

# What is the scientific method and how is it used to guide psychological research

[Psychology](#)



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Using Scientific Method in Psychological Research Using Scientific Method in Psychological Research Research in psychology involves the study of behaviour and mental processes of the human beings (Feldman, 2013).

When conducting research, the psychologists various methods such as scientific, observational and the analysis of covariance methods. The paper explains the elements of the scientific method and its application in the psychological research. Scientific method involves observation, gathering data, formulating theories, experimentation and evaluation of the hypotheses. It is a process of acquiring knowledge in an organized manner. The method has been credited to deliver good results because the activities involved in research occur in a planned manner. With the increased study of the science of human behaviour, psychologists are advised to use the scientific method in order to create viable and true theories (Breckler, 2004).

In psychology, the scientific method is used to guide researchers from the early stages of the study until the end. First, the psychologists make observations about a certain trend in the social behaviour. Then, the researchers come up with theories that define and explain the observations made. The scientific method guides the psychologists in developing hypotheses. In order to test the hypotheses, experimentation must be done in a conditioned environment. Researchers in psychology usually employ a control group, and this is an important component in the scientific method. The next step involves making further observations that are meant for evaluating the hypotheses (Feldman, 2013).

For example, a social psychologist observes that brown-haired students date

more than black-haired students in college. He develops a theory that explains his observations, for example, he can state that brown-haired students are likely to date more than their counterparts after they meet in a party. In order to test his theory or hypothesis, he uses ten students who later go to a party. Five students are black-haired and the other five are brown-haired. Then, he visits the party to observe how the five black-haired students and five brown-haired students behave in the party. The psychologist should collect data to be used in the assessments. In the assessment of the theory or hypothesis, the psychologist should deliver results that are compatible with the originally stated theory (Asch, 2005).

#### References

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Breckler, S. J. (2004). Legitimate psychological science. Washington: American Psychological Association.

Feldman, R. S. (2013). Psychology and Your Life. London: McGraw-Hill Education - Europe.