Paul Zak: Trust, Morality or Oxytocin

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Morality has always been a cause of initiating great things in the world. Morality instigates happiness and positivity around the world. People become more motivated to good and spread happiness around them. Studies show that morality is never alone; it always comes along or brings along with it various other positive aspects like empathy, growth, motivation, power and helping others. But the question arises here that what causes the feelings of morality in an individual. Where does this morality come from and how these feeling can be transferred to other people?

Experts and scientists have been working on this and found the answer to this question. They have got the reason or cause of this positivity in a simple hormone present in our body: oxytocin. Oxytocin is present in our body both in the brain and the blood. Oxytocin is also known as the “happy hormone”. This concept has been significantly refined and elaborated in a speech by Dr. Paul Zak, who has been working extensively in the area of neurology and the science of connecting its various aspects to the human sentiments (Zak, 2011).

Not only Dr. Zak but many scientists have shown deep interest in the area of the connection between different sentiments and the release of oxytocin in the blood. Many scientists argue that the concept has been exaggerated and oxytocin is not a moral molecule. One of the theory states that people who take oxytocin before gambling become more dishonest in the game and tend to lie more. The same results have been found to be in the case of the relationships. Scientists have found out that partners who take regular intakes of oxytocin tend to lie more in their relationships as compared to those people who do not take regular or nil oxytocin.

**References**

Zak, P. (Performer). (2011). *Trust, Morality — and Oxytocin?* TEDGlobal.