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IMPORTANCE OF PSYCHOLOGICAL FACTORS FOR INNOVATION AND EXCELLENCE IN TEACHING AND LEARNING

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ABSTRACT

Learning ability is the greatest gift of God to mankind. Conducting active learning has been a dream of every professional teacher at every level of education. The introduction of active learning alters the role of a teacher during the teaching learning process. Teaching and Learning have to be joyful, relaxed and engaging. High emotional stress can cause barriers to teaching and learning. Mental health and social maturity have positive emotion state of teachers and learners which help them to teach and learn more effectively.

KEYWORDS: Conducting active learning, Psychological Factors, teaching and learning.

INTRODUCTION :

Education is fulfilled by teaching and learning. The teacher's place in society is vital important. The teacher acts on the point of transmission of intellectual tradition and technical skills from generation to generation and he helps to keep the lamp of civilization burning. Dr. RadhaKrishnan says that the teachers occupy a place of paramount importance in any system of education. The secondary education commission (1952-1953) has remarked that the secret of good education consists in enabling the student to realize what are his talent aptitudes and in what manner and what extent he can develop them so as to achieve proper social adjustment and seek right types of employment. The factors 'mental health' and 'social maturity' are the main sources for the development of teaching and learning activities.

IMPORTANCE OF MENTAL HEALTH IN TEACHING AND LEARNING:

Mental health of the teacher and learner is very important for efficient teaching and learning. Mental health makes a man with good personality. A healthy individual is not only physically healthy but also mentally healthy. The modern concept of health extends beyond proper functioning of the body. It includes a sound, efficient mind and controlled emotions. Health is a state of being hale, sound or whole in body and mind. It means that both body and mind are working efficiently and harmoniously. Man is an integrated psychosomatic unit whose behaviour is determined by both physical and mental factors. According to Had Field, "Mental health is the full and harmonious functioning of whole personality". Bernard (1970) defines mental health as, the adjustment of individual of themselves and the world at large with maximum of effectiveness, satisfaction, cheerfulness, social considerate behavior and the ability of facing and accepting the realities of life. A sound body has now become an easy possibility within the reach of everyone and a sound body is basic to a sound mind and body handicaps, diseases do affect mental ability and outlook. But contemporary society, mental health has become a major problem affecting almost every person. Mental health hazards are significantly increased in number and complexity but these have also affected the physical efficiency of individuals causing a variety of psychosomatic

disorders. So mental health is now recognized as an important aspect of an individual's total development and mental hygiene is accepted as an integral part of school programme in teaching as well as learning skills.

CHARACTERISTICS OF A MENTALLY HEALTHY PERSON:

A mentally healthy person is one who

- i) Is able to live joyfully and peacefully.
- ii) Is not disturbed by mental conflicts.
- iii) Has a true self appraisal of his strength and weakness.
- iv) Tries to cooperate with others and wins friends and thus naturally gives him feeling or security.
- v) Has diverse and varied interest and lives according to a philosophy dominated by constructive and realistic goals.
- vi) Understands the intricacies of practical life and is very pragmatic in his approach.
- vii) Is emotionally stable and socially mature.
- viii) Has high degree of frustration tolerance such as individual has necessarily good physical health as bodily health and mental health are inter-related.

Thus mental health is a way of life. It enables one to accept unchangeable realities in life and to seek life's problems in a constructive way consistent with one's abilities, instead of trying to turn away from them. So we can say, a mentally healthy person can be a good teacher as well as a good learner.

Importance of social maturity in Teaching and Learning:

Maturity assures accountability, constantly assesses, judges and takes appropriate decisions. Maturity develops a balanced emotional outlook, helping the individual to accept himself his talents and limitations and to accept others as they are. It helps towards progressive advancement in spiritual growth impelling the individual to adapt himself to change life without emotional crisis. Henry .E.Garrett(1968) defines, " Social maturity is the degree of social participation as measured by child's activities, attitudes and play interests. It is related to physical growth, maturity and mental health". Social maturity is the final expected outcome of social development and socialization. The socially mature person knows his role as a member of the social group.

Characteristics of a socially matured person:

A socially matured person is one who

- i) Has a sense of his proper place and role as a member of the social group. He is willing and able to orient himself in the various activities and customs to the group.
- ii) Is able to assume a reasonable amount of responsibility, to adjust himself to the inevitable limitations and restrictions of the community life.
- iii) Can be original and yet conform to the broad pattern of his social environment.
- iv) Evaluates social problems not from a purely selfish point of view but has regard to the right and opinion of others.
- v) Accepts responsibility for his actions, does not indulge in self pitying.
- vi) Is relatively free from devastating emotions and is able to realize his emotions in socially acceptable behavior problems.
- vii) Has many friends and contributes to social welfare.
- viii) Has a realistic self concept, being conscious of his assets and limitations.
- ix) Is relatively secure and so open to new experiences which contribute to his continuous development.

Social maturity is a second way of life to get success. It enables one to have cooperation, pleasing manner, consideration for others, positive and optimistic outlook of life and emotional maturity. These are signs of a socially matured individual. Thus above factors are very important to an individual to improve his teaching and his learning skills.

CONCLUSION:

Psychological values are the important factors which influence the behavior. Every individual has a well defined set of personal values such as cleanliness, dignity of labour, diligence, punctuality, regularity, honesty, courage, ambition and hope etc. They give him a sense of direction in life and a purpose of life differs from these values when conflict arises. Mental health implies good adjustment and such a good adjustment yields pleasure and achievement in personal as well as inter personal activities like teaching and learning. Likewise a person having good social maturity will know his responsibilities and will be able to adjust himself in the society as he would have good self concept to achieve his teaching and learning skills.

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