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## **Sensation and Perception**

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## **Sensation and Perception**

Concerning the video, it is essential to understand how cellular structures create a visual pathway between the eyesight and processing of the brain. The pathway is explained as a connection of cells in the nervous system with different parts of the eyes. For instance, when considering a visual pathway, one starts from the retina linking cones together with rods by cells; optic nerve is the output. It consists of numerous fibers terminated in one of two brain regions connected to other or many cortex areas. These entirely describe the pathway, as the video explains (Annenberg Learner, 2020).

I have familiarized myself with the studies that have been done on single cells showing that three different sub-pathways make a pathway. All the three sub-pathways have specific roles. One deals with form, another with color and the last one with depth and movement. According to the video, if an individual cell is filmed, channel-dependent, the specific cell will respond only to a single area. Despite the above explanation, it is impossible to conclude on the matter. The particular reason for this circumstance is that only the primary visual cortex is explained. The entire cortex is involved; therefore, more research is required to paint the full picture of the pathway.

Conforming to the video, sensation and perception are two different processes that are relatable. The sensation is described as the input involving the physical world acquired by a human's sensory receptors. In contrast, perception is how the human brain chooses, arranges, and elucidates these sensations (Annenberg Learner, 2020). In simpler terms, senses form the physiological basis of perception. However, perception of similar senses may vary from one individual to another. It is now clear that different individuals' brains interpret stimuli differently depending on their expectations, memory, emotions, and learning.

Sensory receptors are specially made neurons that respond to specified types of stimuli. Whenever a sensory receptor recognizes sensory information, the sensation is achieved. For example, light entering the human eye causes a chemical change in cells lining the eye's back. The cells send messages in the form of action possibilities to the central nervous system. The process explained above is known as transduction. I have come to learn that information about senses is oversimplified. There are more than five senses we have all known since elementary, with the extra senses including pain, temperature, balance and body position and movement. The absolute threshold expresses a specific sensory system's sensitivity, which can also receive messages below the absolute threshold. It is the least amount of stimulus energy available to detect the stimulus 50 percent of the time. These messages are usually for conscious awareness and are referred to as subliminal messages (Annenberg Learner, 2020).

As our sensory receptors collect data from our surroundings, we interpret that data determines how we interact with the world. Therefore, the information is crucial; hence, two processes are involved: bottom-up as well as top-down processing. First, bottom-up processing entails the certainty perceptions are created from sensory input, whereas, top-down processing entails to our thoughts, knowledge and experiences on how the sensations are interpreted. The video describes the sensation as a physical process and perception being psychological.

Being that our perceptions are created from sensations does not mean that all sensations result in perception. In reality, we do not perceive stimuli that persist relatively constant over a very long period. For example, entering a room that has an analog clock, one can hear the ticking sound. However, after starting a conversation with individuals in the room, the ticking sound tends to disappear. Here, sensory adaptation is demonstrated (Annenberg Learner, 2020).

### Reference

Annenberg Learner. (2020). *Sensation and Perception*.

<https://www.learner.org/series/discovering-psychology/sensation-and-perception/>

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