



Practice and Applicability of Holistic Teaching in Education: An Empirical Study

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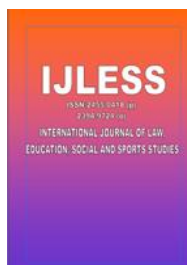
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ABSTRACT

Education is the most predominant component of human development, which creates a healthy manpower for a better nation. Both teacher and learners contribution are more important to build a polished education system. Life skill, and subject knowledge, coincides with the basic requirement of a child's physical, social, emotional, intellectual, artistic, creative, and spiritual potential. The purpose of this paper is, to present the practice and applicability of holistic teaching in education and its impact on children and benefit to the economy. This article covers the way applicability and importance of holistic education in the education system. Primary and secondary data both are used as a source of information. A simple random method is used to choose the sample for this study. Structured and multiple choice questions are the main data gathering techniques utilized to understand the practice and applicability of holistic education and the main finding of the study focused on, Holistic education is very much important for the development of students, application of understood in practical life situations. And its beneficial not only to the students but also to build better nation.

Key Words: Holistic education, tradition education, teacher's response.

1. Introduction

Education is the most cogent act for building a strong economy. It's a foundation for any research and developments that take place in an economy. World nations are contributing their greater part to boost the strong educational foundation for their future human resource creation. India has a very healthy education background and In 21st century, we see that the world of education is changing every moment. Holistic education is a philosophy of education based on the premise that each person finds identity, meaning, and purpose in life through connections to the community, to the natural world. transformation of education always demanded by sustainable development. In the changing Scenario, Teachers and Educational Institution's contribution is more to building a healthy nation. and they play a vital role to influence and empowering Student's learning habits.

Tradition education system focuses on instructor authoritarian but holistic education says learner's physical, emotional, mental, and spiritual evolution needs to be taken place. In general, learner's flourishing growth relies on their ability to develop their cognitive, verbal, social, emotional, and physical skills. When focusing on the practical, academic, and creative sides of learning, offers an huge amount of mental and emotional freedom. Many studies have been conducted comparing kids who receive holistic education to those who do not.

2.0 Review of Literature

Miseliunaite, B.; Kliziene, I.; Cibulskas, G.study depicts that, a lack of large-scale quantitative and comparative research showing the benefits of holistic education, its impact on personal and social transformation, and the preparation of teachers to become holistic educators. There is a lack of research analysing the effect of holistic education on environmental awareness compared with traditional education.

Jaimie Cloud Cloud Institute, (2014) study shows that, Currently, there is a large gap between society's aspirations for a healthy and sustainable future, and the knowledge, skills, and attitudes being taught and acquired in the majority of Pre-K-12 schools. Recent research analyzing the effect of EfS programs on students, teachers, and communities shows multiple, positive and lasting benefits.

E.S Latha Florence, E.S Latha Florence study shows, How Is American Academic Culture Like? US classrooms are student centered. In learner-centered classes, educators expect students to collaborate and interact. In American education, statistics and facts are combined with an open-ended, problem-solving curriculum that encourages risk-taking, trialand-error methods, and teamwork. Additionally, it gives students access to countless opportunities both domestically and abroad.

According to Dr. M. Deivam, Mrs. R. Nandhini Devi, the blended learning is an innovative educational approach that integrates both traditional face-to-face and online learning modalities. As education systems evolve with technological and pedagogical advancements, tools such as artificial intelligence and virtual reality are expected to further personalize and enrich learning experiences. This paper explores the various blended learning models and their implications for holistic education, affirming the approach's potential to prepare students for the complexities of the 21st century.

Habimana Ingabire R, (2024) essay explores the significance of holistic education approaches, emphasizing the nurturing of the whole child beyond mere academic achievements. As education systems increasingly recognize the limitations of traditional instruction methods, there is a growing need to adopt a broader perspective that fosters the physical, emotional, social, moral, and intellectual development of students. The essay also discusses the challenges and implications of implementing holistic education in practice, highlighting the importance of teacher training and the development of alternative assessment methods that align with holistic values.

3. Objectives

- To understand the concept of holistic education
- To study the credibility of a holistic approach in education
- To know the impact of holistic education on students
- To understand the practice and applicability of holistic teaching in education

4. Statement of problem

Education is no longer limited to gaining knowledge and skills. Its helps in building a strong careers and creative thinking with lifelong learning; education system of a country is also influenced by job market requirement (HRM), technological environment etc. In today's world education is the backbone

of any human behavior. But somewhere education make the learners to do mistakes, lack of skills and knowledge, lack in learning, understanding and implementation in their lifestyle. So, there is a need to know the Practice and applicability of holistic teaching in education by that we came to know what the reason to – people behavior, learners way of understanding and application of knowledge, purpose of learning and which is a suitable education to the current learners to make them a strong mentally, physically, creative and critical thinking.

5. Methodology

The study used both primary and secondary data.

A questionnaire-based survey is administered to the representatives of the teaching staff. The survey gathers information on teacher's perceptions towards the holistic teaching process. The area of the study and population used for this was approximately 32 respondents. A simple random sampling technique was employed in the selection of the respondents.

Secondary Data Collection Secondary data is collected from different sources, including newspapers, government websites, various national and international journal publications, magazines, etc.

Conceptual framework

Education plays a significant and remedial role in balancing the socio-economic fabric of the Country. Since citizens of India are its most valuable resource, our billion-strong nation needs nurture and care in the form of basic education to achieve a better quality of life. Education for Sustainability explicitly recognizes the role of teaching and learning in shaping the future we want.

After independence of the country, systematic and planned efforts were needed to fulfil the national commitment enshrined under Article 45 of the Constitution for providing free and compulsory education for children up to the age of 14 years. Certain basic inputs such as identification of school-less habitations, their population and distance at which schooling facility is available were required for making planned efforts in the direction of fulfilling the said commitment. The First All India Educational Survey (AIES), undertaken in 1957 by the then Union Ministry of Education provided this information by covering all the States/UTs.

The traditional teaching methods focus on,

1. Lecture-Based Instruction:

At the core of traditional teaching lies the lecture, where educators transmit knowledge to students in a structured, one-way communication format. This approach has been a mainstay in classrooms, offering a systematic way to convey information.

2. Textbook-Centric Learning:

Traditional education heavily relies on textbooks as primary learning resources. These carefully curated materials serve as foundational guides, providing a structured curriculum that students follow.

3. Teacher-Centred Classroom Dynamics:

In the traditional model, the teacher assumes a central role as the disseminator of knowledge and the orchestrator of classroom activities. Students are positioned as recipients of information, with less emphasis on interactive learning.

Holistic education:

This innovative concept was coined by Jan Christian Smuts in the 1980s and it is a system that continues to be studied by educators today. However, the roots of this educational movement come from Greek philosophy which believes in the idea that the world is a 'single whole'.

It is also inspired by some indigenous cultures with its ancestral knowledge, and wisdom as well as a combination of self-motivated growth philosophy and experimental learning techniques. A compatible formula for developing a free-thinking and conscious individual.

Holistic education is an approach to learning which focuses on all aspects of an individual, rather than just their academic or intellectual development.

Benefits of holistic education

1. **Academic Development :** Holistic education doesn't ignore academics. In fact, it enhances it. By focusing on different ways of learning, it helps children better understand subjects and develop critical thinking. When students are allowed to explore topics at their own pace and in their own style, they tend to perform better and feel more confident in their academic abilities.
2. **Social and Emotional Development :** Building strong social skills and emotional intelligence is at the heart of holistic education. Children learn how to work in teams, communicate effectively, and express their feelings in a healthy way. This helps them form better relationships and prepares them for future challenges, both in school and life.
3. **Physical Development :** Physical activity is not just about staying fit. It's essential for brain development and overall health. Holistic education includes activities like sports, yoga, and dance, which help children develop coordination, strength, and discipline. These activities also boost their mood and reduce stress.
4. **Creative and Artistic Growth :** Children have natural creativity, and holistic education encourages them to explore it. Activities like music, drawing, drama, and storytelling not only help develop artistic skills but also build confidence and self-expression. Creativity becomes a way for children to solve problems and think outside the box.
5. **Ethical and Moral Development :** Understanding right from wrong and making thoughtful decisions are key components of holistic education. Students are taught the value of honesty, kindness, and responsibility. This not only helps them in school but also shapes them into compassionate and ethical adults who contribute positively to society.

6.0 Data analysis:

HAVE YOU HEARD THE CONCEPT OF HOLISTIC TEACHING BEFORE?



Figure 6.1: Awareness among the people on Holistic teaching. (source: Primary data)

As we observe, the above chart shows that 31 out of 33 respondents heard the concept of holistic teaching practice.

Table No.: 6.1: Holistic teaching can improve the student's learning outcomes.

Holistic teaching can improve the student's learning outcomes	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
	20	11	2	0	0

As we observe above diagram, in out of 33 respondents 60.7% respondents are agreed that holistic teaching can improve students learning outcomes. there is a correlation between believing that holistic teaching can improve student learning outcomes and the belief that it can create a more inclusive and equitable learning environment.

Table No.: 6.2: The practice which is important for holistic teaching:

Particulars	No. participants agreed (multiple selection)
a. Mindfulness	17
b. Cultivating emotional intelligence	11
c. Encouraging creativity	23
d. Promoting critical thinking	12
e. Fostering empathy	3

(source: Primary data)

The about diagram depicts that, what are the most common practices identified as important for holistic teaching, encouraging creativity and Mindfulness are the most frequently identified practices important for holistic teaching. Cultivating emotional intelligence and promoting critical thinking are also notable practices, especially among female respondents.

Table No.: 6.3: Holistic teaching applies to all subject areas, or is it more suited to

Particular	Yes	No
Holistic teaching applies to all subject areas, or is it more suited to certain disciplines	24	9

(source: Primary data)

The above diagram shows, how the perceptions of holistic teaching's applicability to all subject areas versus certain disciplines vary among respondents? Out of 32 respondents, 23 respondents believe holistic teaching applies to all subject areas. Most respondents believe holistic teaching can be applied across all subject areas, suggesting confidence in its universal benefits.

Table No.: 6.4: Holistic teaching is a sustainable approach to education in the long term.

Particulars	Yes	No	Not sure
Holistic teaching is a sustainable approach to education in the long term	29	4	0

(source: Primary data)

The above diagram shows that There is a strong trend towards the belief that holistic teaching is sustainable, as most responses are "Yes." And 14.3% of respondents, belief remains consistent over a period, by "No".

Table No.: 6.5: Holistic teaching can benefit teachers themselves, not just their students.

Particulars	No. of participants agreed(multiple selection)
a. Increased job satisfaction	12
b. Reduced stress and burnout	1
c. Enhanced professional growth	9
d. Improved relationship with students	11

(source: Primary data)

The above chart shows that The personal gains from holistic teaching, such as job satisfaction, improved relationships with students and professional growth seem to reinforce teachers' confidence in its viability as a long-term educational strategy.

Table No.: 6.6: Holistic teaching can help to create a more inclusive and equitable learning environment.

Holistic teaching can help to create a more inclusive and equitable learning environment.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
	19	11	2	1	0

(source: Primary data)

The above diagram depicts that, out of 33 respondents 57.6% agree that holistic teaching can help create a more inclusive and equitable learning environment. It's clear that, most respondents believe in the positive impact of holistic teaching, with "Agree" and "Strongly agree" being the most frequent responses.

7. Finding

Holistic approach of education, Practices and its Applicable to All Subject linked to valuing a diverse set of practices. Respondents who believe holistic teaching applies to all areas emphasize practices like Encouraging creativity, Mindfulness, and Cultivating emotional intelligence.

It can be said as a shifting learning process that equips teachers, students, and schools, with the knowledge and ways of thinking that society needs to achieve economic prosperity and responsible citizenship while restoring the health of the living systems upon which our lives depend.

Suggestion

- Give holistic education development programs to the teachers.
- A proper way of implementation of holistic teaching needs to take place then practice ends with applicability.
- Take initiative to reach learner's maximum capacity in learning.
- Teachers should apply an integrated approach.

8. Conclusion

Holistic education is a bridge to connecting other activities of the educational system, to reach the purpose of education for sustainable development. It's a systematic and powerful educational

innovation, that can affect effectively shaping learners. And we can say undoubtedly it's a polished educational system.

Education need to be come up with a term quality then only the economy will be strengthened by the skilled/intelligent manpower at the end what we expect from the human resources of the economy.

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