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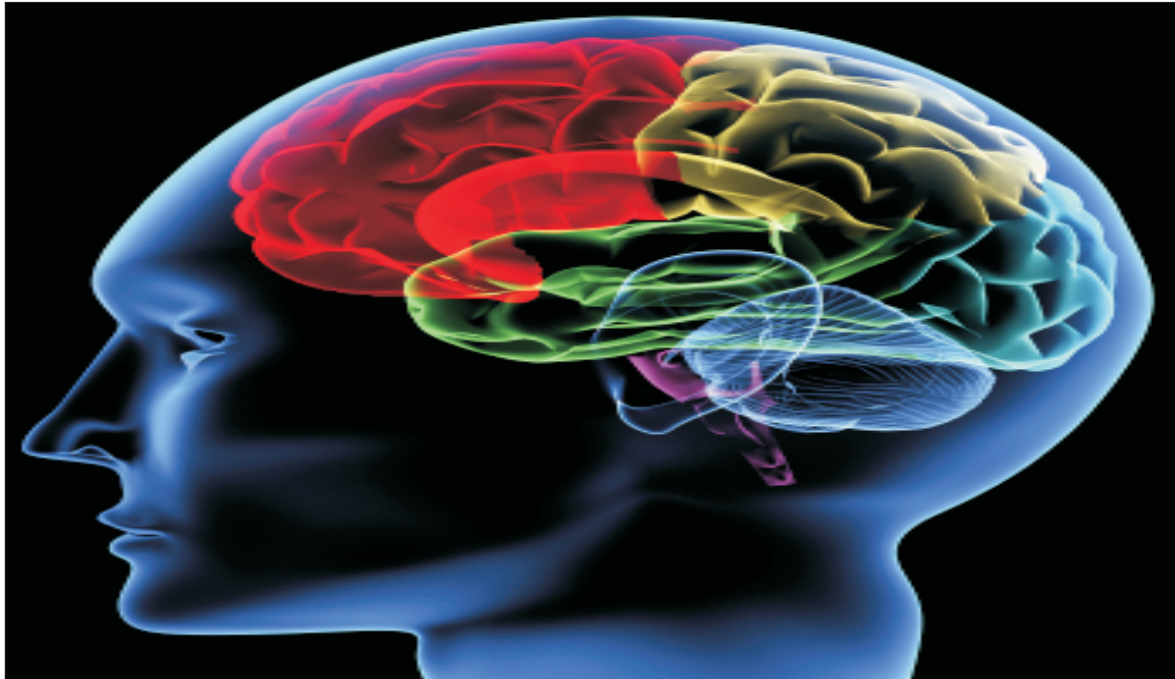
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IMPACT OF INTEGRAL PSYCHOLOGICAL PRACTICES FOR COGNITIVE DEVELOPMENT



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ABSTRACT :

Cognition is an index of well-equipped human existence having a meaningful perception of the external world. Cognitive Development assures the qualitative change of efficiency in respect to cognitive operations like development insight, concept formation as well as knowledge development respectively. A developed cognitive pattern is an essential requisition for proper and perfect exploration of human potentialities. In present study, integrity has been emphasized in respect to psychological operations like thinking, reasoning, concept formation evaluating, perception and self-efficacy respectively. Integral practices of cognitive psychology are very essential consideration in present study. Integrity means to make united among the diversities. Integral practice emphasizes on the common aspects of psychological operations. A combined operation of psychological abilities is an approach to use human psychological abilities in respect to common practices on a same issue. Human personality is an integrated or organized body of psychological as well as physiological operations

which basically presents in each and every segments of adjustment as an integrated pattern of behaviour. In present study, the importance of integral practices of psychological operations has been highlighted to build a cognitive pattern.

KEYWORDS: Integral Practice of Human Psychology, Cognitive Development, Integration in psychological operation.

1.0 INTRODUCTION:

Cognition is an essential psychological criterion of every human being. On the basis of essence of cognition, it basically specifies the basic difference in respect to the individuality. Cognition is also known as an acquired knowledge of an individual and the termschema is also used as concept which uses to construct something new aspects which may have the social values as well as realistic values. Knowledge is an output of cognitive operation of an individual. In the case of knowledge development, the policy of prior organization or maintaining integrity in the operations has been properly followed. Concept formation is not a haphazard process regarding the keys of the observable facts. To develop a meaningful perception regarding the aspect of knowledge, the principles to make integrity in psychological operations must be needed to follow. There are so many fundamental aspects of psychological operations namely thinking, reasoning, evaluating, concept formation or psychological construct. Every psychological operation can play an important role in humanistic cognition; but, on the basis of psychological integrity one can get an opportunity to reach an ultimate benefit of effective psychological operations. Thinking can help to process the intellectual efforts as well as information processing; reasoning is an effective psychological context which helps to justify individual perception; conceptual knowledge is related to situation in where different aspects of conceptual learning must be practiced. Situation is a fundamental context which will determine the applicability or practical reflection of the conceptual knowledge (Brown, J. S., Collins, A, Duguid, P.-1989). Therefore to develop an effective perception, it is needed to focus on the proper knowledge regarding the situation from where the influencing components will get an opportunity to interact with the psychological operations. In learning, approaches related to the cognition can play an important role. There are so many aspects related to the similarities as well as differences between behavioural and cognitive learning approaches. Activeness in learning, understanding level, proper knowledge, and cumulative nature of previously learned experiences respectively play an important role to carry out concept learning which is related to human cognition (Shuell, T. J., 1986). Self–efficacy is an important aspect to create an effective cognitive pattern. In the segment of self–efficacy, four fundamental processes have played important role namely human cognition, individual motivation, affective processes and also the selection process which will help to select the best alternative from the more available alternatives. Personal aspiration level is also important aspect to regulate self-efficiency (Bandura, A., 2010). In present study, researcher intends to focus on the impact of integral psychological practices for the cognitive development.

2.0. Emergence of the Study:

In present day situation, need of social integrity is desirable policy which is associated with the welfare of the society. To make an integrated society as well as integrated international platform, worldwide scholarly studies related to the integral practice of knowledge has been realized in the first decade of 21st century. In Indian context, the urge of Ekamata (i.e. integrity) has been considered as an essential ideology to run the life towards the integrated society for the benefit of humanity. Therefore,

a tendency to conceptualize the own traditions in terms of modern approaches to utilize Indian culture has been highlighted in all over the area of the country. These corresponding aspects of the national development has been forecasted the emergency of integrity for human welfare.

3.0. Assumption of the Study:

On the basis of background study, researcher has assumed some specific aspects related to the present study. The term integrity has been illustrated in different terms in different situations. Sometimes, it has been specified that bonding is an approach to make integrity in action. Bonding is also an important aspect which can enrich the efficiency level to execute the job. On the basis of this corresponding ideology, it has been assumed that cluster application of psychological abilities will enrich the probability of success on corresponding action. In the case of problem solving ability, there are three fundamental aspects which play an important role to carry out the problem solving strategies to solve related problems. Those three abilities are thinking, reasoning and also evaluating or judging ability. In the case of cognitive operation of an individual, effective uses of problem solving ability will increase the level of effective performance. Effective psychological operations will be emphasized on the basis of corresponding exercises of integrity in operation. It has been assumed that integral exercises of psychological abilities will emphasize the cognitive developmental process.

4.0. Objectives of the Study:

At the end of the study, researcher intends to find out some specific results. Those essential objectives are as follows.

- To determine the essential psychological processes responsible to regulate cognitive behaviour of an individual.
- To determine different approaches of psychological integrity for cognitive development.
- To focus on the effectiveness of psychological integrity for cognitive development.

5.0. Research Questions of the Study:

On the basis of assumption of the study, researcher has determined some specific questions which need some essential answers in this study. Those questions are as follows.

- Q.1: Is there any integrated psychological process by which cognitive development an individual will be done?
- Q.2: Is there strategic variations to execute the psychological integrity for cognitive development?
- Q.3: Is there strategic influences of the psychological integrity for cognitive development?

6.0. Terms Defined:

There are some essential terms related to the present study which are very essential to design the present study. Those corresponding explanations have been presented below:

6.1. Cognition:

In present study, the term cognition has been defined operationally. Cognition is a process by which the knowledge acquisition process has been done and consequently the process of development of qualitative operations has been regulated. A complete process of knowledge development has been regulated with the help of cognition of an individual.

6.2. Cognitive Development:

Cognitive development is a qualitative change of cognitive abilities in respect to the cognitive functions in respect to the situation or corresponding condition of the study. Proper application of cognitive abilities like thinking, memorization in respect to the concept formation and knowledge creation have been studied on the basis of cognitive development.

6.3. Integral Cognition:

A meaningful as well as organized body of human cognition is considered as the integral cognition. It is an organized form of human cognition having a lot of interrelated elements; it is also a result of integrated practices of cognitive abilities in respect to the purpose of meaningful understanding of corresponding knowledge.

6.4. Integral Psychological Exercises

Integral psychological exercise means an interconnected practice or a systematic exercise of psychological abilities in respect to the cognitive operations.

7.0. Analysis and Interpretation:

In present study, researcher has followed a qualitative approach of study; logical practice has been considered as a normative practice in present study. On the basis of researcher has found some specific aspects related to the present study. Corresponding aspects have been illustrated below and also interpreted the corresponding results one by one.

7.1. Integral Practice of Thinking for Effective Cognition:

Thinking is an essential human ability which can create some valuable things for the benefit of an individual and also of the country. This development has been emphasized more in the case of individual development in all over the world. In the case of human psychology, thinking related study has been emphasized more due to its functional approaches for the exploration of some un-identified human resources. To analyze the any fact critically, thinking helps by providing different type of cues related to the facts. Critical analysis of the fact needs a lot of application of multi-dimensional application of thinking ability of an individual. For example, in the case of concept formation, thinking has played an effective role to regulate the individual behaviour. Thinking has an essential base of logical and realistic application of knowledge. Logical operation is an essential aspect to regulate the process of thinking in respect to the knowledge related context. Psychological construction of new idea is very essential context influenced by the effective mechanism of humanistic thinking processes. Thinking is highly related to the cognitive development of individual. Thinking helps to detect properly the every criterion of the fact or correlated facts of the perceived aspects of knowledge. To comprehend the actual meaning of the correlated aspects of psychological process, thinking is a mechanism which helps to design specific normative indices to execute the process. It also helps to find out a lot of ways to design for regulating the corresponding psychological operations. In the case of humanistic thinking, whole analytical approaches and also the interrelation principles have played a crucial role. For making effective psychological practices, the approach of integral study has been emphasis an important role. Integral practice of thinking will build an important proforma for effective human cognition.

7.2. Integral Practice of Communication for Effective Cognition:

The term 'Communicate' has been related to the individual communication. Communication is nothing but it is an effort to transfer information from one point to other or a mechanism to exchange information purposively in a specific way. There are some essential correlated aspects of communication namely encoding, sending, message, medium, receiving, decoding, feedback etc. To execute an effective communication, proper level of direction as well as coordination within the system is considered as an essential requisition. In this regard proper level of integration is needed. Proper application of integrated principle will focus to specific regulation as per the desire of the situation. In the case of psychological communication, an effective integration is required in a specific level. By following the integration approach in action of psychological communication, the process of concept formation as well as effective cognition will be properly regulated or influenced. In present study, it has been considered that to regulate the effective communication in the context of individual psychology, one can enrich the effective functional aspects of communication by following the integral policy of action. In this policy, basically the collective or cluster based study must play an important role. Effective integration among the encoding, sending, message, medium, receiving, decoding, and feedback will create an effective mechanism of communication. Similarly, cognitive process of an individual will also influenced by the integral practice of human communication. In this context, mutual understanding level is completely regulated by the principles of integration in action; without effective mutual understanding the success of effective communication will not be effective for effective cognition and also the valuable construction.

7.3. Integral Practice of Language for Effective Cognition:

Language is a mechanism to express the humanistic thoughts in a meaningful state. It is an essentially integrated process build with the help of different type of effective functional processes. Those processes are effectively run for the effective linguistic exercises; as a specific intellectual practice of human psychology, language regulates the humanistic thoughts in a desired direction. There are some effective interrelated aspects of language namely phonetics, morphology, pragmatic, syntax, semantics etc. To make the effective communication, the proper level of integration among those points of language is required in specifically desirable manner. Without the appropriate integration of those integrated aspects of language functioning will be ineffective in respect to the construction of humanistic thoughts. In the case of intellectual growth, propel linguistic exercises play an effective role for developmental purposes of human cognition. Some sort of thoughts is highly related to linguistic practices. For the purpose of effective phonetic development of an individual, the corresponding strategic development as well as effective integration within the organism of sound developing approaches will be required. In linguistic practice of humanistic thoughts can create some specific segment of compound words; this compounding words are the outcomes of morphological art of an individual. In this case of morphological practices, effective level of association as well as assimilation will be required in desirable level. The meaningfulness of a word will be considered as essential practices of humanistic thoughts which are highly related to the cognition as well as construction of an individual. The study of meaning is known as semantic study of language. An effective art of semantical practice will help to regulate own thoughts to express in a desirable manner. Pragmatic approach of linguistic study is nothing but the study of situation based context of language application which can enrich the usefulness or realistic exercises of humanistic cognition. It is logically considered in the present study that language will not run in an effective manner haphazardly. In this context, an effective coordination will be needed. In the case of effective linguistic application, on the basis of cognitive as

well as constructive nature of human psychology, will be needed specific integrated exercises within the essential organs of language

7.4. Integral Practice of Reasoning for Effective Cognition:

Logical ability of an individual is known as reasoning ability which helps to follow the logic based pattern of thoughts for evaluation or judging purposes. Logical ability is very essential aspects of human psychology. Reasoning helps to identify the interconnectedness of measured facts and its essential aspects; it helps to recognize the nature of relationship among the constituent elements of an individual perception regarding a specific segment of knowledge based study; it is an essential approach to comprehend the nature of knowledge. It plays an important role to monitor the strategic function of individual cognition. To make the effective movement of the individual thoughts, effective use of reasoning ability will be required. In the case of psychological construct, reasoning ability helps to identify the basic cues of creation for the purpose of creative construction. Integrity within the basic context of individual reasoning practices is required to make the effective logical network to develop the knowledge in effective level of application. In the case of individual cognition, logical network of psychological cues plays an important role to individual memorization as well as effective conceptualization of the learned facts. It is a segment of cognitive development which may influence the effort of human construction in a desired manner. In the case of meaningful learning, reasoning plays a vital role to make the effective network of knowledge; to enrich the psychological acceptance in respect to the effective construction or cognitive development.

7.5. Integral Practice of Evaluating for Effective Cognition:

Evaluating practice is considered as a very important aspect of human psychology which may influence the nature of cognitive as well as constructive behaviour of an individual. Evaluation is nothing but it is a higher level of intellectual practices of human thoughts in respect to the specific norms of predetermined knowledge. Evaluation is a process to checking as well as rechecking of measurable aspects of knowledge on the basis of effective nature of human intellect for the purpose of verification by logic and realistic norms. There are so many aspects related to the evaluating ability of an individual. Predetermined objectives related to the measurement, specific outcomes associated on which the evaluation is required, normative or realistic practice of human thoughts is some essential segments of evaluation. Evaluating ability of an individual plays an important role to regulate the attempt of decision making and also providing the desired value on the specific aspects of evaluative context. It is very important to making the decision about the applicability or usability of humanistic thoughts. For practicing this ability to run any psychological processes in a specific as well as effective direction, the effective integration within the essential aspects related to the evaluation of anything must be required. Integration of human thought will help to regulate individual attempt to discover some sort of valuable aspects of human thoughts which are related to the cognitive as well as construction of idea. In this case, this integration plays an important role in a specific manner in specific direction. Therefore, by analyzing this context of human cognition, it has been illustrated that effective integration will highlight the effective uses of humanistic evaluating ability for the purpose of individual development directly as well as social; development in directly. In the case of human cognition, evaluation helps to verify the level of originality as well as truthfulness of perceived facts associated with the individual thoughts.

7.6. Integral Practice of Self-regulation for Effective Cognition:

Self-regulation is a metacognitive approach of individual helps to monitor own efforts on the basis of effective integrity of associated aspects namely thinking, reasoning, evaluating, memorizing, concept formation, self-controlling, self-monitoring respectively. Those aspects of individuality are essential to effective cognition for the development of self. Self-regulation is an important phase of effective cognition as well as psychological construct. It is a higher level of individual cognition. In the case of self-regulation, self-knowledge plays as an essential guiding principle. Self-knowledge is associated with the cognitive as well as psychological nature of an individual. Appropriate information regarding cognitive structure and also cognitive functioning with its basic natures are considered two fundamental segments of self-knowledge. Awareness about the schemata, different psychological operations like thinking, reasoning, judging, memorizing, creating, comprehending, equilibration and so on. Though self-awareness, one can focus on the nature of cognitive functioning as well as own abilities associated with the perfect exploration of creative thought. Self-regulation is an effective and practical aspect of individual cognition which will help to use own cognitive ability on the basis of psychological nature and also in respect to the nature of the action in where the corresponding application of self-knowledge will be highly recognized for the purpose of perfect cognitive development. To create an appropriate self-regulative platform, the approach of integral practice must be required.

8.0. CONCLUSION:

At the end of the study, it has been concluded that integral practice is an approach to organize different haphazard components in respect to the effective application. To regulate the cognitive processes in respect to the need of psychological actions, integral practice helps to foster the individual attempt or to direct the individual effort towards the planned direction. Integral approach of cognitive practices will help to manage the use of psychological processes on the basis of willingness as well as need of the situation. For the fulfillment of the desire, an individual will get an opportunity to regulate as well as self-control specifically. Integrity is a philosophy to regulate self-knowledge in respect to the situational demand. At the end of the study, it has been also concluded that there are so many strategies which is responsible to integrate the psychological process to make the effective cognitive development. But, in the case of every psychological processes, a precisely design of integration has been identify in different segments of the study. In the case of psychological integrity, the principle of individual difference has been identified in different cases.

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