

# Evolutionary Psychology: Surviving Our Ancestral Past

Authored by  
**mohammad looti**

June 16, 2026

## RECOMMENDED CITATION

mohammad looti (2026). *Evolutionary Psychology: Surviving Our Ancestral Past*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=38013>

Problems of survival are thus clear targets for the evolution of physical and psychological adaptations. Major problems our ancestors faced included (a) food selection and acquisition, (b) territory selection and physical shelter, and (c) avoiding predators and other environmental threats. See Buss (2011) for descriptions of various psychological adaptations that have evolved to deal with these challenges of survival.

Proponents of EP suggests that adaptationism can serve as a foundational meta theory for the entire discipline and thus it may offer a way to integrate different psychological phenomenon. They suggest that evolutionary theory can integrate the entire field of psychological science in much the same way that evolutionary theory has integrated the field of biology.

ARABPSYCHOLOGY.COM