

# BED 204-01 GUIDANCE AND COUNSELLING 2021-22

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# TECHNIQUES: OBSERVATION



- ◉ The basic guidance technique wherein the behaviour and personality of an individual are measured in terms of ***what he says and what he does.***
- ◉ According to dictionary.reference.com, observation is defined as -
- ◉ ‘an act or instance of noticing or perceiving or watching’,
- ◉ ‘an act or instance of viewing or noting a fact or occurrence for some scientific or other special purpose.

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- ◉ This is the way of gathering data by watching behaviour, events or noting physical characteristics in their natural settings.
- ◉ Done on several occasions, then record are created and kept.
- ◉ In this technique behaviour is studied through observation by trained observer. The effectiveness of this techniques is depend upon skilfulness of the observer.
- ◉ Counsellors are expected to have ‘eagle eyes’ as their job requires the use of their sensory organs for diagnosis.

# TYPES OF OBSERVATION

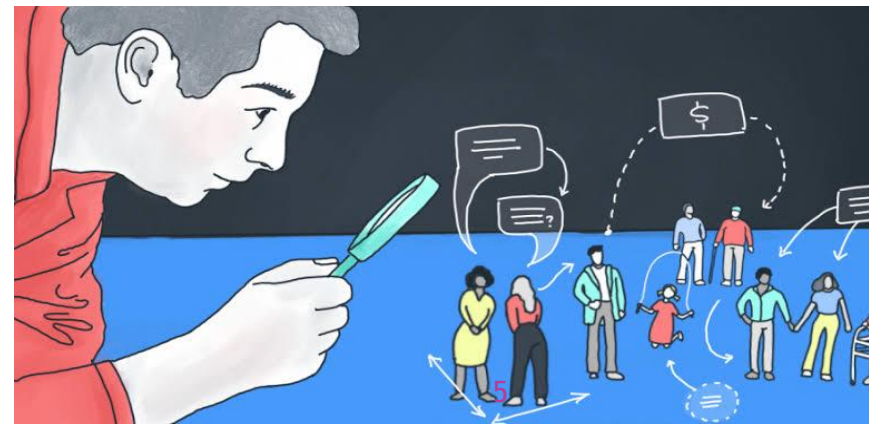


## ◉ Participant observations:-

In a participant observation the counsellor is fully involved in session with the respondent as he (the counsellor) will deal with the issues using the information put together from what the client has said.

## ◉ Non-participant observations:-

In a non-participant observation, the counsellor does not form part in the activity being observed.



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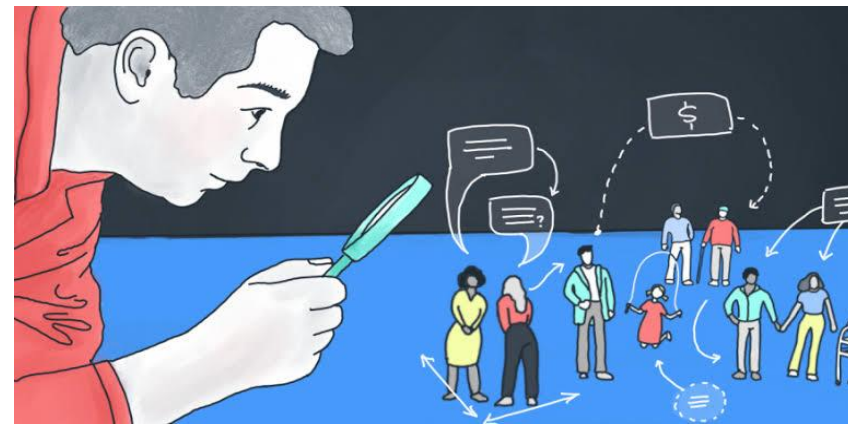


◉ **Structured observations:-**

Structured observation allows the counsellor to record the behaviour of the client as he is being examined.

◉ **Unstructured observations:-**

An unstructured observation requires the counsellor to record the interview conducted to the client during the counselling session and this can be done through the use of video camera.



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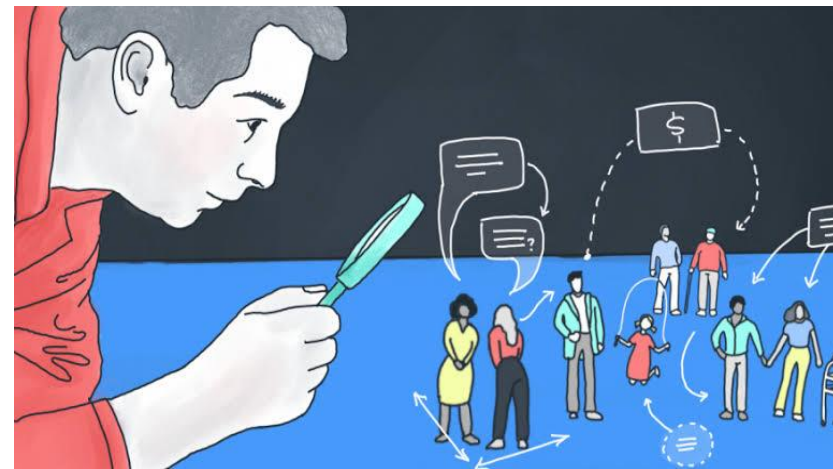


○ **Direct observation :-**

In direct observation counsellor watch interaction, process or behaviour as they occurs.

○ **Indirect observation :-**

In Indirect observation counsellor watch the result of interaction, process or behaviour



# ADVANTAGES OF OBSERVATION

- ◉ Most direct measure of behaviour. You can collect data where and when an event or activity occurs.
- ◉ Does not rely on people's willingness or ability to provide information.
- ◉ Allow you to directly see what people do rather than relying on what people's say they did.
- ◉ This will enable the counsellor to have an in depth knowledge of the problems the patient/client is facing.
- ◉ It also helps the counsellor to identify material issues in the life of the individual.



# LIMITATIONS OF OBSERVATION

- ◉ Susceptible to observer bias.
- ◉ Susceptible to 'Hawthorne effect'

People usually perform better when they know they are being observed, although Indirect observation may decrease this problem.

- ◉ Can be expensive and time-consuming compared to other data collection method.
- ◉ The observed behaviour may be misinterpreted.
- ◉ Lack of competency - May require training.





# PRECAUTIONS FOR STRUCTURED OBSERVATION

1. Decide the objectives of observation.
2. Monitor one student/customer at a time.
3. The same conclusion should not be drawn from the examination of the customer at different times under different natural conditions.
4. It should be done keeping in mind the whole situation.
5. Do not interpret a person's behavior on the basis of the moment. Interpret behavior in an integrated manner taking into account this information obtained by other means.
6. The moment should be done in an appropriate environment.

## REFERENCE :-

- <https://www.ukessays.com/essays/psychology/knowledge-of-observation-in-becoming-a-good-counsellor-psychology-essay.php>

THANK YOU