

INTRODUCTION TO PSYCHOLOGY

Lecture #3

METHODS OF PSYCHOLOGY

Introspection Method

External Observation Method

Naturalistic Observation Method

Statistical Method

Case History Method

The Genetic Method

Methods of Psychology

Introduction

Methods of psychology refer to the ways by which you can understand and describe behavior.

We can apply any of these methods to observe behavior of a person.



Methods of Psychology

1. Introspection Method
2. External Observation Method
3. Naturalistic Observation Method
4. Statistical Method
5. Case History Method
6. The Genetic Method
7. Experimental Method



INTROSPECTION METHOD

Introspection refers to observing others by using your own experience, comparing others with yourself. That is why this method is also called looking with-in and self observation method.



INTROSPECTION METHOD

EXAMPLES:

We can feel the pain of a person, if we had the similar or same pain in the past.

We as a student can understand the problems of another student.



INTROSPECTION METHOD

EXAMPLES:

We can sometimes feel and understand the problems of a person who has got the tire of his vehicle puncture.

If you ever failed in your exams then you can understand the sorrows of other failing students.



SHORTCOMINGS OF INTROSPECTION METHOD

Everyone has got his / her own ways of thinking and taking things. A child may cry on his mother saying

“you are not a good boy”

or he may not cry after having slap on his face.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot introspect dead people because we are alive and we have never experienced that feeling.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot apply it to very small children because we have forgotten that time of our life.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot apply it on animals because we are humans.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot apply it on all situations because it is not 100% accurate all the time.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot introspect anyone's unconscious forces because you cannot know what is in the unconscious mind.



SHORTCOMINGS OF INTROSPECTION METHOD

You cannot apply it on anything which you have not experienced ever.

FOR EXAMPLE:

you cannot understand the pain of heart attack because you have never gone through that attack.



SHORTCOMINGS OF INTROSPECTION METHOD

We cannot apply it on mentally retarded people.



SHORTCOMINGS OF INTROSPECTION METHOD

Gender differences also hinder introspection method because boys cannot think like girls or girls cannot understand the problems and feelings of boys.



SHORTCOMINGS OF INTROSPECTION METHOD

This method has a limited application because we can apply it only in limited situations.



EXTERNAL OBSERVATION METHOD

This method is somewhat overcome the limitations of introspection. We can observe a person's behavior in a certain situation, whether we have never experienced that.



EXTERNAL OBSERVATION METHOD

EXAMPLE:

We can imagine the problems of a handicap. We can externally observe a child to know whether he is happy, hungry, sad etc.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

You cannot externally observe everyone correctly because everyone think in a different manner and have different intensity for different emotions.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

In external observation we are considering external expressions of a person, we are not considering his mind and cognition.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

Sometimes people are excelling in hiding their emotions so you can't judge them by their expressions or external observation.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

Cultural differences also limit the external observation because different cultures have different meanings for a single mode of behavior.

For example: In china people do clapping when they are sad.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

There are many explanations to a single mode of behavior. Shouting with joy, sorrow, excitement etc.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

It is always very difficult to judge, what is in the unconscious mind.



LIMITATIONS OF EXTERNAL OBSERVATION METHOD

We cannot judge mental processes in the mind.



NATURALISTIC OBSERVATION

This method is observing someone in his natural environment. The person who is observed should not be known that you are observing him/her so that he may not pretend anything. This method is best to observe animals and small children.



STATISTICAL METHOD

This method is quantitative in nature and we don't deal with qualities. We got some facts and figures and we derive some conclusion on the basis of data collected. In this method we represent our output in form of graphs and curves. We also derive normality criteria on the basis of data collected.



CASE HISTORY METHOD

This method is used by doctors and psychologist to know the root problem of the subject. This method is called clinical method because patients are themselves interested in their treatment.



CASE HISTORY METHOD

They use following techniques

- Questionnaire
- Story writing
- Relating past dreams
- Narrating the happiest and worst moment of client's life.



CASE HISTORY METHOD

QUESTIONNAIRE

Gives you the crude idea of mentality of the person



CASE HISTORY METHOD

STORY WRITING

It is observed that when you ask someone to write any story then he/she write whatever in his/her imagination, or what is the ideal.



CASE HISTORY METHOD

RELATING PAST DREAMS

In dreams, we usually see whatever is in our unconscious mind but it is not necessary that all of our dreams must relate to our unconscious mind.



THE GENETIC METHOD

Genetic method is an advanced method for studying the behavior of species. We can study different creatures by studying their genes, DNA and genetic makeup.

