

Study of Human Behaviour Formulated In Psychology

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ABSTRACT- Human behaviour is the potential and expressed ability of individual human beings or groups to react to both internal and external stimuli during the course of their lifetimes (mentally, physically, and socially). A person's behaviour changes as they progress through several life phases, such as from birth to adolescence, maturity, and, for example, motherhood and retirement. While some elements of a person's personality, temperament, and heredity may be more consistent. This article shed light upon the study of human behavior along with the different methods and their demerits.

KEYWORDS- Human Behaviour, Stimuli, Life Phases, Temperament, Maturity, etc

I. INTRODUCTION

All behaviours are acquired by interactions with the environment, or conditioning, according to behaviourism, commonly referred to as behavioural psychology, which is a theory of learning. Therefore, behaviour is just a reaction to external cues. Since they can be investigated methodically and observably, behaviourism is primarily interested in observable stimulus-response behaviours. To almost the complete exclusion of innate or hereditary variables, behaviourism emphasises the role of environmental influences in affecting behaviour. This essentially equates to a learning emphasis. This broad area of study examines how groups function, how people get along with one another, and how they interact in the workplace. Studies of human behaviour, which have their roots in psychology and sociology, provide us with an academic grasp of motives, productivity, and team dynamics. Consequently, these insights can boost productivity at work or in any other group situation. The potential and demonstrated capacity for physical, mental, and social action throughout the stages of human life is known as human behaviour. Like other animal species, humans also go through stages of development in their lives that are each marked by a particular set of morphological, physiological, and behavioural traits. Prenatal life, infancy, childhood, adolescence, and adulthood are among these stages (including old age).

II. DISCUSSION

The social sciences, which cover anthropology, psychology, sociology, and economics, investigate human behaviour. In sociology, the term "behaviour" can be used to refer generically to all everyday human behaviours, even those that have no purpose or are not directed at any one individual. It is important to distinguish between general conduct and social behaviour. Social contact and culture, as well as ethics, the social environment, authority, persuasion, and coercion, all have a significant impact on social behaviour, a subset of human behaviour that accounts for behaviours taken toward other people. Human behaviour includes social interaction and artistic expression. Additionally, thoughts and feelings play a role in behaviour since they shed light on a person's psyche and disclose things like attitudes and beliefs. Psychological characteristics influence human conduct because personality types varies from person to person and result in a range of actions and behaviour. Persons who are extraverted, for example, are more inclined than introverted people to attend social events like parties. Human behaviour, like that of other organisms, falls on a spectrum, with certain behaviours being typical while others are uncommon, and some being within acceptable bounds while others go beyond it. Due in part to human society's inherent conformist character, social standards and other forms of social control are used to manage what is and is not acceptable behaviour. Social norms so influence behaviour by pressuring people to obey regulations and exhibit particular actions that are either considered acceptable or unacceptable based on the society or culture in question.

IMPORTANT METHODS FOR STUDYING HUMAN BEHAVIOUR

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:

EB Titchener invented this technique. This practise is sometimes referred to as self-observation. Introspection is defined as "seeing inward." Understanding another person's inner thoughts and experiences is impossible. However, the person can see and report for themselves. A patient can report pains and other irregularities more effectively than a nurse can. He will examine himself and describe his feelings. This will aid in providing better care. Even though introspection is a beneficial technique, it also has significant drawbacks.

Demerits of the intro-inspection approach

- (a) We must accept the observer's report because we are unable to independently verify his reports. Sometimes there may be distortions even though he is reporting accurately.
- (b) Children, animals, and people with mental illnesses cannot be studied using this method. But this approach is inexpensive and simple.

2. Observation Method:

In situations where doing trials is not an option, this strategy is quite helpful. In this approach, the observer will watch and gather information. The nurse will, for instance, observe the patient's temperature, pulse, blood pressure, and facial expressions while they are in the hospital. This approach is especially helpful for researching youngsters, the mentally sick, animals, and people who are unconscious. When gathering objective data, the observer occasionally goes to natural settings, circumstances, etc. Because the individual being observed won't be aware that he is being watched in natural circumstances, his behaviour will appear original and natural. As a result, this technique is often referred to as "naturalistic observation" or "objective observation."

Demerits of Observation Method

- (a) There is a potential that the report will be subjective, and observer bias could show up. The observer may occasionally need to invest more time, effort, and money in order to fully understand natural behaviour.

3. Experimental Method:

This kind of behaviour analysis is the most impartial. With this approach, investigations are carried out in carefully regulated lab settings. Typically, the impact of the independent variable on the dependent variable is researched through studies. There will therefore be two variables: an independent variable and a dependent variable. There will be certain additional factors that the experimenter does not want, and their interference could have an impact on the experiment's outcomes. Controlling such variables is necessary. These undesirable factors are referred to as "intervening" or "extraneous" variables. To minimise the impact of these uncontrollable variables, experiments are carried out under carefully monitored circumstances.

Examples: In a lab setting, the impact of music on blood pressure levels can be investigated. The BP is the dependent variable here, whereas the music is an independent variable. So that the impact of only the music can be evaluated, all other noises must be controlled as irrelevant variables. The effects of various medications, foods, and other things can also be researched. The experimental group and control group are two groups that can be used to conduct experiments. In these trials, the control group is left unchanged while the independent variable is only applied to the experimental group. Otherwise, the experiment could be carried out on the same group under both controlled and experimental settings.

Steps to follow in experiment is given below-

- a. Identification of the problem
- b. Formulation of hypothesis
- c. Designing the experiment
- d. Testing the hypothesis by experiment
- e. Analysis of results
- f. Interpretation of results.

The advantage of this method is that, the results of the experiment may be verified by repetition of the same experiment. But this method has some demerits also and are given below-

- (a) Conducting experiment is very expensive and time consuming;
- (b) another feature is that the experiments cannot be conducted outside the laboratory.

4. Clinical Method/Case History Method:

This approach is frequently applied in both medical facilities and educational settings. When a patient is admitted to a hospital, the nurse can obtain comprehensive information about the patient's illness. The material contains the disease's prior history, previous treatments, any changes or improvements, the condition now, likely causes, symptoms, etc. The patient, his immediate family members like parents, siblings, or anybody else who is with him, as well as his friends, neighbours, etc., may be able to provide this information.

5. Survey Method:

This is done to collect data from a huge population. The necessary data is gathered via inventories, checklists, rating scales, and questionnaires. This technique is typically used to learn about things like client preferences, political opinions, etc. It can also be used to learn information about the medical field, such as knowledge of illnesses and treatment plans, malnutrition, opinions about medical needs, accessibility to medical facilities, etc.

6. Genetic Method:

This approach is also known as a developmental approach. The majority of our behaviours are a product of prior encounters. We sometimes need to grasp a behavior's developmental characteristics in order to fully comprehend it. For instance, knowledge of a person's formative development is necessary to comprehend their behaviour as an adult.

There are two ways to do this:

- (a) Cross-sectional study, in which children from various age groups will be examined at the same time,
- (b) a longitudinal research in which multiple life stages of the same person are examined. This approach is more beneficial for understanding behaviour in light of inherited traits and environmental factors.

7. Testing Method:

Psychologists create many tests to investigate various facets of behaviour. By giving the right tests, it is possible to study attitudes, interests, abilities, IQ, adjustments, personality, and other aspects that affect behaviour.

III. CONCLUSIONS

Similar to other species, humans exhibit a range of behaviours, some of which are normal while others are abnormal, some of which lie within the permissible range, and others of which cross that range. Social norms and other types of social control are employed to regulate what behaviour is and is not acceptable, in part because human society has an inherent conformist nature. Social pressure to comply with laws and display specific behaviours that are either regarded acceptable or unacceptable depending on the community or culture in question are two ways that social norms have an impact on behaviour.

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