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In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. By Adam John PriviteraChemeketa Community CollegeThe topics of sensation and perception are among the oldest and most important in all of psychology. People are equipped with senses such as sight, hearing and taste that help us to take in the world around us. Amazingly, our senses have the ability to convert real-world information into electrical information that can be processed by the brain. The way we interpret this information—our perceptions—is what leads to our experiences of the world. In this module, you will learn about the biological processes of sensation and how these can be combined to create perceptions. Differentiate the processes of sensation and perception. Explain the basic principles of sensation and perception. Describe the function of each of our senses. Outline the anatomy of the sense organs and their projections to the nervous system. Apply knowledge of sensation and perception to real world examples. Explain the consequences of multimodal perception. "Once I was hiking at Cape Lookout State Park in Tillamook, Oregon. After passing through a vibrantly colored, pleasantly scented, temperate rainforest, I arrived at a cliff overlooking the Pacific Ocean. I grabbed the cold metal railing near the edge and looked out at the sea. Below me, I could see a pod of sea lions swimming in the deep blue water. All around me I could smell the salt from the sea and the scent of wet, fallen leaves." This description of a single memory highlights the way a person's senses are so important to our experience of the world around us. Our senses combine to create our perceptions of the world. [Image: Adam John Privitera, CC BY-NC-SA 4.0. Before discussing each of our extraordinary senses individually, it is necessary to cover some basic concepts that apply to all of them. It is probably best to start with one very important distinction that can often be confusing: the difference between sensation and perception. The physical process during which our sensory organs—those involved with hearing and taste, for example—respond to external stimuli is called sensation. Sensation happens when you eat noodles or feel the wind on your face or hear a car horn honking in the distance. During sensation, our sense organs are engaging in transduction, the conversion of one form of energy into another. Physical energy such as light or a sound wave is converted into a form of energy the brain can understand: electrical stimulation. After our brain receives the electrical signals, we make sense of all this stimulation and begin to appreciate the complex world around us. This psychological process—making sense of the stimuli—is called perception. It is during this process that you are able to identify a gas leak in your home or a song that reminds you of a specific afternoon spent with friends. Regardless of whether we are talking about sight or taste or any of the individual senses, there are a number of basic principles that influence the way our sense organs work. The first of these influences is our ability to detect an external stimulus. Each sense organ—our eyes or tongue, for instance—requires a minimal amount of stimulation in order to detect a stimulus. This absolute threshold explains why you don't smell the perfume someone is wearing in a classroom unless they are somewhat close to you. Because absolute threshold changes throughout the day and based on what other stimuli you have recently experienced, researchers define absolute threshold as the minimum amount of stimulation needed to detect a stimulus 50% of the time. The way we measure absolute thresholds is by using a method called signal detection. This process involves presenting stimuli of varying intensities to a research participant in order to determine the level at which he or she can reliably detect stimulation in a given sense. During one type of hearing test, for example, a person listens to increasingly louder tones (starting from silence). This type of test is called the method of limits, and it is an effort to determine the point, or threshold, at which a person begins to hear a stimulus (see Additional Resources for a video demonstration). In the example of louder tones, the method of limits test is using ascending trials. Some method of limits tests is using descending trials, such as making a light grow dimmer until a person can no longer see it. Correctly indicating that a sound was heard is called a hit; failing to do so is called a miss. Additionally, indicating that a sound was heard when one wasn't played is called a false alarm, and correctly identifying when a sound wasn't played is a correct rejection. Through these and other studies, we have been able to gain an understanding of just how remarkable our senses are. For example, the human eye is capable of detecting candlelight from 30 miles away in the dark. We are also capable of hearing the ticking of a watch in a quiet environment from 20 feet away. If you think that's amazing, I encourage you to read more about the extreme sensory capabilities of nonhuman animals; many animals possess what we would consider super-human abilities. A similar principle to the absolute threshold discussed above underlies our ability to detect the difference between two stimuli of different intensities. The differential threshold (or difference threshold) or just noticeable difference (JND), for each sense has been studied using similar methods to signal detection. To illustrate, find a friend and a few objects of known weight (you'll need objects that weigh 1, 2, 10 and 11 lbs.—or in metric terms: 1, 2, 5 and 5.5 kg). Have your friend hold the lightest object (1 lb. or 1 kg). Then, replace this object with the next heaviest and ask him or her to tell you which one weighs more. Reliably, your friend will say the second object every single time. It's extremely easy to tell the difference when something weighs double what another weighs! However, it is not so easy when the difference is a smaller percentage of the overall weight. It will be much harder for your friend to reliably tell the difference between 10 and 11 lbs. (or 5 versus 5.5 kg) than it is for 1 and 2 lbs. This is phenomenon is called Weber's Law, and it is the idea that bigger stimuli require larger differences to be noticed. As with the absolute threshold, your ability to notice differences varies throughout the day and based on what other stimuli you have recently experienced so the difference threshold is defined as the smallest difference detectable 50% of the time. Crossing into the world of perception, it is clear that our experience influences how our brain processes things. You have tasted food that you like and food that you don't like. There are some bands you enjoy and others you can't stand. However, during the time you first eat something or hear a band, you process those stimuli using bottom-up processing. This is when we build up to perception from the individual pieces. Sometimes, though, stimuli we've experienced in our past will influence how we process new ones. This is called top-down processing. The best way to illustrate these two concepts is with our ability to read. Read the following quote out loud: Figure 1. An example of stimuli processing. Notice anything odd while you were reading the text in the triangle? Did you notice the second "the"? If not, it's likely because you were reading this from a top-down approach. Having a second "the" doesn't make sense. We know this. Our brain knows this and doesn't expect there to be a second one, so we have a tendency to skip right over it. In other words, your past experience has changed the way you perceive the writing in the triangle! A beginning reader—who is using a bottom-up approach by carefully attending to each piece—would be less likely to make this error. Finally, it should be noted that when we experience a sensory stimulus that doesn't change, we stop paying attention to it. This is why we don't feel the weight of our clothing, hear the hum of a projector in a lecture hall, or see all the tiny scratches on the lenses of our glasses. When a stimulus is constant and unchanging, we experience sensory adaptation. This occurs because if a stimulus does not change, our receptors quit responding to it. A great example of this occurs when we leave the radio on in our car after we park it at home for the night. When we listen to the radio on the way home from work the volume seems reasonable. However, the next morning when we start the car, we might be startled by how loud the radio is. We don't remember it being that loud last night. What happened? We adapted to the constant stimulus (the radio volume) over the course of the previous day and increased the volume at various times. Now that we have introduced some basic sensory principles, let us take on each of our fascinating senses individually. VisionVision is a tricky matter. When we see a pizza, a feather, or a hammer, we are actually seeing light bounce off that object and into our eye. Light enters the eye through the pupil, a tiny opening behind the cornea. The pupil regulates the amount of light entering the eye by contracting (getting smaller) in bright light and dilating (getting larger) in dimmer light. Once past the pupil, light passes through the lens, which focuses an image on a thin layer of cells in the back of the eye, called the retina. Because we have two eyes in different locations, the image focused on each retina is from a slightly different angle (binocular disparity), providing us with our perception of 3D space (binocular vision). You can appreciate this by holding a pen in your hand, extending your arm in front of your face, and looking at the pen while closing each eye in turn. Pay attention to the apparent position of the pen relative to objects in the background. Depending on which eye is open, the pen appears to jump back and forth! This is how video game manufacturers create the perception of 3D without special glasses; two slightly different images are presented on top of one another (Figure 2. Diagram of the human eye. Notice the Retina, labeled here: this is the location of the Cones and Rods in the eye. [Image: Holly Fischer, CC BY 3.0. It is in the location that light is transduced, or converted into electrical signals, by specialized cells called photoreceptors. The retina contains two main types of photoreceptors: rods and cones. Rods are primarily responsible for our ability to see in dim light conditions, such as during the night. Cones, on the other hand, provide us with the ability to see color and fine detail when the light is brighter. Rods and cones differ in their distribution across the retina, with the highest concentration of cones found in the fovea (the central region of focus), and rods dominating the periphery (see Figure 2). The difference in distribution can explain why looking directly at a dim star in the sky makes it seem to disappear; there aren't enough rods to process the dim light! Next, the electrical signal is sent through a layer of cells in the retina, eventually traveling down the optic nerve. After passing through the thalamus, this signal makes it to the primary visual cortex, where information about light orientation and movement begin to come together (Hubel & Wiesel, 1962). Information is then sent to a variety of different areas of the cortex for more complex processing. Some of these cortical regions are fairly specialized—for example, for processing faces (fusiform face area) and body parts (extrastriate body area). Damage to these areas of the cortex can potentially result in a specific kind of agnosia, whereby a person loses the ability to perceive visual stimuli. A great example of this is illustrated in the writing of famous neurologist Dr. Oliver Sacks; he experienced prosopagnosia, the inability to recognize faces. These specialized regions for visual recognition comprise the ventral pathway (also called the "what" pathway). 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