

# **7 Methods of Studying Human Behaviour**

by Arman Sharma

Some of the important methods of Studying Human Behaviour as Formulated by Psychologists are as follows: 1. Introspection Method 2. Observation Method 3. Experimental Method 4. Clinical Method/Case History Method 5. Survey Method 6. Genetic Method 7. Testing Method.

## **1. Introspection Method:**

This method was introduced by EB Titchener. This is also known as self-observation method. Introspection means 'to look within'.

It is not possible to understand the inner feelings and experiences of other persons. But the individual himself can observe and report.

Example: A patient can report about his pains and other disturbances in a better way than by a nurse. He will look within himself and explain how he is feeling. This will help for a better treatment. Though Introspection is a useful method, it has some demerits also.

**These are:**

(a) We cannot verify the reports given by the observer hence we have to accept his report. At times even if he is reporting correctly there may be distortions

(b) This method cannot be used to study children, animals and persons suffering from mental disorders. But this is a cheap and easy method.

## **2. Observation Method:**

This method is very useful in the areas where experiments cannot be conducted. In this method the observer will observe and collect the

# Methods In The Study Of Human Behavior

**Philip Julian Runkel, Joseph Edward  
McGrath**

## **Methods In The Study Of Human Behavior:**

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