

PSYCHOLOGY AND ITS RELATION TO TEACHING LEARNING

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Abstract –

Education and psychology are two distinct branches of knowledge but they are closely related. Modern education is based and founded on psychology. The child is imparted education only after making a thorough study of his interests, aptitudes, potentialities, intelligence and personality. Today education and psychology are complementary to each other. Educational psychology is an essential element of education without its help the problem of education cannot be solved. Both education and psychology are concerned with behavior.

The scope of educational psychology is very vast. As learning is a lifelong process, educational psychology takes into consideration all aspects of learning as well as types of individual differences in capacity to learn. It gives guidance for problems of teaching, learning, modifying learning behavior and bringing about all sided development of the learners personality.

Keywords – Educational psychology, education, psychology, learner.

Introduction –

Psychology is a scientific study of human behavior and mental, psychological processes associated with behavior (Howieson and Jackson 1976). Any manifestation of life is considered as an activity. It is a study of behavior and life experiences of all organisms. As a consequence, psychology encompasses many branches in pure and applied spheres. Educational psychology is the largest application of psychology. As it is originating from education and psychology, it has a very unique combination of sound theoretical knowledge and fertile application strategies. The knowledge of educational psychology provides basic understanding of how all living beings learn, memorise and solve problems. Hence, it is the most relevant science.

Educational psychology is the psychology of learning and teaching. It is a vital discipline for students. It contributes to education not only for students but also teachers. It is equally useful in formal and informal education. Educational psychology in a way is application of psychology to

the field of education. However, it is a distinct discipline with its own theories, research methods, subject matter and techniques. Primary goal of educational psychology is understanding and improvement of the whole process and products of education. Hence it is oriented towards teaching learning processes and improvement of educational practices. Educational psychology is equally useful for teachers and learners or students. It is the foundational discipline in education.

Both education and psychology are important for behavior. The researches of psychology have a heavy impact on other aspects of education.

Some expert views-

Education has to depend on psychological findings for what is done and how it is done. The process of education is entirely at the mercy of psychology. - **B. N. Jha**

Psychology has made a distinct contribution to education through its analysis of pupils growth and maturation during the school years. - **R. A. Davis.**

Educational psychology covers the entire range of behavior and personality as related to education.

The subject matter of educational psychology is designed i) to furnish teachers with the knowledge and understanding that will help them institute. Improvements in the quality of instruction.

Some points which are important regarding with psychology and teaching learning.

1. Psychology and aims of education –

Educational psychology helps the educator in the realization of educational aims and objectives by helping him to bring out improvement in the quality of instruction by providing him ability and insight into the child's ideas, thoughts, attitudes, aptitudes, interests, developmental stages emotions, sentiments, habits, character, personality and intelligence. This ability and insight enables the educator to bring about changes in educands to achieve the desired aim.

2. Psychology and curriculum –

Educational psychology offers new view points in the curriculum by emphasizing the role of co-curricular activities like sports, games, trips, exhibitions, dramas, variety programmes, film shows, debates, group discussions and other activities of physical, mental, emotional, social and cultural importance in the school. Now co-curricular activities are considered as an

important part of education.

Hence it is suggested by educational psychology that curriculum should be integrated, flexible, co-related and child centered.

3. Psychology and textbooks –

Educational psychology has helped the planning of textbooks. Educational psychology tells the teachers and the educators that text books should be attractive, well illustrated and according to the mental level of the pupils. These may act as good aids to the learners.

4. Psychology and methods of teaching –

Educational psychology states that the students attitudes, interests, potentialities should be taken into consideration while teaching them. Learning should be properly motivated by relating it with life, audio-visual aids and following learning doing. Various methods of teaching like project method, Heuristic method, montessori method, play-way method are based on sound psychological principles

i) Psychology and audio-visual aids-

It is the contribution of educational psychology that teachers make use of various types of audio-visual aids in class-room teaching. It has been experimentally proved that use of audio-visual aids makes the learning easy, interesting and effective.

ii) Psychology and innovations-

Educational psychology has made significant contribution by introducing several innovative ideas for improving the process of teaching and learning. Activity-centered teaching, discussion method, play-way method in education, micro-teaching and programmed instruction are some of the important innovations.

5. Psychology and discipline –

Educational psychology helps the teachers in solving the problems of discipline in more adequate manner by avoiding repressions, frustrations, worries and anxieties and thus saves the child from maladjustments. Educational psychology tells us the ways of dealing with problems, backward, delinquent, handicapped and gifted children and helps in maintaining discipline.

6. Psychology and Timetable –

There was a time when mathematics and English were taught from morning till evening. No consideration was given to the principles of psychology. Now subjects are kept in the timetable keeping into consideration their relative importance, difficulty level and fatigue index. No two subjects are taught in successive periods.

7. Psychology and school administration-

Old-authoritative method of administration in school and classroom has been changed by democratic way of life. The administration and teacher are co-operative sympathetic and democratic. Educational psychology has helped in solving problems of administration by mutual discussion among the various agents of school. It provides scientific basic for the supervision of instruction.

8. Psychology and evaluation –

Educational psychology has provided sound methods of measuring and evaluating the achievement of the pupils objectively. Psychological tools help the teacher to assess the learning outcome of the students.

Educational psychology has helped the teachers in suggesting improvements in examination.

9. Psychology and research –

Educational psychology has proved useful in the field of research. It has helped in developing tools and devices for making research. We can control, direct and predict the behavior of students on the basis of research studies in classroom teaching.

10. Psychology and teacher –

Teacher is said to be Pivot of educational machinery. The success, of any system of education depends on the teacher. Educational psychology states that teacher should have sympathetic and affectionate attitude towards the pupils. He should genuine interest in the teaching profession and balanced emotional life moreover, educational psychology helps the teacher to understand the learner, the learning process and the learning situations.

Thus educational psychology plays very important role in adequate and proper understanding of educational problems and situations and at the same time it helps in solving these problems of education in a most comprehensive suitable, effective and integrated way, in

short educational psychology in developing day by day and along with it, the importance of educational psychology is also growing.

Conclusion –

Psychology has the largest application in the field of education. It helps orienting individuals development as well as planning programs and strategies and evaluating achievements. We spend most of our time in educational institutes and in studying from childhood to young adulthood. With all this investment, we want to fulfill vocational family and social goals in human life. We want to become more competent to face various challenges in life. All sided development of students is the real goal of education. Educational psychology helps to identify potentials of students and enlighten teachers and parents regarding ways and means to enhance them.

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