My Psychology Study

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The study I participated in was a Study of Human Perception conducted by researcher Yury Shevchenko at the University of Mannheim (Shevchenko, Y. (2017, March 17). Study) for the purpose of soliciting an emotional response to a video filled with various tropes or guilt and downfall. I was asked to rate my behavior before starting the survey, watch a three or so minute video, and again asked to rate my behavior upon finishing it. The study was very simple and easy to complete, lasting only a couple minutes of my time. I could gather that the goal of this study was to change or control my behavior based on the before and after questioning of my current state of mind. There are three other goals of psychological research, which include describing behavior, predicting behavior, and explaining behavior. **Describing** behavior is the simplest and most basic goal of research, taking observed actions and events to see how they could correlate with one another (Pastorino & Doyle-Portillo, 2013, 1-4). Predicting and explaining behavior are more complicated, both taking into account a deeper reasoning behind behavior rather than explaining a correlation of actions.

While there are four goals of researching in psychological studies, there are five different methods to conducting those researches. These five consist of case studies, surveys, naturalistic observation, correlational research, and experiments. Case studies focus on a single individual, which is more personalized than a survey, where groups of people are the focus instead, however, both are involved with asking questions to participating patrons. **Naturalistic observations** are incredibly raw, and untampered with, to ensure the purest outcome from a normal routine which makes it mostly used when trying to attain goals of description and prediction (Pastorino & Doyle-Portillo, 2013, 1-4c). While naturalistic observation tries to gather the raw feedback, correlational studies focuses on what happens in-between feedback, or the relationship that the outcome has with the process that transpires leading to it. This type of researching is very specific and calculated, much like the last type of researching; Experiments. Experiments can be implemented in just about any research due to its wide diverse use and full embodied approach to setting examples up and reading outcomes in various ways. Experiments are filled with variables, controls and sometimes placebos in order to achieve a goal. The study I participated in was a survey, which consisted of answering questions proposed to me and multitudes of others on the internet. There are quite a few advantages of gathering data from others for studies on the internet, one of which include getting data from all walks of life from all over the planet guaranteeing a very diverse pool of participants for many different opinions and cultural behaviors. A couple of downsides to having an internet based research pool could easily be the lack of personal integrity to the survey being taken in which an individual could half-heartedly or dishonestly participate. Another fatal flaw concerning an internet full of participants would be the serious lack of personal connection.

No matter what kind of research is being done, every conductor follows a very strict **ethical guideline** and principles when handling studies. It usually involves a consent form informing the participant of their right to withdrawal from the study at any time during the entirety of the process, as well as their confidential personal information (Pastorino & Doyle-Portillo, 2013, 1-5a). A participant will always be given the same guidelines of ethics when they decide to join a study, however many times they decide to. Researchers repeat studies for many reasons, a few being to draw from a different pool of demographics, test for accuracy, or just to gather more data for a larger average on a larger study. I think that I would conduct the same study that I participated in earlier just for the fact that it was quick, easy, available to a large, diverse group of potential participants, and it seemed quite effective for gathering opinions. The only thing I would change however, is the questioning before showing the video used to strike emotion, getting a better understanding of the mood, thoughts and feelings of whoever was doing the survey. I would keep the survey format for the simple distribution among the internet, and run it multiple times to draw a very large and broad conclusion with consistent averages.

Works Cited

**Pastorino, E., & Doyle-Portillo, S. (2013). *What is psychology? Essentials*. Australia: Wadsworth Cengage Learning.**

**Shevchenko, Y. (2017, March 17). Study. Retrieved March 22, 2017, from http://yuryshevchenko.com/webstudy/perception/index.php?sc=pron**