

Socio-psychological aspects in educational process

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Abstract

Life is becoming complex day by day. The study of how people learn, including teaching strategies, learning processes, and individual learning characteristics, is known as educational psychology. It has been noticed adversely that different psychological aspects have significant effect on educational processes. Here the researchers have initiated an attempt to review two psychological aspects, i.e., emotional maturity, intelligence, creativity and mental health. This review includes of the uses of previous researches on social and psychological factors impact on various variables other factors of subjects involved in educational purposes. The researchers hope that this attempt will definitely help the future researchers on these areas.

Keywords

Emotional Maturity, Mental Health, Psychological Aspects, Educational Process.

Introduction

Education is today a global concern as it alone has the ability to change the world and present opportunities for positive consequences (Adhikari & Saha, 2023a). The study of how people learn, including teaching strategies, learning processes, and individual learning characteristics, is known as educational psychology (Adhikari, 2023). It investigates the influences of cognition, behaviour, emotion, and society on learning. This comprehension of how people learn is used by educational psychologists to create instructional strategies and support students' academic success. Human existence is reflected in language, which also helps to define it (Mohanta, Mahato & Sutradhar, 2023). When used effectively, language can

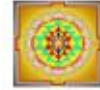


significantly affect people's lives. Negative words can be perceived as condescending, isolating, and stigmatising in the context of mental illness, mental health, and wellbeing, whereas positive words can offer dignity, empathy, and hope. Students mostly youths are the strongest pillars of any nation who are mostly guided by energy, courage and ability to do whatever they like (Gayen et al., 2021).

The process of societal transformation is impacted by education since it alters people's perspectives. A good education creates social equality and gives everyone the same possibilities, regardless of caste, class, religion, or social background. Additionally, it teaches pupils how to live a healthy, happy life and helps them let go of social rigidity (Roy et al., 2023). It is necessary to create programmes for developing moral standards in society. Ethics without education are equivalent to a flower without scent. Students must understand that developing one's character is just as vital as developing one's career (Sutradhar et al., 2023). The psychological component of the creation and messages of art can offer chances for emotional release, expression, and self-definition. The inherent problem-solving in the creative process can improve one's capacity to handle both straightforward and complex problems, engage and hone one's senses, and cultivate intrapersonal knowledge. Emotional maturity is that characteristic of emotional behaviour which is generally attained by an adult after his adolescence period (Sanwal et al., 2023).

Yoga, Environment and Sustainable Development in the Educational Process

One of the most important and critical concerns which our planet is facing today is that of the sustainable development (Halder, et al. 2022; Saha & Maji, 2013). It is the phrase that people use the most these days. Three interrelated aspects - our society, economy, and environment - must work together for us to have a happy and prosperous life. More than simply our generation is now impacted by the concept of sustainable development. Without taking into account the environmental services, we would not be able to efficiently organise their consumption. Three interrelated qualities can create a secure, sustainable world where everyone can flourish if they are employed properly in everyday situations. The interconnection of society, the economy, and the environment is the cornerstone of sustainable development. A study on the subject revealed information and disparities regarding the level of environmental consciousness among teacher candidates in West Bengal,

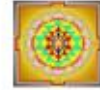


India. The study discovered that environmental awareness levels did not significantly differ between male and female candidate candidates, in-service teacher candidates had higher levels of environmental awareness than pre-service candidates, science candidate candidates had higher levels of environmental awareness than humanities candidate candidates, and environmental awareness levels did not significantly differ between government-aided colleges and private colleges (Saha, 2012a). Yoga is currently taught in schools. An ancient activity known as yoga involves mental, physical, and spiritual activities. Yoga initially appears in the Rigveda. There are claims that practising yoga can improve a person's life. Yoga is valued for its many benefits since it fosters mental peace and physical strength (Saha, 2021). Students who are enhancing their memory and focus as well as their physical health and emotional balance will clearly benefit the most from yoga (Saha, et al. 2021). According to the study's findings, undergraduate male and female students at rural and urban institutions hold comparable views on yoga instruction (Khatun, et al. 2022).

Gender and Societal Cause as Education

Feminism researchers have consistently criticised how social science has characterised men, women, and society in light of the last two key decades. Questions of epistemology, technique, and methodology have been intertwined with discussions on the best ways to correct erroneous and incomplete narratives in the context of traditional analyses from the start (Adhikari & Saha, 2021a). To understand the breadth and depth of the metamorphosis of social sciences necessary to notice women and gender activities, one needed to study the consequences of the most obvious approaches one might seek to modify the androcentrism of the old analyses. Feminists have "added" women to these analyses (Adhikari & Saha, 2021b). Sometimes a person's perception of society is greatly influenced by literature. The unfairness, violence, and system in their environment are not something that women writers try to separate themselves from (Adhikari & Saha, 2021c). These socio-psychological issues also form a base for education- education of the society and civilization.

Intelligence and Social Adjustment as Part of Education



To deal with or cope with the stresses and problems of daily life, people use the psychological process of adjustment. It carries the notion of conformity and is focused on how a person adapts to their surroundings and everyday demands. The body may manage its requirements, tensions, and desires both internally and externally, as well as external expectations and demands, with the aid of psychological adjustment. Several studies have revealed the existence of social beings that can interact with their environment and society (Pramanik, et al. 2014). A study found that while undergraduates in the humanities and sciences did not significantly differ from one another in terms of their ability to adjust, they did so significantly in terms of their social intelligence (Kundu, et al. 2015; Ansary, et al. 2022). According to a study, there is no significant association between IQ and BMI, although there is a strong correlation between IQ and height, weight, and BMI (Karmakar, et al. 2016). According to research on pupils in higher secondary schools, emotional intelligence and adjustment are related. This demonstrates how emotional intelligence affects peer, familial, and academic adjustment. Students with high emotional intelligence can therefore successfully deal with life's challenges (Kar, et al. 2016). Leadership styles and flexibility have really been an issue for leaders, social scientists, and educators (Kar & Saha, 2021).

Creativity, Emotional Maturity and Mental Health as Psychological Aspects In Educational Process

Creativity is no longer a biological constant. Creativity is the attribute of human intelligence that is most prized (Saha & Maji, 2013). More often than not, it is seen as a "variant" that is constantly altering due to environmental, economical, and cultural influences. Since psychologists and educators have come to understand the importance of creativity in human development, finding and nurturing a child's creative potential in the classroom has taken on more significance. To some degree, everyone is creative, and the idea of "creativity" is becoming more and more widely acknowledged. They can be observed and meticulously measured utilising a number of methods. This ability can be developed by creating and planning an educational setting that will support the growth and expression of creativity. Therefore, finding and fostering children's creativity is both an opportunity and a challenging responsibility for educators. In fact, schools are a place where some deliberate efforts can be made to lay the foundation for cultivating in kids the essential abilities, character qualities,



and motivations required for self-realization and success in the creative arena (Saha, 2012b). Being aware of concerns like problems, deficits, gaps in knowledge, missing components, disharmonies, etc. is necessary for creativity (Saha, 2013; Saha, et al. 2012). According to a study, boys are more creative than girls, and there are no obvious distinctions between children living in rural and urban contexts. Additionally, there is no conclusive connection between gender and place of residence in terms of creativity (Paul, et al. 2017). Sharma (2012) have found in their first year of college, students were less emotionally developed, had a harder time integrating emotionally and socially to the environment's increasing demands, and had greater academic trouble than those in their last year. Students in their senior year were more socially adept and incorporated into the college's social structure. The implications for additional counselling interventions are examined in light of the research. Mental health has also become an important factor during the post-covid times (Gayen and Sen, 2021; Sen et al. 2021; Sen et al, 2021). Singh (2013) have found the prediction of Mental Health of Adolescents on the basis of Emotional Maturity and Parent Child Relationship is significantly higher as compared to their separate predictions. Gahlawat (2013) have revealed that on the whole, after doing yoga, visually impaired students' emotional and mental well-being improve. Between mean gain scores on all of the Mental Health Battery's components and the Emotional Maturity Scale, significant disparities were discovered. Thus, it can be said that yoga has a beneficial impact on its practitioners' emotional development and mental health. Naik, Bhattacharjee and Sutradhar (2015) have studied mental health on randomly selected 200 secondary adolescent students and found significant differences between rural and urban students. Naik, Dutta and Sutradhar (2015) have investigated mental health of Facebook addicted and non-addicted adolescent students and found significant differences in all dimensions of mental health of mental health. Panth and Chaurasiya (2015) have investigated *effect of socio-economic status on mental health and emotional maturity on college going students* and discovered no conclusive link between socioeconomic status, mental health, and emotional maturity among urban students enrolled in government universities who have high socioeconomic level and younger pupils.

Naik and Sutradhar (2015) have studied the impact of emotional maturity on personality on 200 trainees of B.Ed. course throughout West Bengal and found significant differences of emotional maturity between normal and neurotic personality. Mondal and Sutradhar (2015) have examined home environment and various dimensions of emotional maturity and found



significant effect of home environment on every dimension of emotional maturity. Sabat, Priyadarshini and Dash (2016) have revealed poor mental health Significant association between BMI and Mental health. Saba and Amanullah (2017) have found highly significant differences in all dimension of emotional maturity except only one social maladjustment. Similarly, there was also found a highly significant difference on mental health. Kumar (2018) have found a positive correlation was observed between mental health and emotional maturity. It also revealed that green environment highly impacts our overall dimensions of life i.e., physical, mental, emotional as well as spiritual health. Sutradhar (2020) have researched on emotional maturity on self-esteem of adolescents and found a significant difference in emotional maturity and all of its dimensions, i.e., emotional instability, social maladjustment, personality disintegration, and lack of independence except emotional regression dimension between lower self-esteem and higher self-esteem adolescents. Swarnalatha and Janardhanam (2021) have studied on 120 nursing college students in East Godavari district of Andhra Pradesh state and found academic stress and emotional maturity have significant influence on mental health. Sutradhar and Sen (2022a) have examined dimensional importance of emotional maturity on academic achievement of B.Ed. trainees and found emotional maturity and its dimensions have a significant effect on academic achievement of B.Ed. trainees. Sutradhar and Sen (2022b) have investigated different correlations of emotional maturity and study habits of B.Ed. trainees and found a significant relationship. Only urban trainees failed to correlate significantly. Psychological aspects are also important in every educational institution (Mohanta et al. 2023a ; 2023b; 2023c; 2023d). Good mental health boosts work productivity. Stress reduction has become necessary in the academic world today (Mahato & Sen, 2021). Institutional climate plays a key role in defining the area of work and how well an employee works (Mohanta & Saha, 2021). In keeping the social and psychological arenas working well, the head of the institutions play key roles in preserving the goals laid by the institutions (Sen et al. 2023a ; 2023b; Adhikari & Sen, 2023).

Educational and Technological Factors

The entire world applauds the great quantity of assistance that the internet has offered. Because of all the ways we use the internet for communication, finance, education, blogging, and other things, our lives are becoming more and more confined (Gorain, et al. 2022). This



excessive internet use steals one's sociocultural life and also causes social isolation and hopelessness. The patterns of behaviour, cognition, and emotion that are initially influenced by biological and environmental factors are significantly impacted by this dependency, as has been demonstrated. Social isolation, internet use, and personality factors are all tightly associated.(Gorain, et al. 2021). Modernization is advancing quickly, and thanks to technical breakthroughs, electronic learning is now possible (Kar, et al. 2014; Mahato, et al, 2022). The target language learners show how difficult learning a second language can be. Depending on their level of openness, creativity, and intelligence—all of which influence learning environments—each student has a different capacity for integrating learning experiences (Chakraborty and Saha, 2014).

Conclusion

The findings of these reviews showed a strong correlation between pupils' emotional maturity and their mental health. Students should be taught to maintain emotional stability to improve their mental health in order to live a healthy life. Students spend more time in the classroom and require the direction and counselling of their professors to address all of their issues. In order to help kids, develop emotional maturity and mental health so they can cope with stress and face problems in all areas of life, counsellors and instructors should implement wise tactics that will help build helpful and favourable educational environments for them.

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