

BASIC ELEMENTS OF EDUCATIONAL PSYCHOLOGY

(शैक्षिक मनोविज्ञान के आधारभूत तत्व)



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Process of Growth and Development

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Introduction :-

The sole aim of education is to bring an all-round development in the personality of education. Educational psychology, being a science and technology of education, should help in the realization of this aim. AS we know that human life starts from a single fertilized cell. The constant interaction with environment results in the growth and development of the innate capacities, abilities and potentialities of the child. The taste of formal as well as informal education is to help him in this path of growth and development. It is clear that the changes that occur in the size, length and weight of various organs of a person during the period from conception to infancy through adolescence to adulthood can be called growth. The growth can be measured or weighed. While development indicates the work capacity of different organs of the body. Psychologist Meridith has said some writers reserve the use of 'growth' to destinate increments in size and of development to mean differentiation. In the words of Hurlock – Development is not limited to growing larger. Instead, it consists of progressive series of changes towards the goal of maturity. Development results in new characteristics and new abilities on the part of the individual. Similarly, Munro also gave the definition of growth and development – Development is a state of change in which the creature passes, from pregnancy to maturity. In all the above sentences, growth and development have been defined in clear ways by various scholars which appear to be appropriate.

Viewpoint of Growth and Development

An individual starting from a fertilized egg, turns into a full – fledged human adult. In this term over process, he undergoes a cycle of changes brought about by the process of growth and development in various dimensions – physical, mental, social, emotional etc. However, in the strict sense of terminology, these two terms, growth and development have different meanings that can be put in the way given below :-

GROWTH	DEVELOPMENT
The word growth is used in purely physical sense.	Development implicit over all changes in shape.
It generally refers to an increase in size, length, height and weight.	But in the procedure of development, form or structure resulting in improved working or functioning.
Growth has quantitative aspect.	But development has both qualitative and quantitative aspect.
Growth is one of the parts of development process.	Development is a wider and comprehensive term.
Growth does not continue through life. It stops when maturity has been attained.	It refers to overall changes in the individual growth is one of its parts. Development is a continuous process. It goes from womb to tomb. It doesn't end with the attainment of maturity.

Individual differences exist.	Children differs in the level of development.
It is purely a physical attribute.	It implies improved adaptation and functioning.

Facets of proportions of growth and development :

Major dimensions in which a human child goes ahead for his complete development can be named in follows: -

1. Physical Development – Body growth that includes height and weight changes.
2. Intellectual or Mental Development – It includes the development of intellectual powers like the powers of reasoning and thinking, imagination, concentration, creativity, sensation, perception, memory, association, discrimination, and generalization.
3. Social Development – Refers to interactions and relationships with other people.
4. Emotional – Refers to feelings and includes dealing with love, hate, joy, fear, excitement, and other similar feelings.
5. Language Development – It includes the learning of the language for communication and the development of various skills and abilities for the effective use of language.

Factors influencing growth and development:

- Genetic factors : Parental phenotype and familiar patterns, race and nationality, sex, genetic disorder (chromosomal / gene defects).
- Parental factor : Maternal nutrition, infection, substance use illness, hormones.
- Postnatal factors : Growth potentials, nutrition, childhood illness, physical environment, psychological environment, cultural differences, social economic states, climate and season, play and exercise, birth order of the child, hormonal influence.

Stages of Growth and Development :

As we know that we start our life from the mother’s womb. The nine months spent in the mother’s womb are called pre-natal period. A Child is considered born when it is comes out of the womb and has its first contact With the external environment it is called the postnatal. And is in fact the beginning of completion of chronological age

There are mainly five stages of human development which are as follows _

1. **In fancy** -:Infancy is the first stage of human development from birth .Infancy is considered the most important period of life. The first 6 years after the birth of a child are called infancy. According to Psychologist the body and mind are extremely receptive in the first 5-6 years of life whatever is thought to children at this stage, it leaves an indelible impression on the child .Technically the period from zero to 3 years of age is called infancy.

Development Characteristics of Infancy

- I. Rapidity in physical development.
- II. Rapidity in mental potentialities.
- III. Rapidity in learning.
- IV. Tendency of repetition.
- V. Curiosity tendency.
- VI. Dependence on others.
- VII. Feeling of self love.
- VIII. Emotional expression.
- IX. Instinctive behaviour.
- X. Sex instinct.

2.Early childhood :- Early childhood covers the period from 2 to 6 years. Early childhood is a beautiful phase of life .It is period associated with play fantasy and innocence . In early childhood the child learn to control the expression of emotion. It is called different names as the toy age pre-school age trouble some age or pre-gang. age .

Some characteristics of Early childhood age_

- i. Excessive crying and insecurity
- ii. To learn to get along with peers.
- iii. A desire for isolation boredom and social antagonism.
- iv. Obstinate stubborn disobedient, negative and hostile.

3.Late childhood :- Generally the period between 6 to 12 years is called late childhood.

In this stage he starts learning personal and social behaviour and his formal education starts in this stage. from an educational point of view childhood is most important stage of life. In this stage the child forms pattern of this habits behaviours interests desires etc. which become very different to change latter.

There are some characteristics of late childhood

- I. Stability in physical growth
- II. Increase in mental ability
- III. Forceful curiocity.
- IV. Feeling of self dependence.
- V. Interest in construction work.
- VI. Intensity of gregariousness.
- VII. Development of social and moral qualities.
- VIII. Development of exovert personality.
- IX. Acquisition tendency.
- X. Lesser sense of sex.

4. Adolescent stage:-Adolescence is the 3rd stage of post Natal development which begins after the end of childhood and continues till the beginning of the adulthood. The word adolescence is derived from the Latin word adolescere which Means growth and maturity.

Elliott and Feldman (1990) described__

- I. Early Adolescence as 10 to 14years.
- II. Middle Adolescence as 15 to 17 years.
- III. And late Adolescence as 18 years to the mid 20s.

G.Stainley hall coined the term adolescence –

He defined This as the years between puberty and adulthood he believed that during this time adolescence go through a period of storm and stress

Characteristics of adolescence stage.

- I. Physical development and Mental development.
- II. Lack of instability.
- III. Differences in behaviour .
- IV. Fast friendship.
- V. Changes and stability in interest .
- VI. Maturity of sex instinct.
- VII. Feeling of self respect.
- VIII. Development of Delinquency.
- IX. Anxiety for vacation .
- X. Feeling of independence and revolt.

5. Adult hood :-The period in the human life span in which full physical and intellectual maturity have been attained adulthood is commonly thought of us beginning at at age of

10. Turner syndrome (Genetic problems that occur in girls due to missing or partly missing x chromosomes).

The role of teacher in growth and development

There is a need for all round development of the personality of the child. He must see harmonious growth and development in all the aspects or dimension of growth and development -social, emotional, moral and spiritual.

Below are some areas in which the teacher has to play a major role like_

- **Diagnosing the potentialities-**A teacher must have try to study and investigate potentialities of his students and then decide to provide do guidance and incentives for the development like social, mental emotional, moral or spiritual.
- **Helping in proper goal settings -:**In light of diagnosed potentialities and achievement motivation the teacher must help the students in setting of proper goals and objectives for their striving.
- **Arranging needed facilities for their adequate developments-**The teacher should take care of all types of men material facilities helpful in the adequate development of students in all the dimension of their personality . In the shape of physical academic curricular and co- curricular activities as well as formal or informal direct or indirect experiences in short whatever is useful and needed for their multidimensional growth and development of students should be helped by the teacher for proper access to maximum extent possible.
- **Provide for the own example for their proper development-**It is as well as known saying that example is always better than precept . Whatever teacher wants to see in this students must try to provide model for such expectation for his students..
- **The teacher must have a proper knowledge of development psychology-**The teacher must have the knowledge of psychology and development task get further child at particular age.

Education implications of the principles of growth and development

The Knowledge of the principles of growth and development is very important for our life which we can show in the following way_

- Development is a continuous and non stop process at all periods and stages of human life. Therefore we should never give up our efforts to achieve perfection in terms of development in the different dimensions of our personality..
- The principles related to growth and development suggest a pattern or trend for the advancement of children on the developmental path. This knowledge can help as to what can be expected in terms of the proper growth and development at a particular development stage and we can then plan accordingly to achieve it by organising the environmental experience..
- The principle and knowledge of individual differences reminds us to understand the white individual differences that surface at all periods of growth and development among children. Each child should be helped along the development process within the sphere of his own strengths and limitations..
- The knowledge of individual differences helps us to what to expect and when to expect from an individual child with respect to his physical mental social development etc. at different stages of development . The correct knowledge of growth trend of a child helps the parents and teacher not to under or overestimate the future competency or exit expectancy of their child.
- Principles like "proceedings from general to specific responses "and the principle of 'integration 'help us to plan the learning processes and arrange suitable learning experiences so as to achieve maximum gains in terms of growth and development.

- It helps us to know the direction as well as the general pattern of the development. It guards us to locate the degree of abnormality in our children and students and to take likewise remedial steps. The knowledge that development starts from whole to parts and then from parts to whole helps us to plan a learning procedure and set the learning methods accordingly.
- Principles of interrelation and interdependence of the various aspects of growth and development help us to aim for the harmonious growth and development of the personalities of the child and warn us not to develop a particular aspect at the cost of one or the other.
- The knowledge of the uniformity of pattern with respect to growth and development makes it possible for the parents and teachers to plan ahead of time for the change that will take place in their children. Children will also get benefited if they can be acquainted with these changes beforehand.
- The principle of spiral advancement of development helps us to make adequate arrangement for the subsequent progress and consolidation of the progress achieved during specific development stage..
- The cephalocaudal and proximodistal tendencies as suggested by the principle of development direction help us to arrange the suitable learning experiences.. Processes and environmental setup so as to accommodate and help the youngster to grow and develop according to that trend and nature of this tendencies.
- The principle of interaction reminds us to recognise the joint responsibility of heredity and environment in the development of personality. Accordingly although they can develop within the limits of their genetic makeup yet to attain maximum development, we have to arrange for the best environment settings and experiences for our children. The environment that we provide should always be conducive to developing their potentiality and never prove to be an obstacle in the way of the adjustment of their self with their environment.

WAYS TO INCREASE HEIGHT

Usually women's height stop increasing after the attain puberty. They might still gain height till the age of 18. However it is extremely challenging to increase height one once you reach your 20s.

Here are some of the most common ways to try and increase your HEIGHT _____

- **Exercise** -According to research bones adapt to mechanical load and become stronger. Exercise like stretching, hanging, cycling and swimming can help increase height in children. However it is unclear if exercising can increase height in adults..
- **Get 7-8 Hours Sleep** -According to research improper sleep can slow down the body metabolism and restrict . There are not enough studies that suggest lack of sleep can slow down . height. However according to the Harvard school of public health, sleep deprivation can affect brain health it can hamper overall bodily growth. Therefore you must get proper sleep if you want to increase your height
- **Improve body posture**-It is difficult to increase height in . However you can try certain things that can make you appear taller. one of these ways is to improve your body posture. Slouching can make you look short. So you should practice correct body posture to appear tall.
- **Have a balanced diet**-According to research one of the best ways to facilitate height growth is to have a nutritious diet It is a sincere to consume food rich in calcium protein and fiber to increase height .Another research suggests that adequate nutrition is essential for physiological growth. Vitamin D, zinc,iron and

foliate are a few micronutrients that promote growth so a healthy diet is vital to increase height .

- **Drink plenty of water**-Drinking 7 -8 glasses of water daily provides several health benefits. It helps remove toxins from the body and promotes the proper functioning of body organs .According to research hydration is crucial for physical growth and cognitive development. Therefore you must drink at least two litre of water daily for normal body growth.
- **Take vitamin D**-A study on children's shows that vitamin D deficiency can slow down growth. According to research , diet and lifestyle changes to increase your height will only be effective without a vitamin D deficiency. Therefore you should spend 5-10 minutes under direct sunlight if you want to increase your height.
- **Nutritious diet**-According to research nutrition is one of the most important factor determining a person's height. Access to food high higher socio economic status improved sanitation and living standard have increased the average height of people
- **Hormones**-According to research,The body's hormones are also responsible for a person's height.Normal height growth is affected by the growth hormone produced by the pituitary gland, thyroid hormone and the sex hormone oestrogen.Another study suggests that taking small dose of the growth hormone can significantly increase adult height.

Along with exercising, you should also focus on a nutritious diet .It is best to have almonds, green leafy, vegetables, eggs,or chicken bananas apple, watermelon and other healthy foods.

Conclusion:

Overall we can say that the growth and development help us to know there are wide individual differences among the children with respect to their rate of growth and development. Therefore, we must pay attention to their individual pattern and growth rate. While, planning the course for their education and development. The process of growth and development helps us to know, how a person will develop physically and mentally at different stages of development. The adequate information about the growth trend of a child helps the parent and teachers not to under or over-estimate the future competency or expectancy of their child. The knowledge of the uniformity of pattern with respect to growth and development makes it possible for the parents and teachers to plan ahead of time for the changes that will take place in their children. Children will also get benefited if they can be acquainted with these changes before hand.

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