

Topic Subject Code Subject Name Delivered by :Introspection Method

:BED18001 : Psychology of Learners and Learning :Dr.P. Senthamizh Pavai



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EDUCATIONAL AND RESEARCH INSTITUTE

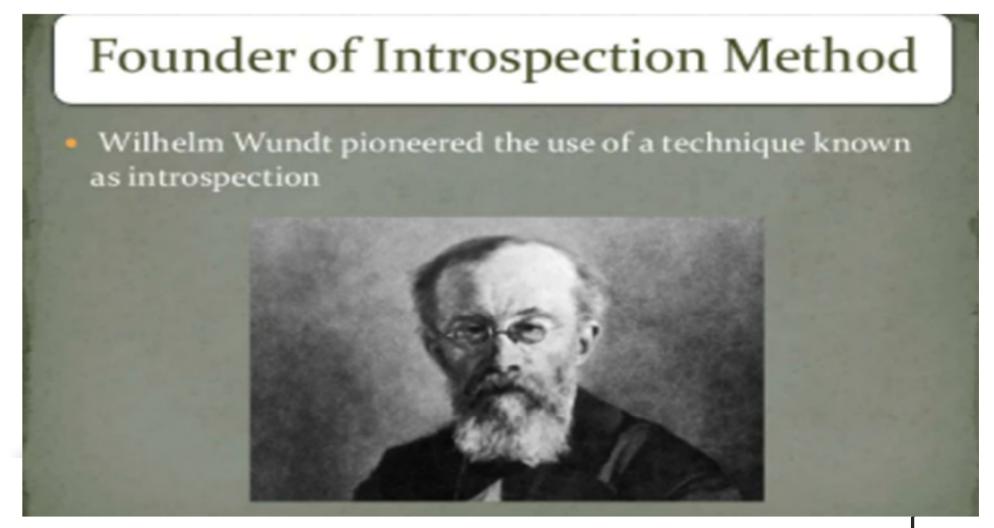
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INTROSPECTION METHOD

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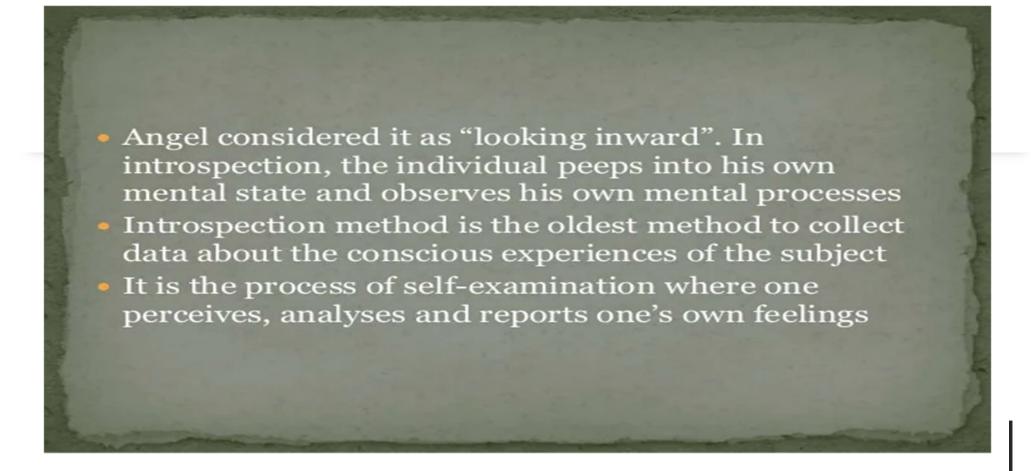




Introspection Method

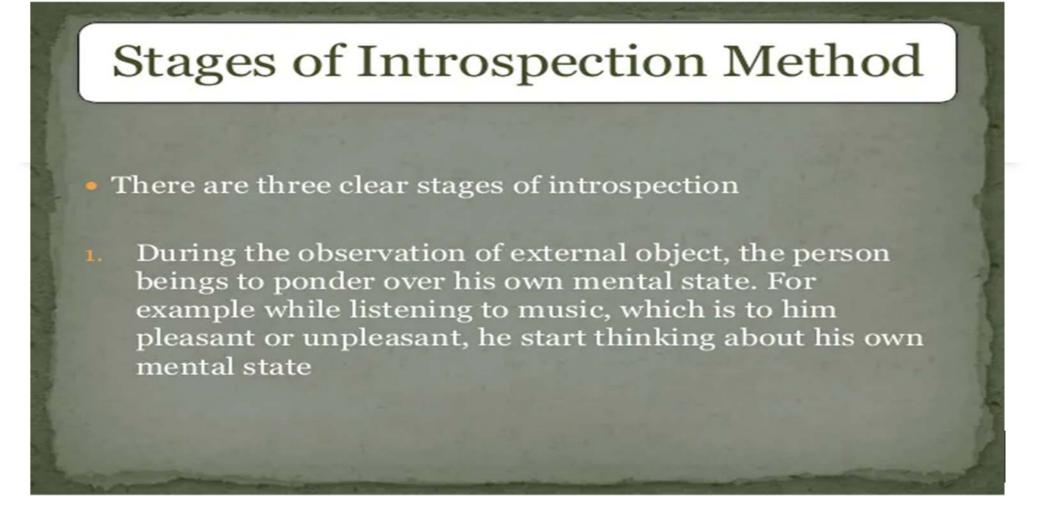
- Introspection is a method of self observation
- The word
 - Intro" means "within" and
 - "Spection" mean "looking"
- Hence, it is a method where an individual is looking within one self

 Stout considered that 'to introspect' is to attend to the working of one's own mind in a systematic way

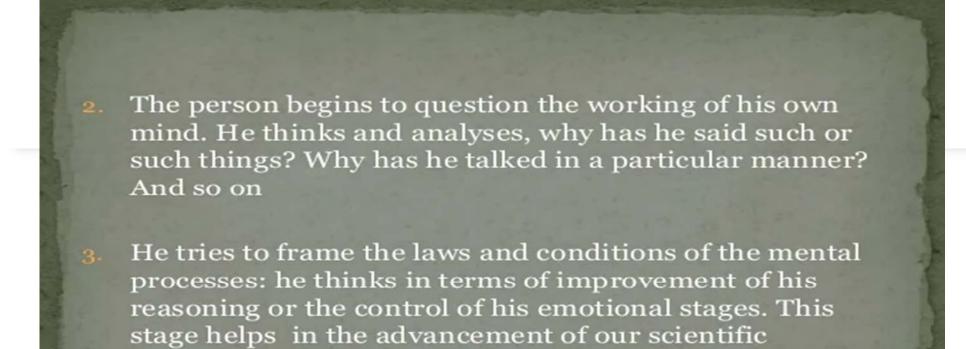


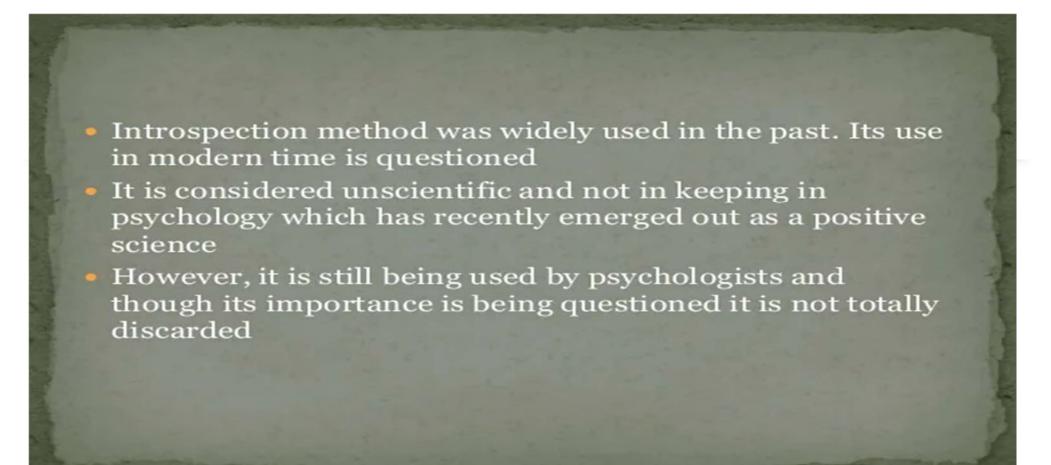
For Example

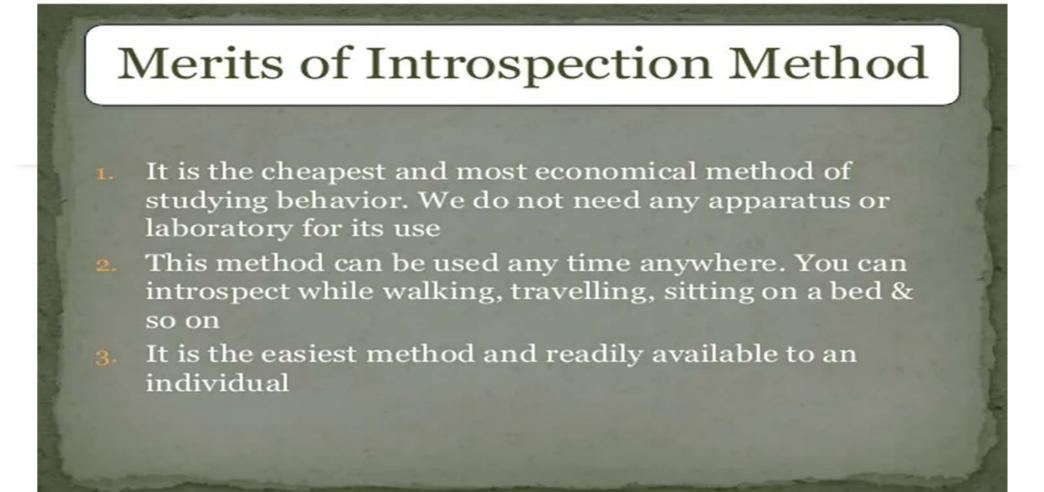
 Suppose you are happy and in the state of happiness you look within yourself. It is said you are introspecting your own mental feelings and examine what is going on in your mental process in the state of happiness. Similarly, you may introspect yourself in the state of anger and fear etc. Introspection is also defined as the notice, which the mind takes of itself



knowledge



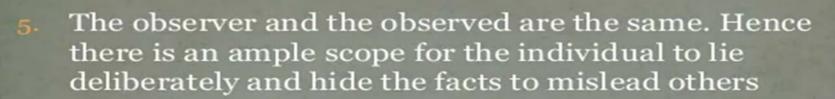




Limitations of Introspection Method

In introspection, one needs to examine one's mental processes carefully in the form of feelings, thoughts and sensation. The sate of one's mental processes is continuously changing. Therefore when one concentrates on introspecting a particular phase of one's mental activity that phase passes off. For example when you get angry at something and afterwards sit down to introspect calmly, the state of anger is sure to have passed off and so what you try to observe is not what is happening at that time with yourself but what had happened sometimes before

- 2. The data collected by introspection cannot be verified. An individual cannot pass through the same mental state again. There is no independent way to check the data
- The data collected through introspection lacks validity and reliability. It is impossible to acquire validity and exactness in self-observation of one's own mental processes
 - The data collected by introspection is highly subjective. It has a danger of being biased and influenced by preconceptions of the individual



- Introspection cannot be applied to children, animals and abnormal people
- 7. Introspection is logically defective one and the same person is the experimenter and observer. It is not possible for same individual to act as an experimenter as well as an observer. Thus introspection is logically defective

Conclusion

"The limitations of introspection can be overcome by practice and training, by remaining alert during introspection and by comparing results obtained by experts"



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