

# Psychology

- **Psychology** is the science of human behaviour. It is a field of study which seeks scientific methods to describe, understand, predict and control the behaviour of living organisms. Literally psychology means the science of mind.

# Branches of Psychology

- There are many branches in psychology and the number is increasing. But for extension personnel, knowledge on educational psychology and social psychology is important.
- Educational Psychology deals with behaviour of human beings in educational situations. It is concerned with the study of human behaviour or the human personality – its growth, development and guidance under the social process of education.
- Social Psychology is a branch of psychology which is developed out of sociology and cultural anthropology. It deals with the study of individual as a member of a group and relation of groups to one another. It studies the emergence of social behaviour.

# Scope of Educational Psychology in Extension Education

- 1. Educational Psychology studies limitations and qualities of individual's Psychological capacity, intelligence, aptitude, interests etc. ,which play a major role in one's learning.
- 2. Helps in improving teaching and learning. Helps in formulating training programmes for organizing good learning situation.
- 3. Helps to have better education through evolution of syllabi , preparation of text books and development of exam patterns etc. for different levels of education.
- 4. Attempts to discover the source of knowledge, belief, customs and to trace the development thinking and learning so as to find the kind of environmental stimulation that produces certain type of activity.
- 5. Will help extension workers to find causes for prejudices the habit of sticking to old practices and ways of doing things and factors affecting motivation.
- 6. Helps the Extension workers to know the emotion and feeling of farmers, how villagers / farmers learn new practices and what type of approaches to be adopted and teaching methods to be followed.

# Social Psychology in Extension Education

- It helps to understand, control and predict social problems like caste, prejudice, industrial unrest, crime, delinquency.
- It helps us to understand the fundamental processes on how the individual perceives social environment, how he learns his social behaviour and how he achieves his social goals.

# Behaviour

- **Behaviour** is the expression of one's thoughts and feelings. Behaviour patterns that are expressed outwardly are called as overt behaviour patterns and those that are internal are called as covert behaviour patterns.
- **Psychology** studies mental behaviour. All activities of human behaviour patterns could be fitted into stimulus – response mechanism. (S-R mechanism).
- **Stimulus**
- Stimulus is anything that arouses the organism or any of its parts to activity.
- **Response**
- A response is the resultant activity that is aroused by a stimulus.

- Types of Stimuli
- Internal stimulus : Feeling hungry, thirsty etc.
- External stimulus : All the stimuli received through the sense organs

# Types of responses

- Internal response : changes in one's organic or psychological conditions as a result of stimulus.
- External response : Overt or external reactions
- The Stimulus - Response mechanism involves the following
  - 1. Receptors : Means sense organs through which stimuli are received. Receptors are sensory cells specialized for sensitivity to environmental stimulation.
  - 2. Effectors : They are the parts of body by which man's actions to objects or persons are performed. They are also called as motor organs or organs of response. Any kind of movement is possible only through these effectors. Effectors include muscles and glands.
  - 3. Connectors: These connect receptors and effectors. They are the nervous system which control the response.

- 4. Sensation: These are the gateways of knowledge. They are the simplest mental activities of man. A sensation is the awareness of a quality of an object that stimulates any sense organ. There are many kinds of sensations and sense organs. Each sensation is important and each has particular sense organ.
- 5. Attention : It is the process of attending to a series of stimuli from among many stimuli which are within the range of the individual.
- 6. Perception: Perception is the process of understanding a sensation, that is, attaching meanings to sensation based on past experience to signs.

# Learning

- Learning is a process by which a person becomes changed in his behaviour through self activity. It is a process of progressive behaviour adaptation.
- Characteristics of learning
- Learning is growth like and continuous
- It should be purposeful
- It involves appropriate activity by learners
- It must be challenging and satisfying
- It must result in functional understanding
- Individual variations exist in their learning ability
- **Learning Experience**
- It is the mental and/ or physical reactions one makes through seeing, hearing or doing the things to be learned through which one gains meanings and understandings of materials to be learned.
- Learning is an active process on the part of the learner. He must give undivided attention and deep thoughts to getting the facts, understanding their meaning and to seeing their application to his needs and problems.

# Learning Situation

- A learning situation is a condition or environment in which all the elements necessary for promoting learning viz. (i) Instructor (ii) Learner (iii) Subject matter (iv) Physical facilities and (v) Teaching materials and equipment, are present to facilitate learning process.
- Instructor Subject matter
- Learner
- Teaching equipments Physical facilities
- 1. Instructor: should
- ☐ Have clear objective
- ☐ Know the subject matter and have it well organised
- ☐ Be enthusiastic and interested in the subject
- ☐ Be able to communicate with the learners
- ☐ Allow students participation
- ☐ Use a teaching plan
- ☐ Be successful in the use of teaching materials and equipments

- 2. Learner: should

- ☐ have need for information
- ☐ be interested
- ☐ capable of learning

- 3. Subject matter

- ☐ Pertinent to the learners' needs
- ☐ Applicable to real life situation
- ☐ Challenging, satisfying and significant to the learner
- ☐ Fits into over all objective
- ☐ Valid and correct.

- 4. Physical facilities
  - ☐ To be adequate
  - ☐ Free from outside distractions
- 5. Teaching Equipment and Supplies
  - ☐ Meet the needs effectively
  - ☐ Readily available
  - ☐ Easy to handle
  - ☐ Flexibility in using

# Teaching – learning Process

- Teaching:
- Teaching is a process in which learner, teacher, curriculum and other variables are organised in a systematic way to attain some pre-determined goal.
- Teaching is the process of providing situation in which learning takes place. In other word's it is a process of arranging situations in which the things to be learned are brought to the attention of the learners, their interest is developed, desire aroused, conviction created, action promoted and satisfaction ensured.