



Short Communication

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Psychophysics

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Gustav was a pioneer of experimental psychology, founder of psychophysics, and author of Weber-Wechner's law of sensation. This law links the stimulus and the sensation with a mathematical equation that says that the intensity of the sensation is directly proportional to the logarithm of the intensity of the stimulus, meaning that the increase in the intensity of the stimulus leads to an increase in the intensity of the sensation.

After Fechner, the sensations became reactions that can be examined in an objective way, measured directly, and treated statistically using the general law that applies to all types of sensations.

Example: Have your children close their eyes when tasting chocolate. This is a good exercise that helps focus attention and clarity of mind.

Psychophysicists have developed what is known as the Threshold concept, which refers to the minimum level of stimulation that our nervous system can handle.

Tasting sweets and analyzing the taste enhances their perceptions and teaches them to feel the beauty around them.

