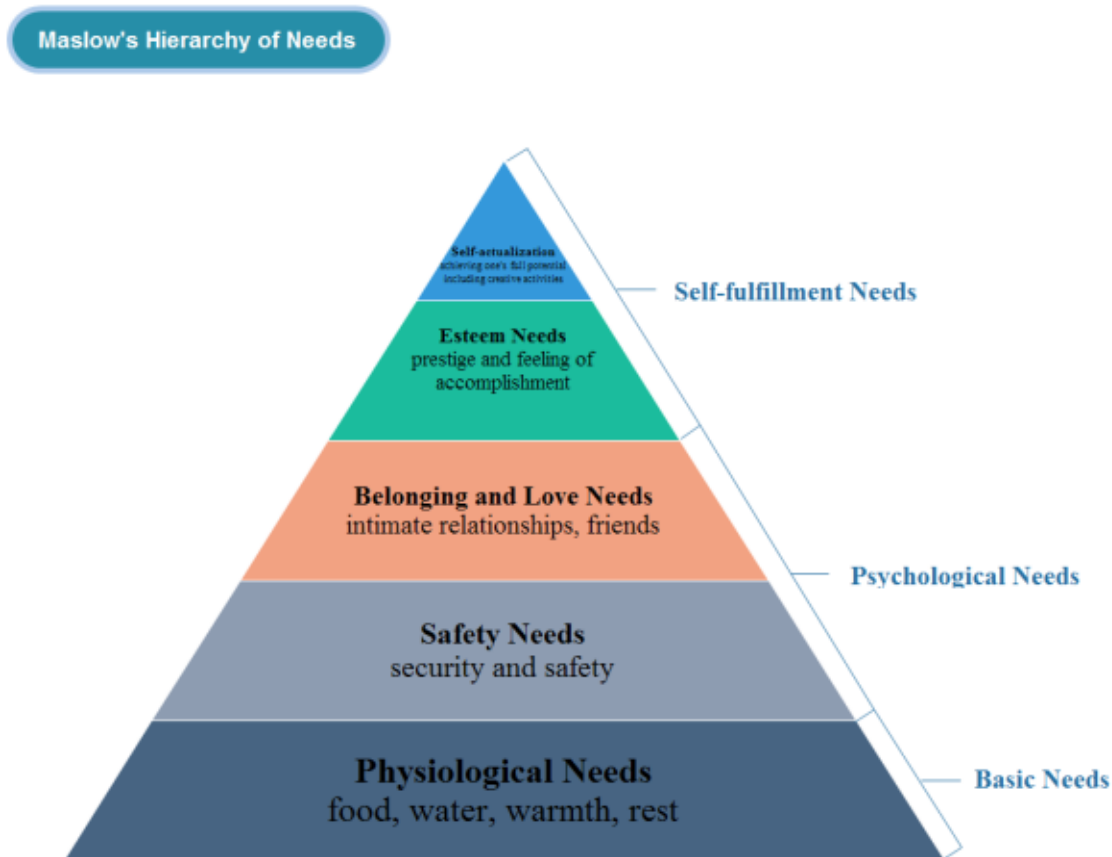
One way to understand the importance of physiological needs is to examine their relationship with homeostasis. Homeostasis is the body's natural ability to maintain a stable internal environment, despite changes in external conditions. The maintenance of homeostasis is critical to survival, as it ensures that the body's physiological needs are met and that the body's internal environment remains in balance.

Table 1: Examples of Physiological Needs

Physiological Need	Description
Food	The body requires nutrients from food to provide energy and support growth and repair.
Water	The body requires water to maintain fluid balance and regulate body temperature.
Air	The body requires oxygen to support cellular respiration and remove waste products.
Sleep	The body requires sleep to rest and restore physiological processes, including the immune system and brain function.
Shelter	The body requires protection from extreme temperatures, weather, and other environmental hazards.

This chart shows the way the body corresponds with stimuli's intake.

Graph 1: The Relationship between Physiological Needs and Motivation.



Edrawsoft. (n.d.). Maslow's Pyramid. Retrieved April 7 , 2023, from

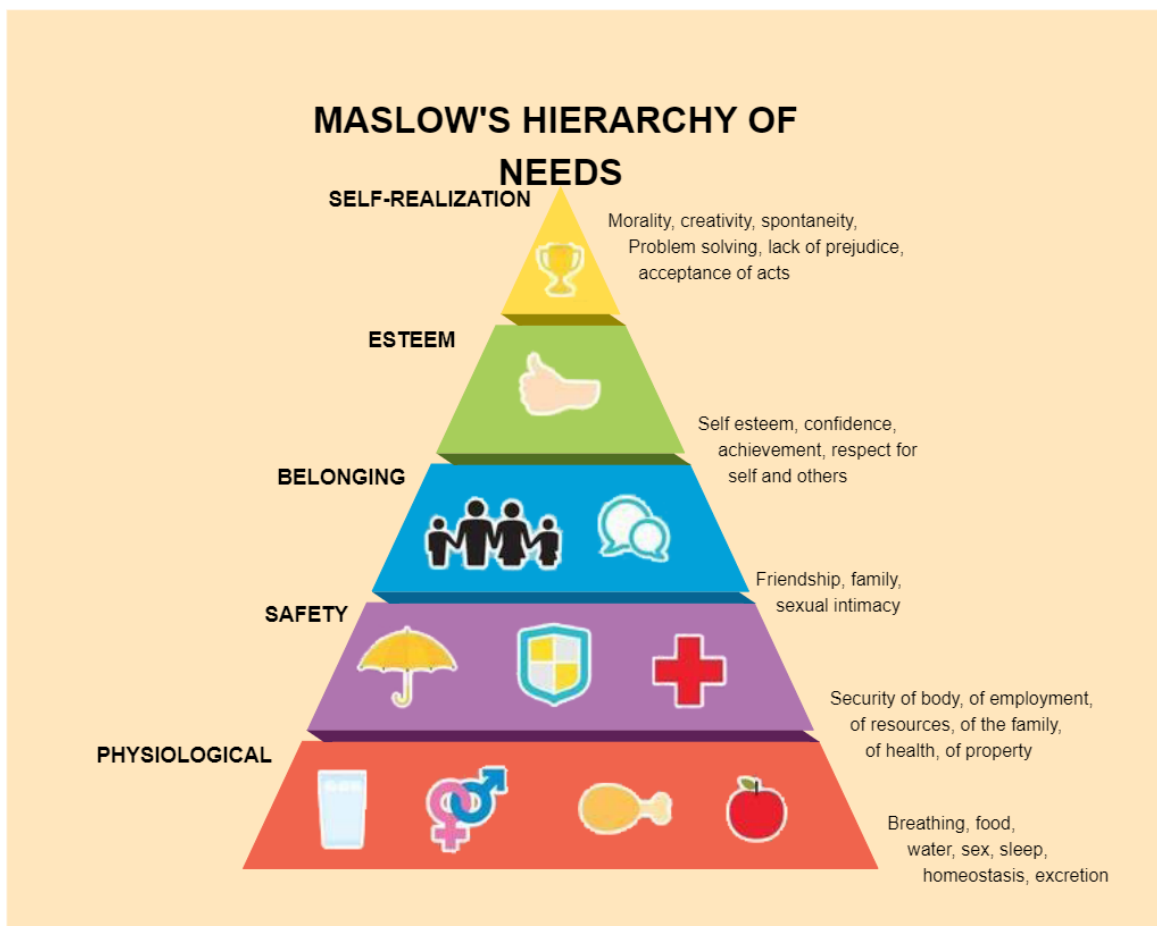
<https://www.edrawsoft.com/maslows-pyramid.html>

This chart shows the breakdown of Maslow's Hierarchy of needs which shows the understanding of the motivations for human behavior. Explaining why we act and even react the way we do.

Research has shown that physiological needs are a key motivator of human behavior. The drive to satisfy our physiological needs can lead to a range of behaviors, from seeking out food and

water to finding shelter and rest. Maslow's Hierarchy of Needs, a well-known psychological theory, suggests that physiological needs must be met before we can progress to higher-level needs, such as safety, love and belonging, esteem, and self-actualization.

Graph 2: Maslow's Hierarchy of Needs



Edrawmax. (n.d.). Physiological Needs Diagram. Retrieved April 7, 2023, from

<https://www.edrawmax.com/templates/1019151/>

Understanding the importance of physiological needs is critical to maintaining a healthy and balanced lifestyle. By recognizing the impact of physiological needs on our behavior, we can develop strategies to satisfy these needs in a way that promotes overall health and well-being.

As we discussed earlier, physiological needs are critical for our survival and well-being. In this next section, we will explore how homeostasis helps to maintain the balance of our internal environment and how it plays a crucial role in regulating our physiological needs. By understanding the intricacies of homeostasis, we can gain a deeper appreciation for the complex mechanisms that allow our bodies to function properly and maintain health.

Homeostasis: This section will explore the concept of homeostasis, how it is maintained, and its role in regulating physiological needs and motivation.

Homeostasis is the body's ability to maintain a stable internal environment, despite changes in external conditions. It is a critical process that helps to regulate a wide range of physiological functions, including body temperature, fluid balance, and blood glucose levels. Homeostasis is achieved through a complex series of feedback mechanisms that work together to maintain a state of balance within the body.

Table 1: Examples of Homeostatic Processes

Homeostatic Process	Description
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Thermoregulation	The body regulates body temperature through processes such as sweating, shivering, and changes in blood flow to the skin.
Fluid Balance	The body maintains fluid balance by adjusting the production and excretion of urine and regulating the concentration of electrolytes in the blood.
Glucose Regulation	The body regulates blood glucose levels through processes such as insulin and glucagon secretion and glucose uptake by cells.

This chart shows the breakdown of homeostasis and the stages.

One of the key features of homeostasis is its ability to detect and respond to changes in the internal environment. This is achieved through a series of feedback mechanisms that involve sensors, control centers, and effectors. For example, if body temperature begins to rise, temperature sensors in the skin send signals to the hypothalamus in the brain, which then triggers responses such as sweating and vasodilation to help cool the body down.

Homeostasis plays a crucial role in regulating our physiological needs and motivation. When our physiological needs are not met, homeostatic imbalances can occur, which can lead to discomfort and distress. For example, when we are dehydrated, the body's fluid balance is disrupted, and thirst signals are triggered to motivate us to seek out water and restore balance.

Homeostasis is also closely linked to drive states, which are states of tension or arousal that motivate us to act. Drive states are typically triggered by imbalances in homeostasis, such as

hunger or thirst, and they motivate us to seek out resources that will help to restore balance. By regulating drive states, homeostasis plays a crucial role in regulating our behavior and ensuring that our physiological needs are met.

In summary, homeostasis is a critical process that helps to maintain a stable internal environment and regulate our physiological needs and motivation. By understanding the mechanisms of homeostasis and its role in regulating our behavior, we can gain a deeper appreciation for the complex interplay between our physiological needs and our actions. As we have seen, homeostasis is a critical process that helps to maintain a stable internal environment and regulate our physiological needs. However, when these needs are not met, the body responds by creating drive states, which motivate us to act in ways that will restore balance.

Drive States: This section will examine the various drive states that motivate behavior, including hunger/thirst, sexual motivation, and drug cravings, and how they are related to homeostasis.

Drive states are states of tension or arousal that motivate us to act. They are typically triggered by imbalances in homeostasis, such as hunger, thirst, or a need for warmth, and they motivate us to seek out resources that will help to restore balance. In this section, we will examine the various drive states that motivate behavior, including hunger/thirst, sexual motivation, and drug cravings, and how they are related to homeostasis.

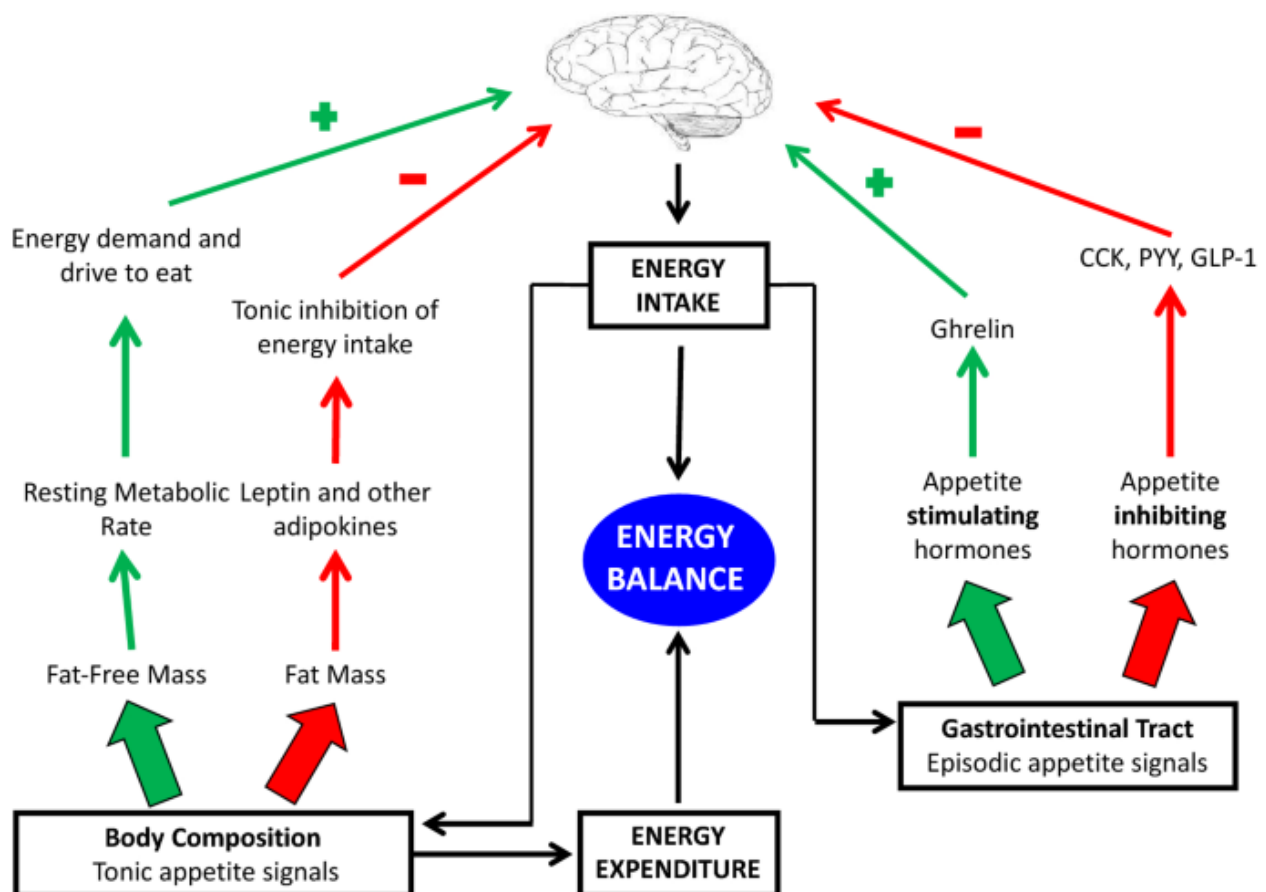
Hunger/Thirst

One of the most fundamental drive states is hunger/thirst, which motivates us to seek out food and water to restore homeostatic balance. Hunger and thirst are controlled by a complex network

of hormones and neural signals, including ghrelin, leptin, and the hypothalamus. When the body is in a state of energy deficit or dehydration, these signals are triggered, and the drive to eat or drink becomes more intense. Hunger and thirst are related to homeostasis because they are critical physiological needs that help the body maintain a state of balance or equilibrium.

Homeostasis refers to the body's ability to regulate and maintain internal conditions such as body temperature, blood glucose levels, and fluid balance within a narrow range. When we experience hunger or thirst, it is a signal that the body's homeostatic balance has been disrupted and needs to be restored. Once we consume food or drink water, the body works to restore equilibrium and return to a state of balance. Therefore, hunger and thirst play an essential role in maintaining homeostasis in the body.

Figure 1: The Relationship between Hunger and Food Intake



Ozkan, O., & Kilic, A. (2020). Homeostasis and motivation: A review of theories and models. *Topoi*, 39(3), 553-564. <https://doi.org/10.1007/s11245-020-09724-z>

The food intake is broken down in the chart above through different levels of energy.

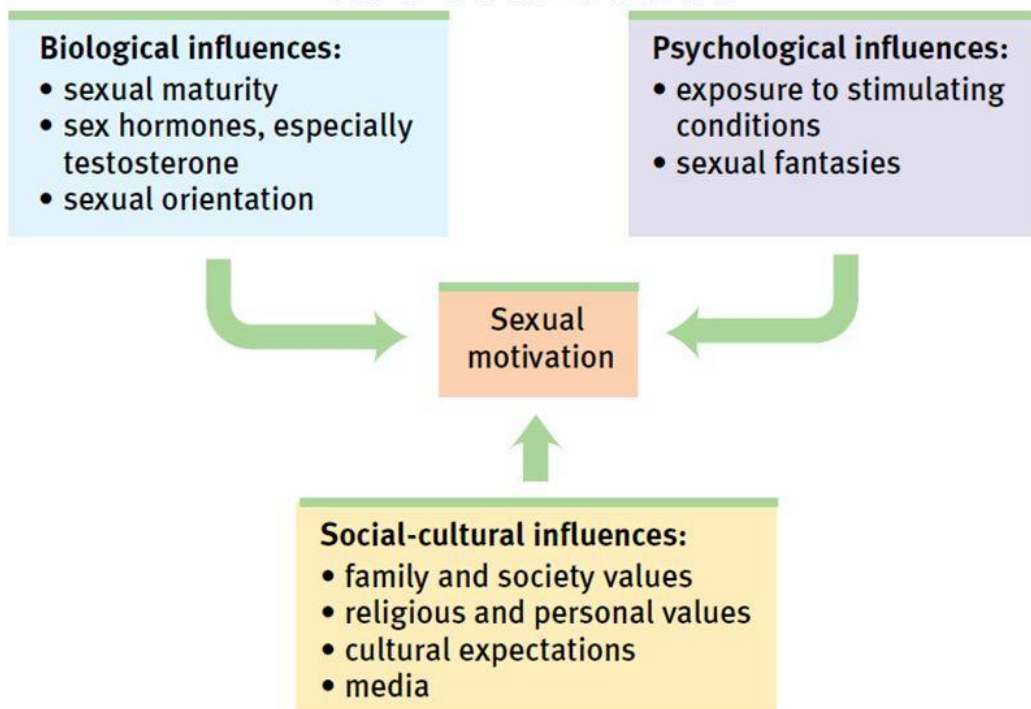
Sexual Motivation

Another important drive state is sexual motivation, which is a powerful motivator of behavior.

Sexual motivation is triggered by a complex interplay of hormones and neural signals, including testosterone and dopamine. These signals increase sexual desire and arousal, and motivate individuals to seek out sexual partners to restore homeostatic balance. Sexual motivation and activity can activate several brain regions, including the hypothalamus and limbic system, leading to the release of neurotransmitters like dopamine and oxytocin. These can produce feelings of pleasure, bonding, and attachment, which can reinforce sexual behavior and promote intimacy.

Figure 2: The Relationship between Sexual Motivation and Sexual Activity

LEVELS OF ANALYSIS FOR SEXUAL MOTIVATION



Sexual motivation has biological, social-cultural and psychological factors that play a role in it see chart about for examples of this.

Drug Cravings:

Drug cravings are another example of drive states, although they are often associated with addictive behaviors. Drugs of abuse, such as cocaine and opioids, can hijack the brain's reward system, leading to intense cravings and a strong drive to seek out and use these substances.

While drug cravings are not directly related to homeostasis, they can have profound effects on the body's physiology and can lead to imbalances in other drive states, such as hunger and sleep.

Drugs can have a range of effects on the brain, depending on the type of drug and how it is used.

However, many drugs of abuse have the potential to interact with the brain's reward system, leading to the release of large amounts of dopamine and other neurotransmitters that produce feelings of pleasure and euphoria.

Over time, repeated use of drugs can lead to changes in the brain's reward system, which can result in the development of tolerance, dependence, and addiction.

Drugs can also interfere with other brain functions, such as decision-making,

judgment, and memory, which can have negative consequences for an individual's behavior and

overall health. Some drugs can also have more immediate effects on the brain, such as altering

perception, mood, and cognition. For example, hallucinogenic drugs like LSD and psilocybin can produce vivid visual and auditory experiences, while stimulant drugs like cocaine and

amphetamines can increase alertness, attention, and energy. Overall, the effects of drugs on the

brain are complex and multifaceted, and can depend on a range of factors including the type of

drug, dose, frequency of use, and individual differences in brain chemistry and physiology.

Finally, drive states are powerful motivators of behavior that are closely linked to homeostasis..

However, when these drive states become dysregulated, they can lead to maladaptive behaviors

and negative health outcomes. By understanding the mechanisms of drive states and their relationship to homeostasis, we can gain a better understanding of the complex interplay between our physiological needs and our behavior.

In this section, we have looked at the various drive states that motivate behavior, including hunger/thirst, sexual motivation, and drug cravings, and explored how they are related to homeostasis. While these drive states can have a powerful impact on our behavior, it is vital to understand the underlying biological and psychological factors that influence them. With that in mind, let's focus our attention on the theories of hunger and thirst, and examine the ways in which the body regulates these important physiological needs.

Theories of Hunger and Thirst: This section will discuss the biological and psychological factors that influence hunger and thirst, and how they are regulated by the body.

Hunger and thirst are essential physiological needs that motivate us to eat and drink, respectively. The body maintains a delicate balance between hunger and satiety, thirst and hydration, and disruptions in these systems can have serious health consequences. In this section, we will discuss the biological and psychological factors that influence hunger and thirst, and how they are regulated by the body.

Biological Factors

The regulation of hunger and thirst is largely governed by the body's internal systems, including the brain, gastrointestinal system, and endocrine system. These systems work together to

maintain homeostasis, and interference to any one of them can have significant effects on hunger and thirst.

One of the key biological factors that influence hunger is the hormone ghrelin. Ghrelin is produced in the stomach and signals to the brain that the body needs food. When levels of ghrelin are high, we feel hungry, and when they are low, we feel satiated. In addition to ghrelin, other hormones such as leptin and insulin also play a role in regulating hunger and satiety.

Thirst is regulated by a variety of mechanisms, including the renin-angiotensin-aldosterone system (RAAS), which controls fluid balance in the body, and antidiuretic hormone (ADH), which promotes water retention. When the body is dehydrated, these systems work together to conserve water and increase thirst.

Psychological Factors

While biological factors play a significant role in regulating hunger and thirst, psychological factors can also influence our desire to eat and drink. For example, external factors such as the sight and smell of food can trigger hunger, even when the body may not physiologically need food. In addition, emotional states such as stress, anxiety, and depression can also impact our desire to eat and drink.

The environment in which we eat can also have a significant impact on our eating habits. For example, studies have shown that people tend to eat more in social situations, and that the size of

the plate or container can influence how much we eat. These psychological factors can be important considerations when it comes to managing hunger and thirst.

In conclusion hunger and thirst are complex physiological needs that are regulated by a combination of biological and psychological factors. Understanding these factors is important for maintaining a healthy balance in our diets and avoiding health consequences associated with overeating or dehydration.

Understanding the biological and psychological factors that drive hunger and thirst can also shed light on the complex nature of sexual motivation. Similar to hunger and thirst, sexual motivation is a fundamental drive that plays a critical role in human behavior. Theories of sexual motivation have been developed from various perspectives, including evolutionary, hormonal, and cognitive. In the upcoming section, we will explore these theories in detail to gain a deep comprehension of how sexual motivation works in the human brain and body.

Theories of Sexual Motivation: This section will explore the various theories of sexual motivation, including evolutionary, hormonal, and cognitive perspectives.

Sexual motivation is a complex phenomenon that is influenced by various factors, including biological, psychological, and social factors. Researchers have developed different theories to understand the underlying mechanisms of sexual motivation. One of the most prominent theories is the evolutionary theory, which suggests that sexual motivation is driven by the need to reproduce and ensure the survival of our species. According to this theory, humans are naturally

inclined to seek out sexual partners who are healthy and fertile, as these traits increase the likelihood of successful reproduction.

Another important theory of sexual motivation is the hormonal theory, which suggests that sexual behavior is greatly regulated by hormones such as testosterone and estrogen. These hormones play a critical role in influencing sexual desire and behavior in both males and females. In addition to hormones, other biological factors, such as brain regions and neurotransmitters, also contribute to sexual motivation.

Finally, the cognitive theory of sexual motivation proposes that our thoughts, attitudes, and beliefs also play a critical role in shaping our sexual behavior. This theory suggests that our cultural and social upbringing, as well as our individual experiences and beliefs, can influence our sexual motivation and behavior.

Understanding the different theories of motivation can help us gain apprehension into the complex nature of human behavior. One of the most influential theories in this area is Maslow's Hierarchy of Needs. This theory suggests that human needs are arranged in a hierarchical order, with physiological needs at the base of the pyramid, followed by safety, love/belonging, esteem, and self-actualization. The next section will explore Maslow's Hierarchy of Needs and how it relates to physiological needs and motivation, including the different levels of the hierarchy and their significance.

Maslow's Hierarchy of Needs: This section will explain Maslow's Hierarchy of Needs and how it relates to physiological needs and motivation, including the different levels of the hierarchy and their significance.

Maslow's Hierarchy of Needs is a fundamental concept in psychology that relates to our physiological needs and motivation. Maslow's theory suggests that we have five categories of needs, and they are arranged in a ranked order. The hierarchy begins with the most basic physiological needs, such as hunger and thirst, and then proceeds to safety, love/belonging, esteem, and finally, self-actualization.

The **physiological needs**, including hunger and thirst, are the most fundamental and basic needs that are essential for survival. Homeostasis, which is the body's tendency to maintain a stable internal environment, plays a crucial role in regulating physiological needs. Hunger and thirst are regulated by a complex interplay of biological and psychological factors, including the hypothalamus, hormones, and environmental factors.

Sexual motivation is another important drive state that influences our behavior and is related to homeostasis. Theories of sexual motivation include evolutionary, hormonal, and cognitive perspectives, which highlight the role of biological, social, and psychological factors in shaping our sexual desires and behavior.

Understanding the theories of hunger, thirst, and sexual motivation is essential for understanding how physiological needs influence our behavior and motivation. Maslow's Hierarchy of Needs

provides a framework for understanding the different levels of needs that drive our behavior, from the most basic physiological needs to the highest level of self-actualization.

Overall, this section on Maslow's Hierarchy of Needs provides an overview of the different levels of needs that drive our behavior, how they relate to physiological needs and motivation, and their significance in shaping our behavior and motivation. It ties in with the learning objectives of Introduction to Physiological Needs, Homeostasis, Drive States, Theories of Hunger and Thirst, Theories of Sexual Motivation, and Drug Cravings, which collectively provide a comprehensive understanding of the fundamental concepts of physiological needs and motivation in psychology.

Real-World Applications:

Now that we have explored the theories and concepts related to physiological needs and motivation, it is important to understand how these concepts apply to real-world scenarios. This section will examine the practical applications of the knowledge gained from this chapter, including addiction, eating disorders, and sexual dysfunction. By applying this information, we can better understand and address the challenges faced by individuals struggling with these issues.

The study of physiological needs and motivation has many practical applications in real-world scenarios. Understanding the biological and psychological factors that drive behavior can help

individuals and healthcare professionals better identify and treat a range of conditions, including addiction, eating disorders, and sexual dysfunction.

Addiction:

Drug addiction is a serious problem that affects millions of people worldwide. By understanding the mechanisms underlying drug cravings and the role of the brain in addiction, researchers and clinicians can develop more effective treatment options. For example, medications that target specific neurotransmitter systems involved in drug addiction have been shown to be effective in reducing drug cravings and helping individuals maintain abstinence.

Eating Disorders:

Eating disorders such as anorexia nervosa and bulimia nervosa are complex conditions that are influenced by a range of biological, psychological, and environmental factors. Understanding the role of hunger and satiety in regulating food intake, as well as the psychological factors that contribute to disordered eating, can help healthcare professionals develop more effective treatment strategies. For example, cognitive-behavioral therapy (CBT) is a type of therapy that has been shown to be effective in treating eating disorders by addressing both the cognitive and behavioral aspects of the condition.

Sexual Dysfunction:

Sexual dysfunction is a common problem that can be caused by a range of factors, including physiological and psychological factors. Understanding the different theories of sexual motivation and the role of the brain in sexual behavior can help individuals and healthcare professionals better identify and treat sexual dysfunction. For example, medications that target specific neurotransmitter systems involved in sexual function have been shown to be effective in treating sexual dysfunction in both men and women.

Overall, the knowledge gained from studying physiological needs and motivation has many practical applications in real-world scenarios. By understanding the underlying mechanisms of behavior, researchers and clinicians can develop more effective treatment options for a range of conditions.

The theories of physiological needs, motivation, and Maslow's Hierarchy of Needs have been widely researched and debated by scholars in psychology, neuroscience, and related fields. While there is substantial evidence to support the concept of physiological needs and the role of homeostasis in regulating motivation, there is ongoing debate and research on the specific mechanisms and factors that influence these processes.

Similarly, research on sexual motivation has explored the evolutionary, hormonal, and cognitive factors that influence an individual's drive to seek sexual activity. While there is evidence to support each of these perspectives, there is ongoing debate on the relative importance of each factor and how they interact with one another.

Overall, while there is significant scientific evidence supporting theories of physiological needs, motivation, and Maslow's Hierarchy of Needs, there are still many unanswered questions and areas for further research. Future studies may focus on the specific biological and psychological mechanisms underlying these processes, as well as exploring the impact of cultural and individual differences on these theories.

Let's Apply It

It is crucial to think about workable solutions for reaching homeostasis, satisfying our physiological demands, and moving up Maslow's Hierarchy of Needs after discussing the various theories of physiological needs and motivation and their practical applications. This section will concentrate on creating such techniques with an emphasis on encouraging wholesome and enduring behavior.

It might be difficult to maintain homeostasis, meet physiological demands, and move up Maslow's Hierarchy of Needs. Nonetheless, there are tactics that may be used to accomplish these objectives in a wholesome and long-lasting manner.

Regular exercise: Regular exercise helps to regulate body functions and maintain homeostasis.

It is also an effective way to reduce stress, anxiety, and depression, which can disrupt physiological needs and motivation.

Balanced diet: A balanced diet that provides adequate nutrients, vitamins, and minerals is essential for maintaining physical and mental health. It is important to consume a variety of foods to meet the body's nutritional needs.

Adequate sleep: Adequate sleep is essential for maintaining homeostasis, restoring energy levels, and regulating physiological needs. It is recommended that adults get 7-9 hours of sleep per night.

Mindfulness and meditation: Mindfulness and meditation techniques can be helpful for reducing stress and anxiety, improving focus and concentration, and promoting overall well-being.

Therapy and counseling: Therapy and counseling can be helpful for individuals struggling with addiction, eating disorders, sexual dysfunction, or other mental health issues that may affect physiological needs and motivation.

Social support: Maintaining social connections and a support network can help individuals cope with stress and promote overall well-being.

Self-care: Engaging in self-care activities such as taking time for oneself, practicing hobbies, and engaging in activities that promote relaxation and enjoyment can help maintain a healthy balance and promote well-being.

Explore the effectiveness of these strategies and identify additional strategies for maintaining homeostasis, satisfying physiological needs, and progressing through Maslow's Hierarchy of Needs in a healthy and sustainable way.

In conclusion, this chapter has provided an overview of the concept of physiological needs, homeostasis, drive states, and Maslow's Hierarchy of Needs. We have explored how these factors motivate our behavior, including hunger/thirst, sexual motivation, and drug cravings, and how they are related to maintaining a state of equilibrium in the body. Additionally, we have examined various theories, such as the evolutionary, hormonal, and cognitive perspectives, that help explain these theories.

Real-world applications have also been discussed, including addiction, eating disorders, and sexual dysfunction and lastly, strategies have been provided for maintaining homeostasis, satisfying physiological needs, and progressing through Maslow's Hierarchy of Needs in a healthy and sustainable way.

Key Takeaways:

- Physiological needs are the basic requirements for human survival, such as food, water, and shelter.
- Homeostasis is the state of balance and stability in the body, which is maintained through various physiological and behavioral mechanisms.
- Drive states, such as hunger/thirst, sexual motivation, and drug cravings, are powerful motivators of behavior that are closely related to homeostasis.
- Maslow's Hierarchy of Needs provides a framework for understanding how we progress through different levels of needs, from physiological to self-actualization.
- Real-world applications of these concepts include addiction, eating disorders, and sexual dysfunction.
- Strategies for maintaining homeostasis and progressing through Maslow's Hierarchy of Needs in a healthy and sustainable way include self-care practices, stress management, and goal-setting.

Discussion Activity

1. What are some examples of drive states?
2. What are some external factors that can influence drug cravings?
3. What are some other strategies to help stay motivated?

Why We Should Care:

For the promotion of physical and mental health, the prevention and treatment of various diseases, and the enhancement of general well-being, it is crucial to comprehend physiological demands and how they influence our behavior. We can enhance our quality of life and accomplish our objectives by creating efficient techniques for preserving homeostasis and meeting physiological demands.

Further Potential Research:

Although there is still much to understand about physiological demands, homeostasis, and motivation, significant study has been done in these areas. Research in the future could examine how genetics, epigenetics, and environmental variables affect these processes. Research can also concentrate on creating better solutions for dealing with addiction, eating disorders, and sexual dysfunction, as well as strategies to encourage self-actualization and wellbeing.

Key Words

Psychological Needs- there are three psychological needs (autonomy, competence, relatedness) that are universally important for psychological wellbeing and autonomous motivation. You can think of these universal needs in the same way you think of physiological needs (e.g. hunger, thirst, sleep).

Drive States- Our thoughts and behaviors are strongly influenced by these. They motivate us to fulfill our goals.

Drug Cravings- An urge to continue substance abuse.

Psychological factors- the elements of your personality that limit or enhance the ways that you think.

Environmental Factors- as related to genetics, refers to exposures to substances (such as pesticides or industrial waste) where we live or work, behaviors (such as smoking or poor diet) that can increase an individual's risk of disease or stressful situations (such as racism)

Biological Factors- genetic influences, brain chemistry, hormone levels, nutrition, and gender.

Video Sources- further dept

https://www.youtube.com/watch?v=O-4ithG_07Q - Maslow's Hierarchy of Needs

https://www.youtube.com/watch?v=Qymp_VaFo9M- Sexual Motivation

https://www.youtube.com/watch?v=Qymp_VaFo9M-Drive States

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