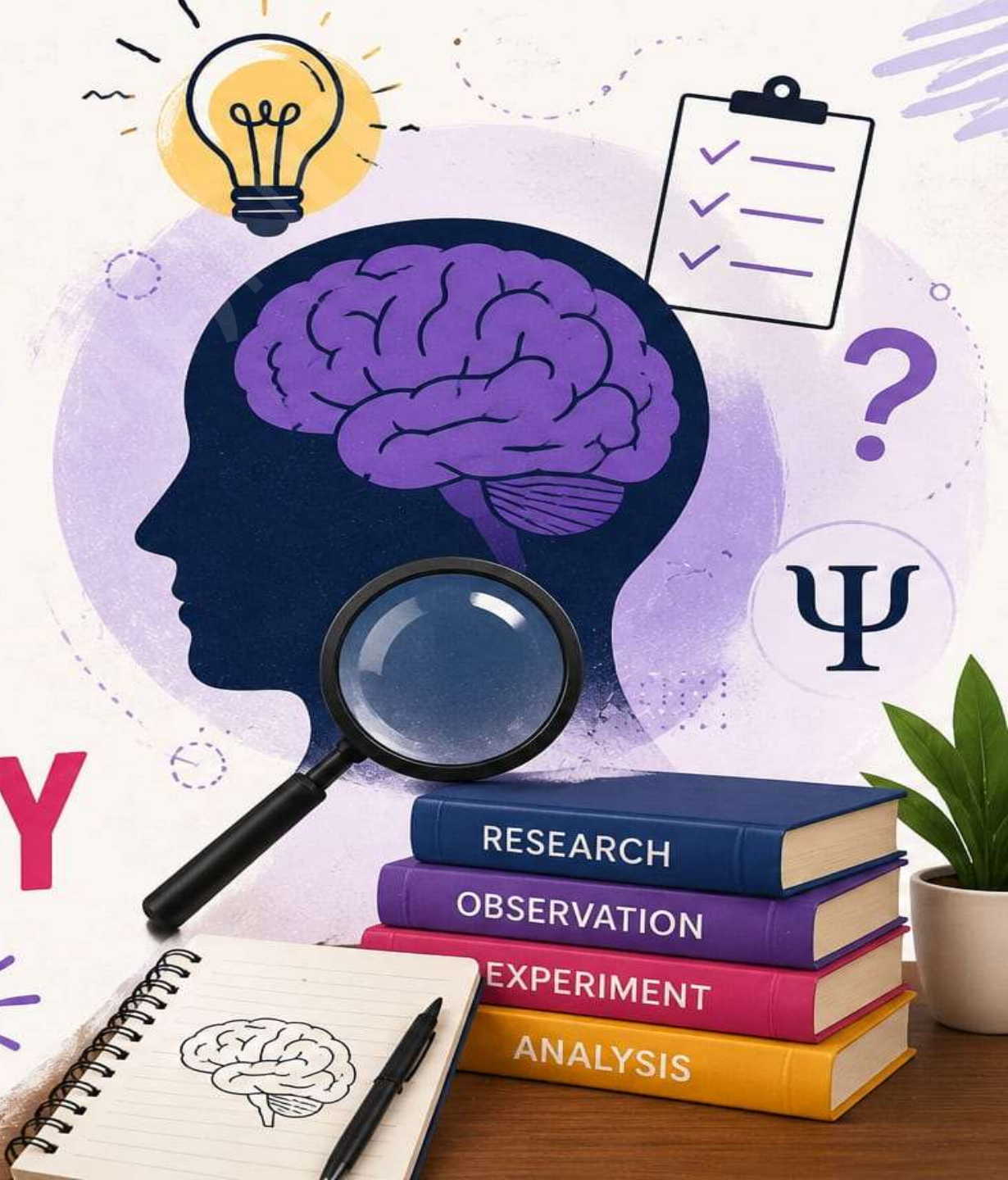


CLASS 11
PSYCHOLOGY

METHODS **OF** **INQUIRY** **IN** **PSYCHOLOGY**

ONE SHOT





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Psychology Chapter 2

Methods of Enquiry in Psychology

Introduction

First, understand the name of the chapter.

Chapter 1 – Psychology

Psychology means the study of mind, mental processes, and behaviour.

Chapter 2 – Enquiry

Enquiry means research, investigation, and studying something deeply.

So, this chapter explains **by using which methods psychology studies human mind and behaviour.**

It tells us how psychologists study people scientifically.

- ❖ **Since human behaviour is very complex, one single method is not enough. Different methods are needed to understand different kinds of behaviour.**

Goals of Psychological Enquiry

Psychological enquiry has five main goals:

1. Description

It means describing behaviour carefully.

Psychologists first observe and describe what is happening.

Example:

Understanding whether a person is showing stress or anxiety.

2. Prediction

It means predicting future behaviour. Psychologists try to find what may happen next based on present behaviour.

Example:

Predicting whether exam stress may lead to anxiety.

3. Explanation

It means finding the reason behind behaviour. Psychologists explain the causes or factors responsible.

Example:

Why a student feels anxiety before exams.

4. Control

It means changing behaviour by reducing negative behaviour and improving positive behaviour.

Example:

Reducing stress through counselling.

5. Application

It means using psychological knowledge for the welfare of people and society.

Example:

Yoga and meditation for mental peace and stress management.

Steps in Conducting Scientific Research

Scientific method should be:

- Objective
- Systematic
- Testable

Step 1: Conceptualising a Problem

First, select a topic for study and identify the problem.

Example:

Why do students feel exam stress?

Step 2: Collecting Data

Information is collected using participants, methods, tools, and procedures.

Step 3: Drawing Conclusions

Using statistical methods, the results are analyzed and conclusions are made.

Step 4: Revising Research Conclusions

Existing theories may be revised, new hypotheses may be formed, or a new theory may be developed.

Alternative Paradigms of Research

Alternative paradigms focus more on understanding human behaviour from the person's own point of view.

It is based on context, personal experience, and real-life situations.

This is called the **Interpretive Method**.

It believes that human behaviour cannot always be understood only by numbers and experiments.

One Important Point:

It focuses more on **subjectivity**, personal meaning, and understanding behaviour deeply rather than only measuring it scientifically.

Nature of Psychological Data

Psychologists collect different types of information called data.
Data is collected to understand human behaviour properly.

Types of Data

1. Demographic Information

Personal details like:

Name

Age

Gender

Education

Occupation

2. Physical Information

Environmental and living conditions like:

Home environment

Facilities available

Economic condition

3. Physiological Data

Biological information like:

Height

Weight

Heart rate

4. Psychological Information

Mental and emotional aspects like:

Intelligence

Personality

Interests

Values

Some Important Methods in Psychology

- Observational Method
- Experimental Method
- Correlational Research
- Survey Research
- Psychological Testing
- Case Study

1. Observational Method

Observation means carefully watching behaviour and recording it.

There are two forms:

Daily Life Observation

Watching normal day-to-day behaviour.

Scientific Observation

Specific behaviour is selected and then:

- Observe
- Record
- Analyse
- Derive meaning

Types of Observation

A. Naturalistic Observation

Observation is done in the natural setting without control or manipulation.

Example:

Watching how children behave naturally in a playground.

No one changes the environment.

B. Controlled Observation

Observation is done in a planned or controlled setting where behaviour can be regulated.

Example:

Observing student behaviour inside a classroom under teacher supervision.

The situation is controlled.

C. Non-Participant Observation

The observer watches from a distance and does not participate.

Example:

A teacher checking student interaction through CCTV cameras without entering the classroom.

The observer only watches.

D. Participant Observation

The observer becomes part of the group to study behaviour closely.

Example:

A teacher joins students during a group activity to observe friendship patterns.

The observer participates.

2. Experimental Method

This method studies the cause-and-effect relationship between two variables in a controlled setting.

A variable means anything that changes and can be measured.

Example:

Studying whether noise affects memorization.

Types of Variables

1. Independent Variable (IV)

The variable changed or manipulated by the experimenter.

Example:

Noise level during study

(With noise / Without noise)

2. Dependent Variable (DV)

The variable that depends on the independent variable.
It shows the result.

Example:

Memorization or test performance

If noise changes memory performance, memory becomes DV.

3. Extraneous Variable (EV)

Extra unwanted variables that may affect results but are not part of the study.

Researchers try to control them.

Example:

Student's health, sleep, mood, room temperature

These can also affect memorization.

Controlling Techniques

These are used to control extraneous variables.

1. Elimination

Completely removing the unwanted variable.

Example:

Closing windows to remove outside traffic noise during an experiment.

2. Held Constant

Keeping all conditions same for everyone.

Example:

All students are given the same room, same time, and same question paper.

3. Randomization

Participants are selected randomly.

Example:

Randomly choosing 20 students from a class using chits.

This reduces bias.

4. Matching

Participants are matched based on similar characteristics.

Example:

Selecting students of the same age group and same academic level

5. Counterbalancing

Used to reduce practice effect and fatigue effect.

(Sequence effect)

Example:

Group A studies in silence first, then with noise.

Group B studies with noise first, then in silence.

This balances the order effect.

Control Group and Experimental Group

Control Group

This group does not receive the manipulation of Independent Variable.

Example:

Students studying without noise

This is the normal group.

Experimental Group

This group receives the manipulation of Independent Variable.

Example:

Students studying with noise

This group is tested for the effect.

Example

Topic:

Effect of noise on memorization

IV:

Noise

DV:

Memorization

Control Group:

Without noise

Experimental Group:

With noise

Field and Quasi Experiments

Field Experiment

Experiment is conducted in a natural setting instead of a laboratory.

Example:

Studying how natural disasters affect people's lifestyle.

Quasi Experiment

In this, Independent Variable cannot be directly manipulated.

Groups already exist naturally.

Example:

Studying differences between boys and girls in stress level.

We cannot create these groups.

3. Correlational Research

It studies the relationship between two or more variables.

Range of correlation:

-1 to +1

Types of Correlation

Positive Correlation

Both variables move in the same direction.

Example:

More study time → better marks

Negative Correlation

Variables move in opposite directions.

Example:

More stress → lower performance

Zero Correlation

No relationship between variables.

Example:

Shoe size and intelligence

4. Survey Research

Mostly used in social psychology.

It helps in collecting opinions of people in society.

Methods of Survey

1. Interview

Face-to-face interaction between interviewer and interviewee.

2. Questionnaire

Information is collected through written questions.

3. Telephonic Survey

Calling people and collecting responses.

5. Psychological Testing

Psychological tests are:

Standardized

Systematic

Objective in nature

They are used to measure behaviour scientifically.

Criteria of Good Psychological Test

1. Validity

It checks whether the test measures what it is supposed to measure.

Example:

An intelligence test should measure intelligence only.

2. Reliability

It means consistency of scores.

Same test should give similar results again.

3. Item Analysis

Every question should belong properly to the topic.

4. Norms

Standard criteria used for comparison.

Types of Psychological Tests

Based on Nature

Verbal

Non-Verbal

Performance Test

Based on Administration

Individual Test

Group Test

Based on Classification

Speed Test

Power Test

6. Case Study

Mostly used in clinical psychology.

It is an in-depth study of one person and their problem.

Example:

Studying a child with ADHD in detail.

Analysis of Data

Quantitative Analysis

Based on numbers, scores, and statistics.

Example:

Test marks

Qualitative Analysis

Based on description and conclusions.

Example:

Interview responses

Limitations of Psychological Enquiry

1. Lack of True Zero Point

Many psychological qualities cannot start from absolute zero.

2. Relative Nature of Tools

Tools may differ according to culture and situation.

3. Subjective Interpretation

Qualitative data may be interpreted differently by different people.

Ethical Issues

1. Voluntary Participation

People should participate by their own choice.

2. Informed Consent

Participants should know the purpose before joining.

3. Debriefing

After the study, participants should be properly informed about the full situation.

4. Sharing Results

Results should be shared honestly when needed.

5. Confidentiality

Personal information and privacy of participants must be protected.

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