**Types of Methods of Educational Psychology**

The methods of educational Psychology can be broadly divided into two groups. Such as

1. Subjective Methods
2. Objective Methods

**Subjective Methods**

In this method, the individual himself has to examine his own thoughts, ideas, feelings and other activities. This method is the "act of studying one's own thoughts motives and feelings." For. e.g. methods of Introspection. Here individual projects himself and studies his own behaviour without interfering any researcher or investigator or obsever.

**Objective Methods**

This type of methods based on "The use of accurately ascertaining data from the determination and interpretation of which any purely personal opinion or preconceived idea is excluded." In it, there is no place for personal influence or bias judgment of the researcher.

**Introspection Method**

When a person or 'subject' himself observes his own mental states and behaviour, it is introspection or subjective observation.It is one of the oldest method of psychology, which is derived from two Latin words

1. intro, and (2)spection.

Intro means 'within' or ‘Inward’ and Spection means ‘looking’ or' 'observing hence, introspection means looking or observing within.

Introspection is the examination of one's own conscious thought and feelings.

Woodworth has called it 'self-observation'.

Stout views that. "Introspection is directed towards the answering questions theoretical importance for the advancement of our systematic knowledge of the ins and conditions of mental process."

Psychologist, C.V. Good says, "introspection is a mode of investigation by which subjects are exposed under controlled conditions to select situation or stimuli, such a combinations of colours, musical cadences, scents, or words and each observes and reports the mental states or reactions evoked in himself."

Titchner says, "Introspection is looking within."

Angell remarks it as "Looking inward."

Thus, introspection means the mind studies its own working.

It is simplest and most economical method as it requires no laboratory or finance etc.

The subject gets direct, immediate and intuitive knowledge about his mind.

Teachers can improve their teaching by self-evaluation and self-suggestion.

**Stages of Introspection**

There are three distinct stages of introspection.

(1) The first is the stage of explicit self-consciousness. The person tries to find the basis or reason for his mental activities. The individual is conscious that he is watching something.

(2) Second is the stage of reflection and deliberation. Here, individual begins to think of the good or bad consequences of his activities.

(3) The third stage is the final stage of drawing conclusion. In this stage, the individual tries to understand himself and determines whether his actions are desirable or undesirable.

Thus, introspection is self- observation with a view to study the nature of mental process. It is not self-reflection.

**Merits**

1. It is the cheapest and most economical method of studying behaviour. We do not need any apparatus or laboratory for its use.
2. This method can be used any time anywhere. You can introspect while walking, travelling, sitting on a bed & so on.
3. It is the easiest method and readily available to an individual.
4. The introspection data is first-hand as the person himself examines his own activities.
5. This method supplies us with the direct knowledge of the mental process.
6. It is the only method with the help of which an individual can know his emotions and feelings.
7. Introspection has generated research which gradually leads to the development of the more objective methods.

**Demerits**

1. The most serious objection against introspection is that human beings are not static like inanimate objects such as stone or chairs, etc. Our mental process is under constant change so when one attempt to introspect, the state of mental process may disappear by the time we start the process.
2. Introspection is purely an individual, subjective method. The data collected by introspection is highly subjective as there is no way to prove the reliability of the data. It is practically impossible to explore the mental process of others.
3. Introspection is unscientific i.e. individual investigators differ in their results due to ambiguity of the correct information and personal bias.
4. The data collected by introspection cannot be verified by other persons.
5. This method is not suitable to study the mind in a changing situation. Because, our mental processes are instantaneously changing their nature and mode.

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