



Editorial

Psychophysiology of Wellbeing; A must to introduce in undergraduate programs

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Abstract

The psychophysiology of wellbeing is an important field of study that explores the relationship between mental and physical health. This interdisciplinary field integrates knowledge from psychology, neuroscience, biology, and physiology to understand how positive emotions, attitudes, and behaviors can impact physical health outcomes. Introducing the psychophysiology of wellbeing in undergraduate programs can provide students with valuable knowledge and skills to promote their own wellbeing and mental health, increase awareness of the connection between mental and physical health, and potentially open up new prospects of collaborations and wellbeing overall.

Keywords

Psychophysiology, Wellbeing, Undergraduate programs, Mental Health



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The psychophysiology of wellbeing is an essential field that explores the relationships between psychological processes and physiological responses to promote health and wellbeing. In today's world, where mental health concerns are increasingly prevalent, incorporating this topic into the undergraduate curriculum is essential for several reasons. Understanding the psychophysiology of wellbeing is vital for overall physical and mental health because it can help identify the mechanisms that underlie the relationship between mind and body. For example, if we can identify specific physiological markers associated with higher levels of wellbeing, we can develop interventions targeting those markers to improve overall health. Moreover, research has shown that interventions that target both psychological and physiological processes can have a synergistic effect, leading to more significant improvements in health outcomes than interventions that target only one of these domains. Thus, a better understanding of the psychophysiology of wellbeing can inform the development of more effective interventions for improving overall health and wellbeing.

There are several reasons why including the psychophysiology of wellbeing in undergraduate curricula and programs is essential

- **The holistic approach to health:** Including psychophysiology of wellbeing in the health sciences curriculum allows students to understand the link between mental and physical health. This holistic approach to health recognizes that the mind and body are interconnected and that addressing both is necessary for optimal health and wellbeing.
- **Evidence-based practices:** Research in the psychophysiology of wellbeing has provided evidence-based practices for improving mental and physical health. By including this information in the health sciences curriculum, students can learn about these practices and how they can be applied in real-world settings.
- **Prevention of chronic diseases:** Chronic diseases such as heart disease, diabetes, and obesity significantly impact public health. Psychophysiological research has shown that stress and negative emotions can contribute to the development of these conditions. Including psychophysiology of wellbeing in health sciences curriculum can teach students how to manage stress and emotions, potentially preventing the development of chronic diseases.
- **Mental health awareness:** Mental health disorders are a growing concern worldwide. By including psychophysiology of wellbeing in the health sciences curriculum, students can learn about the physiological mechanisms that underlie mental health disorders and how to recognize and manage these conditions.
- **Interdisciplinary collaboration:** It is a multidisciplinary field that requires collaboration between health professionals, neuroscientists, psychologists, and other researchers. Including this topic in the undergraduate curriculum can foster interdisciplinary collaboration and communication, potentially leading to discoveries and approaches to healthcare.
- **Promoting mental health:** The psychophysiology of wellbeing can provide students with an understanding of the biological mechanisms that underpin mental health and wellbeing. It can equip them with the knowledge and skills necessary to maintain good mental health and help others struggling with mental health issues.
- **Enhancing critical thinking skills:** The psychophysiology of wellbeing requires



students to think critically and analytically about the complex relationships between psychological and physiological processes. By engaging with this topic, students can develop their critical thinking skills and learn how to apply this approach to other areas of study.

- **Preparing for future careers:** The study of the psychophysiology of wellbeing is relevant to many different fields, including healthcare, education, social work, and business. By incorporating this topic into the undergraduate curriculum, students can develop skills that will be valuable in their future careers.

Conclusion

The study of psychophysiology of health and wellbeing has several practical applications in clinical/applied, social, and health

sciences, for example, diagnosis and treatment of mental health disorders, Stress management, chronic disease management, performance enhancement, and public health interventions. Overall, it has many valuable applications by providing insights into the interplay between the mind and body and developing interventions to improve health and wellbeing in various domains. Moreover, the psychophysiology of wellbeing is an important topic that can help students understand the interplay between the mind and body in promoting health and wellbeing. By incorporating this topic into the undergraduate curriculum, students can develop skills that will be valuable in their personal and professional lives and contribute to a more informed and compassionate society.

