

Education and Psychology- Hand in Hand

Paper Submission: 03/03/2021, Date of Acceptance: 20/03/2021, Date of Publication: 24/03/2021

Abstract

We are living in world which is advancing in the technological aspect on one hand and on the other is deteriorating in health, wellness and psychological aspects such as mental health, happiness, well being. The environment in which one is living and the environment he gets in educational institutions, both play important role in his psychological health. The role of a teacher is becoming more and more important in making environment conducive for his learners. It is said that a sound mind lies in a sound body. With the knowledge of educational psychology teacher creates a positive environment in the class and help in creating a good personality of a child. With the understanding of educational psychology makes learning easy, joyful and interesting process. Also it helps in making one capable to deal with the increasing complexities of day to day life. Knowledge of educational psychology helps in dealing with diversity of students, problematic students, delinquent children, special children. Not only the learner but also a teacher is able to explore innovations in the field of education and these innovations also bring professional growth of teachers. This paper is an attempt to have clear understanding of education, psychology, relationship between education and psychology, concept of educational psychology and its role and importance for teachers.

Keywords: Education, Psychology, Educational Psychology

Introduction

Education

Education is a continuous process which helps the individual to change his behaviour and lifestyle. These desired changes in behaviour and lifestyle always benefited an individual to achieve the lifetime goal. The development of a country always depends upon its population and the development of every individual of that country depends upon education provided to them by the nation. Without education the life of an individual is like a tree without leaves. In our Ancient India, education is to be considered as the third eye of an individual which provides him an insight. By the help of education a person can spread his glory throughout the world. In Sanskrit, education or knowledge or shiksha recognized as the Kalpavriksha (a desire yielding tree). As like the kalpavriksha an individual can unfurl his name or fame in the every corner of world by the means of education. Education is the medium by which a person can achieve everything which he wants. A very famous verse is commonly said in India. Swadesh pujayate raja, vidyawan sarvatra pujayate. It means a king is only respectable in his kingdom but a learned person is respectable everywhere. Education nourishes a learner as like a mother, Guide as a father and provides happiness as a wife by removing every hurdle from life.

Psychology

The word psychology has Greek origin. It is made up by the combination of two words 'psyche' and 'logus' in which psyche stands for the soul and logous stands for the study. It means in general the psychology is the study of soul. The word psychology was firstly used in 1576. Till 1870s, psychology is facet as the branch of domain of philosophy. In 1879, psychology contemplates as the self-conscious field of experimental study. Wilhelm Wundt opens the first experimental laboratory in psychology. But the passage of times, several changes has been made in the meaning of psychology. In the early phase psychology regarded as the study of mind, in second phase it is considered as the study of mind, in third phase it is considered as the science of consciousness and in final phase it is considered as the science of behaviour. The term behaviour is very wide in itself. Behaviour is associated with all the activities which are

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performed by conscious, subconscious and unconscious mind. Every activity which performed by an individual throughout the life is connected to the behaviour of that person. Behaviour also controls the experiences of a person. The various changes which made in the meaning of psychology are due to its nature because psychology has dual nature. Psychology considered both art as well as science. Psychology is not a positive science as like the Chemistry, Physics, Botany, Zoology, Astronomy and Mathematics. In modern time period, psychology is the demand of rapid changes in the behaviour of individuals. Psychology helps us to understand the behavior of someone. Due to the stressful life of all individuals the demands of psychology is increasing day by day. Psychology has the power to maintain all the activities performed by someone to be in the state of cool mind.

Educational Psychology

The term Educational psychology is consists of two words –psychology and education. Here, the word education is connected to the learner and the word psychology is allied to the behavior. Both the terms are self sufficient to describe them. Educational psychology is the main branch of psychology which mainly deals with the problems associated to the education. Educational psychology is the attempt to apply the knowledge of psychology for various purposes in the field of education. The educational psychology sometimes also allied to the study of behavior of a learner. So, educational psychology may be defined as the branch of psychology which deals with the study of behavior of the learner in affiliation of his environment and educational need. Various attempts are to be taken by the psychologists and scholars to define the term educational psychology. Some educationalist considers, "Educational psychology is the psychology of teaching and learning". In its applied form education revolves around the process of teaching and learning. As like psychology, Educational psychology is not a pure science. Educational psychology is the application of psychology in the field of education to solve the various problems related to education. Sometimes the educational psychology may be allied to the teaching-learning process in schools. "Educational psychology describes and explains the learning experiences of an individual from birth through old age ". (Crow and Crow, 1973)

The main purpose of educational psychology is to combined the function of education and psychology to takes the better results in the study of human behavior in differ educational situations. The overall development of a learner depends upon the teaching – learning process. The process of learning can be affected of influenced by the various factors. And all these factors examine by the implementation of educational psychology. The educational psychology further divided into three branches and they are: (a) Developmental psychology (b) Cognitive psychology, and (c) Behavioural psychology.

Developmental Psychology

As the name indicates, developmental psychology is the branch of psychology which

examines the human development over a time period. All the changes occur during a time period are controlled through the developmental psychology.

Cognitive Psychology

The word cognitive is connected to the mental processes as like attention, memory, problem solving capacity, critical thinking etc. So, the cognitive psychology is the study of all such mental processes. The cognitive psychology has the main focus on those mental processes that affect the behaviour of someone.

Behavioural Psychology

A human being does not show the regular pattern of behaviour. With the passage of time the human's behavior shows some alteration. These irregularities in behaviour studied in behavioural psychology.

Uses of Educational Psychology for Teachers

Educational psychology helps a teacher to understand the various types of learner, learning process, individual differences among the learners, learning methods and evaluation system.

Learner

In the process of learning, the learner has the central position. The whole process of learning revolves around the learner and teacher. There are many differences in between the way of learning among the learners. The different styles of learning leads to a variety of way of teaching. The desired changes may be lead out by the help of teacher and teaching process. The learners have their own inner potentialities and behavior to perform varieties of task and the educational psychology help to the teacher to understand the causes of varieties. The overall development of a learner depends upon the inner potentialities so a teacher should be able to understand the behavior of learner. In short, the educational psychology acts as the base for the behavior of learner.

Learning Process

There are various factors which affect the process of learning as like maturation, age problem, and problem with concentration, motivation and many other internal and external factors. Educational psychology gives knowledge about the process of learning and factors affecting the process of learning. The teacher helps to remove all the hurdles in way of learning. The effective learning is most important aspect for the better development of learner. Both teacher and learner are responsible for the effective learning. Educational psychology guides the teacher to make the process of learning more effective by using different techniques. Individual differences: Every individual/learner in the classroom has their own way of understanding a concept. The educational psychology helps us to understand what is learning? How individual differences affect the process of learning? Every learner is different from the other learner. Sometimes, the individual differences lead to an enormous problem in the process of learning. These problems can be solved by the help of educational psychology because the educational psychology helps to understand the different type of personalities and behavior in the classroom. The

educational psychology deals with the problems of gifted, exceptional and backward children, and guides the teacher to apply different methods to teach them. Which helps the learner to make better understanding?

Learning Methods

Learning methods are the different ways to make learning more effective. The various methods of learning are suitable for the approximate learners in a classroom. Only one method is not sufficient for a large variety of learners. Education psychology also provides the guideline to choose the most appropriate method for a single classroom. Educational psychology has a wide range of teaching methods as according to the requirement of classroom. Some of them are:

1. **Introspection Method:** It is the oldest method in which learner do self observation. In any type of situation as like happiness, anger, and excitement, the learner is able to describe his mood by the self-observation. It is the cheapest method. This method can be used only for adults not for the children because they are unable to express themselves completely.
2. **Experimental Method:** Experimental method lies in the category of practical. It should be done only in controlled situations of observer. The scopes of experimental method are limited because it requires the artificial environment.
3. **Case History Method:** Case history method of educational psychology is considered as the clinical method of studying behavior. As the statement declares, the case history method is applicable for the mental disorders. Sometimes the situations are responsible for such type of mental disorders. So, the behavior of learner at present is the effect of his past life or experiences. The past history of learner helps the observer to understand the difficult behavior of learner. The information about the past of learner can be collected through the various sources as like parents, friends, school teachers, relatives, neighbors and from reports.

Individual Differences

In the constitution of India every individual has their own right and all are equal but physiologically and psychologically all individuals are unique. Every learner has their own choices and circumstances. A society in which they live may put impact on their capabilities. No two learners are same psychologically. They may shows differences in their emotional state, personality, and behavior. But the educational psychological helps the teachers to understand the personality and behavior of learner. A

teacher should play the role of a counselor for the learner if he has some difficulties in learning process due to the individual differences. The level of differences among the learners can vary from mild to moderate in a classroom. The intelligence of a learner may be an example of individual differences. A teacher always applies the different method of teaching in a single classroom as according to the different type of learners. The capabilities of a Lerner always differ in different situations.

Objective of the Study

To highlight the importance of educational psychology for the betterment of teaching and learning

Conclusion

The terms education and psychology both are different from each other. But the combination of both gives a most appropriate term i.e. educational psychology. Educational psychology mostly helps the teachers to understand the problems related to learner and learning process. It provides a wide range of method to the teachers to modify the behaviours of learner in today's educational system. The learner has central position and all the activities of teachers revolve around the modification of personality and behaviour of learners. A teacher should be able to know or to understand the psychology of learner to give him more satisfaction. Moreover it also give clear understanding if self analysis to teachers also that leads them to improvement i their teaching and ultimately in learning of the learners.

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