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## Editorial

### RESEARCH IN THE PRACTICE OF PSYCHOLOGY

All science is at risk of becoming a technique when its processes are standardized based just on guidelines and procedure manuals for implementation. That is why is so easy to find plenty of so-called *empirical* psychologists, those who by only reading a *Psychology textbook* believe that have enough criteria to practice this science. The same situation occurs with those who when achieving professionalization have certain apathy towards research and do it exclusively as an academic requirement, seeking, instead, *manuals* that tell them how to intervene. How can a science move forward when its representatives only expect to find instructions and manuals as a guide for practice? Psychology is about developing science and science is achieved through research, scientific research clearly, even outside the academia.

It is true that the current world and its avatars do not give time to pursue research in its purest expression, however, if we were to enjoy some creativity and love of science and its processes, it would be easy to realize in every context where Psychology is applied that there is an opportunity to do research, and if we were to look deeper, research ends up becoming that added value that puts a personal stamp in the professional practice. Consider for example social projects, every social project needs a monitoring and an evaluation process which requires the creation of assessment instruments, validation and reliability analysis concerned (in the case of objective tests), selection of population, the design of the study for the implementation of one or several instruments and the type of analysis or interpretation to be made with the collected information. If we look further, these are the same stages of a scientific research, just not being done in an academic setting, but the results could surely be spread in a scientific article or at scientific socialization event and then we would be already *doing science* while the generated knowledge is put to disposition and criterion of the academic-scientific community and to the service of the psychological science in general. The same applies to other fields of psychology, by instance in the students admission processes where we can use many relevant variables or categories of study such as intellectual capacity, personality, stress and academic performance, among others, or even in the very own Clinical Psychology in which each situation with the patients can become an interesting case study.

All that is required to keep promoting Psychology as a science outside academia is will and discipline, because is with daily confrontation with reality that theoretical postulates are confirmed or dismissed, and this confrontation

is done in the daily practice performed by the Psychology professionals, practice that requires dedication and perseverance in order to organize data and make it available to other professionals. To decrease the risk of Psychology becoming a mere technique and instead, to continue to advance as a science, it is necessary that psychologists that practice outside academia resume ties with research and have the dedication to systematize and divulge what they see in their daily work, and this way, the *scientific method* can become also an excellent tool for the professional practice enriching psychologists competencies.

As conclusion, the professional practice of Psychology cannot be reduced to manuals and recipes about the mind and human behavior. This practice must be constantly enriched by critical thinking and a rigorous scientific spirit that leads to the growth of this science making it increasingly applied and with a direct influence on social change.

**Wilmar Fernando Pineda Alhucema**  
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