



Educational Psychology as a Boon at Adolescence Stage

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Abstract

The aim of education is to develop the overall personality of the students. For achieving this aim, it is required that educationist must be aware about the problems which faced by the students and also help them to solve it. Students face more problems at the stage of adolescence as it is a shifting period from childhood to adulthood. There are various reasons that are accountable for facing the problems at this stage. The present paper highlights the contribution of educational psychology in solving the problems among adolescents. It is one of the applied field of psychology which helps to deal with the adolescents in more effective manner. It is a boon for parents, teachers, counsellors, educators as well as administrators to use it, solving adolescents' issues and help them to develop a healthy personality of adolescents.

Keywords: Educational Psychology, Boon and Adolescents

Introduction

In present scenario, it can be seen that people are suffering from various problems in their lives. Every stage of human life such as childhood, adolescence, adulthood and old age is full of problems. Their style of tackle the problems is also very different because as the age increases people get more experiences from their life which helps them to cope up with the problems in a better way. Whereas adolescents are lacking in experiences and due to this reason they easily become the victim of many new problems. Adolescence stage is considered as crucial stage because it is a shifting period from childhood to adulthood. The person has outlived childhood, but he has not attained adulthood. Rapid biological, emotional, social, and cognitive growth occurs throughout the period of adolescence. This stage is a time when a person experiences fast changes in both their physical and psychological makeup. The changes in the attributes of an individual may effect on their other aspects of personality. There is a negative relationship between academic achievement and academic anxiety among adolescents (Parvez & Shakir, 2014). Academic Achievement is positively correlates with social maturity and adjustments (Siddiqui & Rahman 2015). Kumari (2018) identified that academic anxiety and mental health are significantly as well as negatively correlate with each other. Significant negative correlation between Self Confidence and Educational Anxiety (Zia, 2023). They also experience quick changes in their values,

attitudes, interests, and behaviour. If the development is not satisfactory, the adolescents will experience emotional and behavioural issues throughout their life, which will cause to birth new psychological problems. While a balanced personality is the outcome of satisfactory development.

One area of psychology that focuses on how learners behave in connection to their education is known as educational psychology. According to Peel “educational psychology helps the teacher to understand the development of his pupils, the range and limits of their capacities, the process by which they learn and their social relationships” (as cited in Manichander, 2015). It is a grasp of nature of the learning process and how to make it successful. It deals with utilizing the methods and principles of psychology in the field of education. It is an understanding about the individual and his development. The use of educational psychology in the area of education aims to develop the personality of the individuals, socialize them and change their conduct. It enables to explain, justify, and guide behaviour in order to accomplish life's objectives. It has made tasks simpler and increased the efficiency of teachers and everyone involved in the process and products of education by providing them with the necessary knowledge and skills. “The purpose of educational psychology is an important tool to serve as a basis for thinking, acting for educators, counselors, and also other educational professionals in managing the teaching and learning process” (Saidi 2022). It focuses on creating an atmosphere and procedures for learning that make it more engaging, enjoyable, and productive. Easy to use learning techniques developed by cognitive and educational psychologists could help students to achieve their learning goals (Dunlosky, Rawson, Marsh, Nathan & Willingham, 2013).

In the present paper, the author highlights the importance to use educational psychology for dealing with adolescents' problem. Here, it is considered the educational psychology as the boon for parents, teachers, counsellors, educators as well as administrators for solving the adolescents issues and help them to develop in a better way.

Problems faced by Adolescents

- Adolescence is the period in which people experience a lot of changes in physical (*include pubertal changes*), social, moral, emotional, intellectual aspect of personality and these changes create problems among them to be settle in day to day life.
- The aspiration level of adolescents are very high which beyond their capacities. If they are unable to make them fulfill, the more disappointed they will be. Peer pressure as well as expectations from parents and society make them more hassled. The unrealistic goals pressurized them which often find the results into failure. It create some kind of anxiety as Shakir (2014) explored the negative relationship between academic anxiety and academic achievement among senior secondary school students.
- The broken homes such as separated parents due to divorce or death, disease of the family member, financial status of the family may also be the reason for making adolescents problematic. Mental health also affect by the parents' attitude toward them such as parents show over protection while others are unaware about their children's activities. They scold them in front of others, never give them

reinforcement. It make them feel alone and not ready to share problems with their parents. They think their parents are their enemies and only peer mates are their well- wishers.

- They search their identity by trying to solve their problems without taking help of others. But due to lack of experience they are unable to take the decisions about what to do and what not to do in any problematic situations.
- They have various ideals in their life which they want to achieve. It may be related with their career, partner, life style, high academic achievement etc. It is not possible that one can achieve all their ideals in their life. Fear of failure in achievements leads to create various psychological problems among them.
- They are also worried about their career. Sometimes they choose those fields which beyond their capabilities. They don't get correct guidance which may provide them right path. They also compare their self with others' success and achievements, it make them feel inferior and develop a sense of insecurity.
- They have different attitude with society. They don't accept the society's customs and norms as they feel them orthodox and think this society will not understand their current life style.

Ineffective Management of Problems by Adolescents

Every phase of a person's life is marked by some issues. At the stage of childhood parents handled and resolved their children's problems but adolescents don't want to take the help from their parents or elders because they think they are mature enough to deal with their issues. Due to lack of experiences they handle their problems in an ineffective manner which ultimately rises new issues in their life. They could be withdrawn from society, having little interest in socializing, not attending classes and skipping schools. Drinking, smoking, drug abuse etc. make them relaxed and feel these things will help to cope up with the problems. They usually blame others when they committed any mistake. They begin to oversleep because they don't want to accept the reality and feel at ease while they sleep. Additionally, they release their violent behaviour and bullying others for their personal annoyance.

Role of Educational Psychology as a Boon

Adolescence stage is very crucial to understand, it is difficult for anyone that how to deal with adolescents especially if they have any psychological issue. Therefore, educational psychology is like a boon for today's teachers, parents, counsellors, educators as well as administrators which help them to solve adolescents' issues, develop their healthy personality, make them better adjusted in the society and create effective teaching learning process.

Educational psychology helps to know the factors which are responsible for affecting the personality of the adolescents and teaching learning process. It works to identify the personality of the students and provide remedial measures accordingly. It also interested to know students' relationship with others, what kind of adjustment they have (with themselves and with others), how they behave in educational setting. It also aid to make the teaching learning process smoother. It provides various approaches of learning which talks about how the learning take place, how it can be strengthening or weakening? With the help of educational

psychology, various tools can be constructed for assessing attributes of adolescents. For solving their problems, firstly it is required to understand the adolescents' issues which can be identified through assessing their attributes. It can be intelligence, aptitude, attitude, motivation, adjustment, emotional maturity, self-confidence and many more.

A teacher can modify his teaching according to the requirement of the adolescents and create a healthy and conducive environment in the class which help them to develop at the fullest. "With the help of educational psychology teacher is able to create positive learning environment in the classrooms resulting in effective learning" (Shakir & Sharma, 2017). He can create discipline in the class by using reinforcement rather than corporal punishment. They must be rewarded for their positive work and their undesirable behavior can be handle by using negative reinforcement rather than punishment. It helps to understand the mentality of the students and accordingly teachers can develop a rapport with them. Teacher not only understand the personality of the students but also get a chance to change himself first for better understanding of his students' problems and create a healthy environment. "There is a need to create such an environment in the schools to make students free from anxiety, tension, stress and pressure" (Zia, 2023). Therefore, it is required that the knowledge of educational psychology should provide to the prospective teachers at an early stage of their training so that they can easily utilize their skills in shaping the behaviour of students. It provide guidance to the students according to their abilities, aptitude, interest, solve their issues and make them aware about better career choices which suits to their capabilities. Help them to explore the environment, finding more opportunities and moving ahead.

Not only teachers but parents and others can also use the principles of educational psychology for dealing with the adolescents effectively. They have to be suggestive with their child rather than be critical, expect from them according to their age which should not go beyond it, don't compare their child with other one, let them work according to their own capacities, don't make them overburdened and pressurized, provide them healthy environment. Parents should be in touch with their schools' teachers because the healthy personality of the students can be done with the close collaboration with the teachers, parents and administrators.

Conclusion

Educational psychology has a great contribution in developing the personality of the students, especially at secondary level as these students comes under the adolescence stage. It is a transition stage where they face various problems in their life such as puberty changes, high aspiration level, peer and family pressure, unrealistic goals, familial problems, career planning, bad company of others, identity crises etc. They believe they are mature enough to make their own decisions without any assistance. Therefore, involve in using ineffective coping strategies for solving their issues. Thus, here educational psychology plays an important role for providing remedial measures. It is like a boon for teachers, parents, counsellor, educators as well as administrator to use it and helps to develop a healthy personality of the adolescents. It also beneficial to know the adolescents' problems, nurturing classroom environment, choosing effective methods for teaching learning process, awaking about individual differences and their diverse needs. All these things ultimately help adolescents to live happily in their all aspects of life.

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