



## **Impact of Psychological Foundations on Education**

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### **ABSTRACT**

Psychological foundations of education play a vital role in teaching and learning process curriculum development and learning experiences of the students. This paper explores impact of psychological principles including learner and learning theories, motivation, individual differences, emotional and social development, classroom management evaluation and feedback to the learner, mental health and hygiene on educational process. It helps the teacher to create learning environment for diverse learning needs of the learners. This abstract includes the importance of integrating psychological principals, theories into education for promote holistic development of the learner and continuous lifelong learning.

Key Words: Learner, cognitive, Constructivism, Motivation, Behaviour, evaluation, development.

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### **Introduction**

The psychological foundation on education plays a vertical in teaching and learning process. It includes shopping teaching, curriculum development and student learning capabilities.

These foundations are significance in undertaking students behaviour cognitive development, (Mental status) emotional development, social interactions and motivation, mental health and hygiene and individual difference. There are two fundamental ways to understand human change. Beginning the bodily changes as one grows from an infant to an adult. It includes the physical changes and mental abilities. later in changes through interactions with the environment. The beginning part is related to developmental psychology and the later involves learning process of an individual.

### **Key elements of the Psychological foundations that impact on educations:**

#### **1. The learner, Learning process and learning environment.**

It mainly deals with the learning experience of an individual and also involves the teaching and learning process. Further it includes the home environment, social interaction influence of peer groups, emotional development and mental health of the learner, environment like classroom management and discipline maintained.

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## **2. Learning theories and teaching strategies**

Behaviourism, cognitivism, constructivism theories are the roots of effective learning process of an individual. In behaviourism, teacher use reinforcement likereward and punishment, give feedback, organised structured activities to encourages learning. In cognitivism involves the techniques likescaffolding problems solving skills, and concept mapping.

In constructivism involves the active learning. Here the learners the construct there knowledge through experience. It support organising activities, projects and inquiry based learning.

## **3. Motivation in Learning.**

Intrinsic and extrinsic motivation helps to understanding drives of the students and it helps teachers to create active engaging environment. Intrinsic motivation involves autonomy and relevance. In other side externsicism motivation involve reward and recognitions.

Personal growth and self-awareness highlights the need for autonomy competence and related in fostering motivation.

## **4. Individual Differences and Learning capabilities.**

Psychological Principals helps the teacher to recognises students learning differences. Understanding of personality traits and intelligence. This allows the teacher to design the verity of learning experiences.

## **5. Social and emotional development of the learner.**

Bundura's social learning theories focusing the role of observation and imitation in learning process. Here the teacher and peer groups influence as role models.

## **6. Knowing behaviours and effective classroom management.**

Psychological Principals helps to understand behavioural patterns of the learners and also it helps to prevent and identifying disruption effectively. It helps to teacher and other people to established discipline techniques and to create a supportive environment.

## **7. Evaluate and feedback.**

Psychological Principals provide structured knowledge for how evaluation process to be designed on the bases of learners cognitive capabilities and memory status. Feedback is very significance for suggesting learners by reinforcing and correcting their errors.

## **8. Education for the exceptional children.**

All children generally they are exceptional. They are unique in them self it includes two types of students.

- a) Any typical and deviant child or backward child in academic achievement.
- b) Bright child with extraordinary talents or creative child.

So psychological principals guide teachers to effectively management guide and supports these kinds of students.

## **9. Mental health and hygiene.**

The concept of mental and health and hygiene is a lifelong process. Identifying of mental health issues aware the teachers to recognise suffering with the problem of stress, depression, anxiety of the students so that psychological principals provide appropriate knowledge to the teachers to support and overcome of these types of mental illness by the students.

### **Conclusion.**

Psychological foundations provides crucial aspects in the field of education it plays a role as a guiding framework for creating effective learning environment, learners centred education and also built ability in teachers to meet the diverse needs of all students and provide them for lifelong learning.

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