

Faculty of Human and Social Sciences

Level: 2<sup>nd</sup> year LMD Psychology

Department of Psychology

Instructor: Ms. Saci Meriem

Module: English Language

## Lesson n°4: Psychology of Learning

### I. Meaning and definitions of Learning process

The process of learning is continuous which starts right from the time of birth of an individual and continues till the death. We all are engaged in the learning endeavors in order to develop our adaptive capabilities as per the requirements of the changing environment.

For a learning to occur, two things are important:

1. *The presence of a stimulus in the environment and*
2. *The innate dispositions like emotional and instinctual dispositions.*

Psychologists in general define Learning as relatively permanent behavioral modifications which take place as a result of experience. This definition of learning stresses on three important elements of learning:

- *Learning involves a behavioral change which can be better or worse.*
- *This behavioral change should take place as a result of practice and experience. Changes resulting from maturity or growth cannot be considered as learning*
- *This behavioral change must be relatively permanent and last for a relatively long time enough.*

✓ **Gales** defined Learning as the behavioral modification which occurs as a result of experience as well as training.

✓ According to **E.A, Peel**, Learning can be described as a change in the individual which takes place

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✓ **H.J. Klausmeir** described Learning as a process which leads to some behavioral change as a result of some experience, training, observation, activity, etc. as a result of the environmental change.

## ***II. key characteristics of the learning process***

- 1.** When described in the simplest possible manner, learning is described as an experience acquisition process.
- 2.** In the complex form, learning can be described as process of acquisition, retention and modification of experience.
- 3.** It re-establishes the relationship between a stimulus and response.
- 4.** It is a method of problem solving and is concerned about making adjustments with the environment.
- 5.** It involves all those gamut of activities which may have a relatively permanent effect on the individual.
- 6.** The process of learning is concerned about experience acquisition, retention of experiences, and experience development in a step-by-step manner, synthesis of both old and new experiences for creating a new pattern.
- 7.** Learning is concerned about cognitive, cognitive and affective aspects. Knowledge acquisition process is cognitive, any change in the emotions is affective and cognitive is acquisition of new habits or skills.

## ***III. Stages of Learning Process***

In order for learning to take place in the school, the teacher plays a significant role in guiding the learner by motivating him towards learning activity through which he can achieve a

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purposeful goal. To achieve this, there are defined and clear processes of learning through which the desired changes will take place. These include:

1. **Sensation**: This is the process of receiving, translating and transmitting message from the environment to the brain. This process normally goes through bodily senses of sight, hearing, feeling, touching, smelling, tasting etc. These bodily senses are generally referred to as gateways to knowledge.
2. **Perception**: This is the process of organizing and interpreting information received from the outside world. Sensation and perception are closely interrelated. Sensation causes the individual to turn his head, eyes or body in a particular direction while perception maintains the length of attention or consideration focused upon the direction of thing.
3. **Association**: This is the third stage in learning process. It is the ability of connecting one's new experience with his previous experience. Integrating the new knowledge or skills to previous experience
4. **Generalization**: This is the fourth stage in learning which involves the establishment of principles, theories, inferences, laws, conclusions or rules based on the knowledge and skills one has acquired.
5. **Application**: This is the final stage in the learning process. It is the process of using or applying the new knowledge or skills to solve problems in actual life situation.