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## THE IMPORTANCE OF METHODOLOGIES IN STUDYING PERSONALITY

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### Abstract

This article analyzes the importance of psychological methodologies in studying personality and their role in scientific research. The concept of personality, its psychological characteristics, and the main methodologies used in personality research are discussed. The article presents the content and practical significance of observation, interview, testing, questionnaires, and projective methodologies with examples. In addition, the scientific foundations of using psychological methodologies and the rules for their application are examined.

**Keywords:** Personality, psychology, psychodiagnostics, methodology, test, observation, interview, questionnaire, projective methods, personality traits.

### Introduction

In today's education system, ensuring the effectiveness of learning activities and properly educating young people spiritually and psychologically requires, first of all, understanding their psychology and mental characteristics. This helps to better understand students' inner world, identify their personal traits, guide relationships appropriately, and assist them in finding their place in life.

Practicing psychologists, while using projective methodologies in their professional activities, develop not only their psychological knowledge but also their communication and interaction skills with young people. One of the main tasks of modern psychology is the deep and comprehensive study of human

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personality. Personality is considered a set of individual psychological characteristics formed within a system of social relations.

Human character traits, abilities, needs, motives, and worldview determine personal development. Various psychological methodologies are used to study personality scientifically. These methodologies make it possible to determine mental processes, emotional states, intellectual levels, and individual characteristics. Therefore, methodologies occupy an important place in psychological research.

Properly selected methodologies ensure the reliability and objectivity of research results. This is especially important in education, personnel training, psychological counseling, and psychotherapy.

### The Concept of Personality in Psychology

In psychology, personality refers to individual characteristics formed within a social environment. Personality manifests itself in human activity, behavior, and relationships.

### The main components of personality include:

Character, temperament, abilities, needs and motives, interests, values.

Studying personality helps to understand human psychological development. For example, some individuals are very active and инициативе, while others may be calm and reserved. This is related to temperament and character traits. Through personality research, it is possible to determine individual capabilities, abilities, and psychological states.

### Concept of Personality Research Methodologies

A methodology is a special research method designed to identify and evaluate psychological characteristics of a person.

In psychology, methodologies used to study personality perform the following tasks:

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identifying personality traits

conducting psychological diagnostics

assessing the level of personal development

collecting information for psychological counseling

These methodologies allow psychologists to obtain information about a person's inner world, including emotional state, intellectual level, and social relations.

Main Methodologies Used in Studying Personality.

Observation Method.

Observation is a method of studying behavior and activity in natural conditions.

The researcher observes actions, communication, and emotions.

Example: A school psychologist observes students' activity during lessons to determine their level of interest.

Interview Method

An interview is a way of obtaining information through communication between the researcher and the participant. It helps identify thoughts, views, and interests.

Example: A psychologist may learn about a student's future career plans through conversation.

Testing Method

Tests are specially designed tasks or questions used to determine psychological characteristics. They assess:

intelligence

character

temperament

abilities

Psychological tests provide quick and accurate results.

Questionnaire Method

A questionnaire consists of a set of questions aimed at identifying opinions and attitudes. It helps determine:

social relationships, interests, personal views.

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**Projective Methodologies.** Projective methodologies are special psychodiagnostic methods aimed at studying a person's inner world, hidden needs, emotions, and personality traits. They are based on the principle of projection—transferring inner experiences to ambiguous external stimuli.

**Essence of Projection.** Projection is the process by which a person transfers internal feelings, fears, or desires onto other objects. In projective methods, individuals are given unclear or ambiguous materials (pictures, shapes, words), allowing indirect expression of their inner world.

**Characteristics of Projective Methods**

No fixed answers (free interpretation)

Reveal unconscious processes

Bypass defense mechanisms

Require an individual approach

Interpretation may be subjective

**Types of Projective Methods**

Associative methods: immediate response to a word (e.g., “family”)

Constructive methods: creating something (drawing, storytelling)

Expressive methods: expressing emotions

Impressive methods: choosing from given options

Completion methods: finishing incomplete sentences

**Examples:**

“I feel happy when...”

“My greatest fear is...”

**Advantages**

Provide deep information

Reveal unconscious processes

Effective with children

Help identify real emotions

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Disadvantages

Difficult to interpret

High subjectivity

Time-consuming

Require highly qualified specialists

Applications

Clinical psychology

Psychotherapy

School psychology

Career guidance

Forensic psychological expertise

Rules for Applying Psychological Methodologies

When studying personality, it is important to follow these rules:

use scientifically grounded methods, ensure objective evaluation, maintain confidentiality, apply multiple methods correctly interpret results

These rules ensure reliability and validity.

### Conclusion

Studying personality is one of the most important areas of psychology. Psychological methodologies play a key role in identifying individual characteristics, abilities, and psychological states.

Observation, interviews, tests, questionnaires, and projective methods allow for a comprehensive study of personality. They help determine character traits, intellectual level, emotional state, and social relationships.

In conclusion, methodologies have significant scientific and practical importance in personality research. They enable a deep and comprehensive analysis of individual characteristics, abilities, temperament, needs, and motivation.

Proper and purposeful use of methodologies increases the effectiveness of psychological diagnostics, reduces errors, and ensures accuracy of scientific

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conclusions. Since each methodology has its own advantages and limitations, it is advisable to apply them in combination.

Overall, the use of methodologies in studying personality enriches theoretical knowledge and plays an important role in practical activities such as education, upbringing, career guidance, and psychocorrection. Therefore, psychologists must master these methodologies deeply and use them effectively.

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