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Introduction

Educational psychology is an important branch of psychology. It deals with the behavior of an individual in the educational environment. According to the “Encyclopedia of Educational Research”, “Educational psychology is the study of the learner and of the learning-teaching process in its various branches directed towards helping the child come to terms with society with a maximum of security and satisfaction”

On main objective of educational psychology is to help a teacher to understand his student’s behavior in the educative process. A teacher may face different problems in the classroom as well as outside it. It is important that a teacher understands the significance of individual difference and solves the various problems of the classroom. Therefore, in order to achieve the objective of educational psychology some methods are adopted to collect data to know about a learner’s personality. The first attempt to adopt a method of educational psychology began in the year 1879 by W. Wundt of Germany.

Case Study- Meaning.

The ‘Case Study’ method deals with the emotional and mental state of an individual.

This method is applied to study special behavioral problems of an individual by specially trained teachers, psychologist and psychiatrists. Through this method total information of family background, schooling and also social conditions of the individuals is obtained; hence it can be called a cumulative record which is of great help in understanding the source of an individual’s fears, anxiety, worry, or any kind of maladjustment.

The main objective of this method is to help the individual adjust better with the environment and gain self confidence to attain higher levels of achievement.

Different steps may be used in the case study method:

- Basic preliminary information about the subject's name, age, sex, parent's age, education, occupation as well as social status.
- Proper physical check-up of the individual is done to ascertain whether his/her behavioral problem is due to any disease. Only in the absence of any physical ailment can psychological treatment start.
- The subject should be very comfortable with the investigator while the latter takes the information. The investigator (teacher or psychologist) should be friendly and the language of collecting data must be simple so that free and frank responses can be available.
- The investigator must not tire the subject; instead, regular intervals of rest should be given. The method cannot be applied hastily - it may go on for several weeks or months.
- The behavior of the individual should be observed in natural setting and working conditions. Doing so will provide correct data which ultimately in most cases, will lead to proper understanding of the root cause of the person's problems.
- Special care must be taken in the post treatment period so that there is no recurrence of the problem. The parents and family members and other associates must take care so that the subject can modify his behavior and prevent maladjustment.

Method of Treatment:

- ❖ Efforts must be made to modify the environmental factors so that the individual can adapt better.
- ❖ If the existing environment cannot be modified then the individual should be physically placed in a different environment which is more congenial for his development.
- ❖ Proper guidance and counseling should be provided to the individual.
- ❖ Different types of therapies should be applied like play therapy, group therapy, psychotherapy etc. by experts.
- ❖ Case study method provides details about the individual's behaviour, an in-depth study about the root cause of the behavioural problems, and help to provide guidance to modify the behaviour of the subject.

Strengths of Case Studies

- Provides detailed (rich qualitative) information.
- Provides insight for further research.

- Permitting investigation of otherwise impractical (or unethical) situations.

Case studies allow a researcher to investigate a topic in far more detail than might be possible if they were trying to deal with a large number of research participants (nomothetic approach) with the aim of 'averaging'.

Because of their in-depth, multi-sided approach case studies often shed light on aspects of human thinking and behavior that would be unethical or impractical to study in other ways.

Research which only looks into the measurable aspects of human behavior is not likely to give us insights into the subjective dimension to experience which is so important to [psychoanalytic](#) and humanistic psychologists.

Case studies are often used in exploratory research. They can help us generate new ideas (that might be tested by other methods). They are an important way of illustrating theories and can help show how different aspects of a person's life are related to each other.

The method is therefore important for psychologists who adopt a [holistic](#) point of view.

Limitation of the Case-study Method:

- The investigator should be technically proficient to handle a case. In most cases, however, the investigators are not found to be experts in this field.
- Sometimes the information may become highly subjective. The subject, parents and other associates may hide certain facts about the subject's behavioral problems and so the data collected may not be reliable and valid.
- There is a possibility of the investigator of becoming involved with the problems of the individual and therefore his diagnosis and counseling or other methods of treatment may not be effective.
- The possibility of errors in understanding the problems as well as treatment is high; therefore utmost care must be taken to minimize the errors.

Conclusion...

- One main objective of educational psychology is to help a teacher to understand his students in the educative process. The application of educational psychology is to know about a learner's personality. Some of the methods of educational psychology are -

introspection, observation, experimental, case study, interview method, psychological method etc.

- However in this method the investigator and subject is the same person and so a person may not consider certain feelings and so the data is subjective and therefore reliable. Through this method the observer makes systematic observation in a natural setting.
- Personal prejudices, or in other words, subjectivity on the part of the observer can be a big drawback of the observation method. The data collected through the experimental method can be analyzed in an objective manner.
- Hypothesis can be formulated and the result of the experiment can be tested keeping this in consideration. It discards subjective viewpoints. The ‘Case-study’ method studies the emotional and other behavioral problems of an individual by specially trained teachers, psychologist and psychologists.
- The investigator must be certain about the absence of any disease in the subject and must be very friendly with the latter. The behavior of the subject should be observed in natural setting, – in the living and working conditions.
- Special care must also be taken in the post treatment period so that there is no recurrence of the problem. Efforts must be made to modify the environmental factors so that the individual can adapt letter.
- The investigator, however, should be technically proficient in handling a case or else there may be a tendency on the part of the investigator to become subjective. The possibility of errors in understanding the problems as well as in the treatment is high.

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