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OBSERVATION AS A HUMAN RESEARCH METHOD

A footage of a detective film in which the protagonist of a mature age wearing a dark coat, observes at a distance a suspicious person, maybe he wears a moustache, a lightbristle and he certainly has a weapon. Such an associative series of word "observation" is produced by most people, because of a large number of crime films. In fact, not only detectives, police officers and similar are using an observation method [3]. Humans are poor observers: they omit, overemphasize, and distort various aspects of what they have seen. Observational methods in psychology have been devised to control or to eliminate this problem.

First of all, observation is the knowledge of something new. Try to go for a walk, sit on nearest bench and just watch on people, their emotions, interactions with each other, the world around you at all, you'll see a lot of new details which you don't notice before. Scientists use this method in scientific researches, psychologists - in the knowledge of human behavior, sociologists - in the analysis of social trends.

The term "observational research" is used to refer to several different types of non-experimental studies in which behavior is systematically observed and recorded [5].

In psychology there are a large number of methods of psychological research: observation, surveys, tests, experiments, modeling. One of the

advantages of the observational method is that it allows observing people's behavior in the environment where it typically occurs, observe their natural behavior. In contrast to other methods of psychological research, observation does not always require specially created conditions for this. Each of us uses the observation method in everyday activities. We do not even think that our friends, parents, colleagues, and just passing through people are observing us, and we, in turn, do the same, so we get information about the person on the domestic level. Psychological scientific observation differs from domestic, because it does not describe only the mood and actions of anybody, but gets to its essence, find out the causes of various actions of the person, his behavior. Using the observation method it is necessary not to distract the observed from work, his actions should not be bound, and should be as natural as possible.

Sometimes the "one-way mirror" [4] (a reciprocal mirror that is reflective on one side and transparent at the other) is used in the observations especially during interrogations of the suspect. Observation involves all mental processes, especially attention and thinking, it can be external and internal.

The meaning of external observation is that we obtain data about the psychology and behavior of a person through direct observation, it is applied when the signs of the person on whom we are observing can be easily identified and evaluated from the outside [1, p. 217]. Such an observation option is quite costly in terms of time spent, since it is impossible to fully collect information about the object that we are investigating in short-term. The meaning of internal observation or introspection is depth observation of the subject by his own mental processes, behaviour, the activity of individual thoughts, feelings and experiences and consciousness in general, the results of self-observation are painted emotionally. One-time observation of the behavior and activity of the individual is not enough to make a conclusions about his mind, feelings, character traits, moral qualities, temperament, etc. To avoid unwarranted conclusions, observations should be made many times and in different conditions, since one-time or accidental detection of success can not be judged on personality abilities.

Observation becomes a method when it not only describes the facts, but also has an explanation from the side of science. So observation must

include certain requirements: to be purposeful, not random; to be systematically; have enough information confirmed by many facts; to record the results of the observation accurately [6, p. 20].

It should also be noted the following requirements for the method of objective observation: naturalness; notebook for noticing observation; the development of special criteria for the evaluation of characteristics by a researcher; duration and accuracy of observation [7]. Such a method has its own nuances, the great role of the success of the method plays the quality of the person who uses it, if he is inattentive, irresponsible, lazy, etc., and then he needs to work on himself to use this method of research.

Consequently, observation is one method for collecting research data [2]. It involves watching a participant and recording relevant behavior for later analysis, The observation method has the advantage of providing direct evidence of the phenomenon that is being studied. Advantages - observation is carried out in chronological, natural order; the ability to test the behavior of human in real time and in specific conditions; the possibility of full coverage of the event and the interaction of its participants. There are some disadvantages i.e. limited and partial character of each situation of observation; subjective views of the observer.

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