

## Research Methods of Psychology in Medicine

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### **Abstract**

The methods of psychology return the researcher to the investigated object and deepen his understanding. In essence, methods are a way of studying reality. Any of the methods consists of several operations and techniques that are carried out by the researcher in the process of studying the object. But each method corresponds only to the inherent type of these techniques and operations, corresponding to the goals and objectives of the study. Several methods can be created on the basis of only one method. An indisputable fact is that psychological science does not have any unambiguous set of research methods.

**Keywords:** research methods, psychology, medicine, modeling, observation, interview.

### **Introduction**

Psychology studies the mental reflection of reality, mental processes, situations, events and characteristics in the course of human activity and animal behavior. The subject of research in psychology includes psychological processes such as images of perception and perception, thinking and feeling, activity and behavior. The main tasks of psychology are to reveal the laws of the psyche, the formation of human mental states in the unity of phylogenetic and ontogenetic development. In search of solutions to these problems, psychology interacts directly with the biological sciences, including physiology, on the one hand, and with sociology, pedagogy, cultural history, logic and social sciences, on the other. Psychology is primarily concerned with understanding the mind and personality, which are the human form of the psyche [1, 2].

### **Main Part**

Since ancient times, psychological knowledge has developed on the basis of philosophy and medical sciences. The Greek doctors Hippocrates and Erasistratus knew that the brain is the organ of the psyche, and they interpreted the human soul as the material part of the universe. Their ideas contradicted Plato's doctrine of the eternity of the soul. Aristotle developed a system of psychological concepts in his book *On the Soul* [3, 4].

In the Middle Ages, various forms of supernatural attitudes towards the psyche prevailed. Because of this, psychological knowledge did not develop. However, in the writings of some philosophers and doctors (Ibn Sina and others), progress has been made in this area [5]. Information about human characteristics Manuscripts began to appear in monuments. Psychology classes were held in academies created in different countries and cities (Khorezm, Samarkand, Kiev, Moscow and other cities).

There are several methods of psychology research, with the help of which doctors give their patients the necessary advice [6].

The modeling method is used in situations where the essence of the phenomenon under study is not revealed by observation, questioning, experiment or other methods. At the same time, general properties or main parameters of the phenomenon are modeled, the interests of the researcher are studied and conclusions are drawn on the basis of this model [7, 8, 9].

The observation method is one of the natural ones. External observation is essentially a method of gathering information by directly observing observable behavior from the outside [10]. Self-control is a method of collecting and recording information in order to study changes or events in a person.

The survey method is also one of the traditional methods of collecting primary data in all areas of psychology [14]. The examinee will have to give a short answer to a series of questions asked by the examiner.

The interviewer (sometimes just an interview method) conducts the interview after some preparation. If his or her professional skills or experience is insufficient, the survey may not produce results. However, with this method, an experienced investigator will be able to gather unique information pertaining to human psychic experience [11].

Recently, tests have become one of the most widely used testing methods in our life [13]. They can be used to obtain both qualitative and quantitative characteristics of the phenomenon under study, to test them repeatedly and to check the reliability of the data using correlation analysis. The requirements for this test never change and there are tests that can be used for different nationalities and ethnicities at different times [12]. These include, for example, Raven's mental intelligence measurement and the Cattell and Eysenck personality tests.



A test is a questionnaire that requires answers to predefined questions. For example, Eysenck's 57-question test measures a person's introversion-extraversion by asking him to answer "yes" or "no."

### Conclusion

First of all, healthcare professionals must be mature, educated and, of course, mentally healthy. Health care providers should be familiar with psychology and psychological processes and be very empathetic when dealing with patients. Psychology was formed quite recently, by the 17th century, in comparison with medicine. The first psychological laboratory was created only in 1899 at the University of Leipzig by the German psychologist Wilhelm Wundt. The first laboratory of experimental psychology in Russia was created in 1885 by V.M.Bekhterov. Medical psychology consists of three sections: pathopsychology, neuropsychology and psychosomatics. These blocks are very important for the medical staff, so when talking to them, the medical staff must carefully examine the patient. They must consider the social background of his character. The doctor must first be a psychologist.

He must be aware of the mental state of his patients. When a patient goes to a doctor, he wants to be listened to, sympathized with, that is, he needs psychological help. The doctor must first provide the patient with psychological support. This should cheer up the patient and inspire him with pleasant words. Everyone has their own psychological worldview. They should also consider their mental state when working with patients of different types. Psychology has such a unique aspect that it explains not only the physical, but also the mental state of a person. The psyche is a mental process caused by changes in the human nervous system.

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