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Memory and Perception

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What role does memory play in affecting our perception?

Introduction

Memory and perception are interlinked processes that are controlled and coordinated by neural networks of the brain. Memory plays a large role in affecting individual's perception of the reality. Optical illusions have clearly demonstrated in many times that our brain fails to interpret the sensory information on a correct manner by producing increasing discrepancies between what people see and the actual perceptions. These discrepancies usually take place due to the fact that visual information is not complete and that the brain contains many gaps. For this reason, it is clear that our personal perceptions are influenced by many factors in our own reality. Usually, the ³working memory often refers to our own ability to manipulate and hold limited amounts of information for a short time period. Visual working memory usually provides individuals with the mental images that are contained in the mind's eye and can affect how we perceive things on a different manner. *Studies have continued to demonstrate that the visual working memory have strong influence on individual perceptions and this usually alters the way individuals perceive their own reality.*

Literature Review

Studies have shown that memory is influenced by the same things such as perception. This is due to the fact that memory is constructive, selective and also leaky. These factors usually influence how individuals process their thoughts and also hinders our ability to see things as they are. Memory has been found to be selective due to the existence of long term memory. Once memory fades away, it is evident that there are things that can be affected as a result. In many cases, people tend to remember things that did not exist and this can influence ones perception of their own reality (Rost, 2018).

The improving of memory is done through a process of repetition that helps the information to retain stronger in the mind. This helps to ensure that the knowledge is organized and that information can always be concentrated in the working memory. The best techniques of retaining memory include a focus on the mind and keeping it stress free. This technique helps the memory to recite and repeat information. The continuous information helps to provide access of information hence guiding individuals listening and making regular information. The use of the information to recall purposes can be gained through increased input of memory that helps individuals to recall information that has been stored on the brains. This engages individuals to perform better and have enhanced information that can be stored on the brains (Heurley & Ferrier, 2015).

The cognitive processes can always be involved in several areas of an individual's life. Language is one of the most complicated aspects of one's communication process. Memory is used to convey thoughts, feelings and beliefs. The parietal region of the brain is responsible for processing of language and also interpretation of the visual information. There is a major area that is responsible for management of language in the parietal region, which makes it easier for individuals to process the language functions that pass throughout the region. Memory processing begins with the parietal cortex to enhance communication through sensor motor control of writing. The parietal region is divided into two regions. One is for sensory input and the second region is used for the visual system. The main function of the sensory region is to enhance perception through input system and processing the information into an output region. The region always contains two regions. One region is for speech and the other region is for language processing (Snowdon, 2017).

Iconic memory helps in the storage of memory and information for the long term. This can have a direct influence on one's perception. Iconic memory entails the enhancing of visual stimuli that helps images and information to be stored on the mind for long term periods. Some of the examples of iconic memory usually guides memory to have long term pictorial representation and illustration of the information to the mind. Excellent visual processing usually leads to a fast interpretation of visual memory which can also contribute to a later recall of such information. This is essential for enhanced visual perception that can also help to ensure that the information has been processed fast and is highly convenient for storage in memory. Several skills are required to ensure that visual information processing has been achieved. These include visual spatial, visual motor skills and visual analysis (Snowdon, 2017).

Research Methods and Design

Qualitative studies and methods have been used in this study. These studies have been helpful in the examination of the question of whether the memory does play any significant role in perception. In order to conduct this study descriptive case studies have been used to examine the role of memory and perception and whether there is any link between the two. Correlational surveys have also been identified as possible methods that could provide examination of the literature reviews under this study. The importance of using correlational research was to examine the correlational assumptions between the two variables with an aim of examining any relationship that has taken place between the existing variables. This is aimed at ensuring that the research process conducted provides improved working relationships. The use of these research methods helped to provide sufficient inception of the issue hence providing sufficient examination of the link between perception and memory (Heurley & Ferrier, 2015).

Results

The results of this study have clearly indicated that perception suffers from the same things as memory. For instance, it was clear that memory in nature is selective and also leaky. This is due to the fact that one's an individual's memory has faded away, they are unable to see their own reality. There is a need for individuals to recreate their own experiences and fill the gaps of the general knowledge. This would help to solve the issues that memory suffers from. Memory has also been found to be constructive and is affected by false memory. The current situation can also trigger experiences that are usually affected by generalizations that exist in the current reality. There is a need to identify situations that exist in the current world so as to identify the factors that affect ones thoughts (Heurley & Ferrier, 2015).

Perceptual assessment commonly known as processing of visual information can be described as interpreting what has been seen. This can also be explained as the vision that usually provides a direction into an action. Excellent visual processing usually leads to a fast interpretation of visual memory which can also contribute to a later recall of such information. This is essential for enhanced visual perception that can also help to ensure that the information has been processed fast and is highly convenient for storage in memory. Several skills are required to ensure that visual information processing has been achieved. These include visual spatial, visual motor skills and visual analysis. These skills help to coordinate the processed information hence making it relevant for interpretation purposes (Heurley & Ferrier, 2015).

It was evident that the impairments of visual processing are the common disorders that usually affect the eye and the memory at the same time. Some of these disorders usually affect the vision of an individual hence preventing them from experiencing certain behaviors and learning conditions. It is important to always identify the issues and challenges in one's memory so as to deal with any disorders that can affect their own performance and conditions. There are

major conditions that usually affect how individuals process their own information. The importance of early testing for any disorders or malfunction is to help deal with any inconsistencies and problems that come up with visual processing over time. This helps to deal with the challenges that affect individuals and also problems that can prevent individuals from dealing with their own problems (Heurley & Ferrier, 2015).

Discussion

Our perceptual reality usually makes inferences to make connections of the past. Since memory is not like a video recording that contains a sensory image, it is evident that individuals usually make connections based on the mind's best abilities. Individuals usually use the memory to fill in the gaps while at the same time constructing plausible pictures of the past. The fact that false memory and visual illusions have been used to fool the system is a clear way that memory and perception are interlinked. The fundamental property of memory and perception are always used to make intelligent guesses about one's thoughts. The existence of gaps in one's thoughts and also the lack of proper understanding of the mind can be identified as some of the best ways to examine the memory in a different context. Our perceptions can always be impaired due to the use of false memory. The degraded perceptual conditions are some of which that can affect how individuals view the world in an optimal sense. Our cognitive architecture is made in such a manner that it can identify visual reality and can be used to examine different contexts of thought and memory at the same time. Since both false memories and also illusions can occur on the same cognitive mechanism, there is a need to identify movements that can be used in making visual perceptions and improving memory in a well-defined manner (Heurley & Ferrier, 2015).

There are different processes in which thought is connected to language. The process of conveying this thought to communicate with another person is what ensures that people engage

with each other in a competitive manner. The parietal region of the brain is usually connected to the working memory. This helps to enhance phonological illustrations in real time. This is the reason why an individual can process their information and rehearse the information faster as compared to other individuals. This ability ensures that resources can be shared between speech and the working memory hence improving how individuals articulate information. The process of sentence comprehension is also improved through the use of phonological similarities that ensure that words have been effectively processed through the input systems of the brain (Heurley & Ferrier, 2015).

It is clear that the parietal cortex is responsible for conducting several cognitive functions that enhance language processing. Those include understanding of spatial orientation, speech analysis, information processing, reading and writing and also movement coordination. These processes are essential in the improvement of how people communicate and engage with each other. The processes help to ensure that individuals can engage with each other effectively while at the same time communicate without any form of challenges. Any injuries or damages to the region can prevent people from having improved communication and engagement (Reisberg, 2015).

Visual processing helps to enhance memory in many ways. Visual information processing is the first step in encoding information to the brain. Perceptual assessment commonly known as processing of visual information can be described as interpreting what has been seen. This can also be explained as the vision that usually provides a direction into an action. Excellent visual processing usually leads to a fast interpretation of visual memory which can also contribute to a later recall of such information. Several skills are required to ensure that visual information processing has been achieved. These include visual spatial, visual motor skills

and visual analysis. These skills help to coordinate the processed information hence making it relevant for interpretation purposes (Heurley & Ferrier, 2015).

Conclusion

In summation, this study has found that memory and perception are intimately interconnected. This is due to the fact that perception of an object without the ability to recall and link it to corresponding memories would be meaningless. The process of memory and learning is interconnected to memory formations and also the ability to recall mechanisms and events that take place in the society. While it is true that the study of perception is faced by huge challenges due to the fact that there is no existing resolution technology that can decipher the connection matrix of thoughts, advancements in genetics, electrophysiology and molecular biology will help to provide significant understanding of perception in future. Approaches to cognition will continue to influence how individuals think and also examine different interactions that occur in the modern day society (Chan & Sigala, 2016).

Optical illusions have clearly demonstrated in many times that our brain fails to interpret the sensory information on a correct manner by producing increasing discrepancies between what people see and the actual perceptions. The current trends have provided advancements in providing more knowledge and information that can aid scientists and researchers to understand more about visual information processing. The current technologies and advancements will help to process how human thought works. The understanding of such information is vital to provision of codes of information that enhance neurons to work efficiently. This information can influence the development of an individual while at the same time ensuring that an individual's mindset is improved. The understanding of the stages of storage and processing of information in the mind is important to providing sufficient clues of how this information is processed. This

helps to provide clues on how such information can be processed while at the same time enhancing the understanding of human consciousness.

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