EDUCATIONAL PSYCHOLOGY

Innovations and Practices

SAMPLE COPY

नमूना • SAMPLE

EDUCATIONAL PSYCHOLOGY

Innovations and Practices

SAMPLE

Edited by
Dr. Kiran Joshi
Dr. Manisha Singh
Dr. Ravi Kant Verma

AKHAND PUBLISHING HOUSE
DELHI (INDIA)

Published by

AKHAND

AKHAND PUBLISHING HOUSE

Publisher, Distributor, Exporter having an Online Bookstore

Head Office : L-9A, First Floor, Street No. 42,
Sadatpur Extension, Delhi-110094 (INDIA)
Phone No.: 9968628081, 9555149955 & 9013387535
E-mail : akhandpublishinghouse@gmail.com,
akhandpublishing@yahoo.com
Website : www.akhandbooks.in

EDUCATIONAL PSYCHOLOGY

Innovations and Practices

© **Editors**

First Edition: 03, Sept, 2024
ISBN: 978-81-19098-95-8

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, transmitted or utilized in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner Author/Editors. Application for such permission should be addressed to the Publisher and Author/Editors. Please do not participate in or do not encourage piracy of copyrighted materials in violation of the author's rights. Purchase only authorized editions.

The responsibility for facts stated, opinion expressed or conclusions reached and plagiarism, if any, in this book is entirely that of the author. Neither the publishers nor the editors will be responsible for them whatsoever.

Printed in India

Published by Jhapsu Yadav for Akhand Publishing House. Cover Designed and Laser Typesetting at VM Graphic and Printed at Aarna Enterprises, Delhi.

SAMPLE

Foreword



It is with great pleasure and enthusiasm that I introduce Educational Psychology: Innovations and Practices. As educational environments around the world continue to undergo rapid transformation, the importance of understanding the psychological underpinnings of learning, development, and teaching has never been more critical. This edited volume represents an important contribution to this field, offering a rich compilation of cutting-edge research, practical insights, and diverse perspectives that address the dynamic intersection of psychology and education.

In the opening chapters, the book explores foundational concepts such as personality theories, emotional intelligence, and general mental ability—concepts that have long been central to the field of educational psychology. However, this volume goes beyond traditional topics by delving into innovative areas that are shaping contemporary educational practices, such as social intelligence, teacher values, vocational guidance, and the development of scientific attitudes. These subjects are not just theoretical in nature but have far-reaching implications for the day-to-day realities of classrooms, schools, and educational systems.

What makes this book truly remarkable is its focus on the practical application of psychological theories to improve educational outcomes. As educators and psychologists, we often find ourselves grappling with complex challenges—understanding how to nurture emotional intelligence, guide students through career aspirations, resolve conflicts, and enhance cognitive abilities. The chapters presented here offer thoughtful strategies, evidence-based approaches, and real-world examples that can help practitioners address these challenges with confidence and creativity.

An especially important aspect of this volume is its emphasis on the interconnectedness of psychological factors. The book takes a holistic approach, showing how cognitive, emotional, and social dimensions of learning are intricately linked. For instance, understanding the role of parental attitudes, teacher emotional intelligence, and student goal orientation can enhance our ability to create learning environments that support both academic and personal growth. In this way, the book highlights the importance of fostering not only academic skills but also resilience, empathy, and interpersonal effectiveness.

The contributors to this volume are leading experts in the field of educational psychology, each bringing their own unique perspective and expertise. Their collective efforts provide a comprehensive understanding of both the current state of the field and the emerging trends that are reshaping education. I am confident that educators, psychologists, researchers, and policymakers alike will find this book to be an invaluable resource as they work to refine educational practices and support the holistic development of students.

As we look to the future of education, it is clear that innovation in both theory and practice is essential. This book is a timely and essential contribution to that ongoing evolution. I hope it will inspire both reflection and action, offering readers the tools and insights they need to enhance the learning experiences of students, cultivate positive educational environments, and ultimately contribute to the creation of a more informed, thoughtful, and compassionate society.

Prof. (Dr.) Neetu Chawla (Principal)
(Ram Chameli Chadha Vishvas Girls Collegem, Ghaziabad)

SAMPLE

नमूना • SAMPLE

Preface

The field of Educational Psychology has evolved significantly over the past few decades, influencing both the theory and practice of education across the globe. As educators, psychologists, and researchers continue to explore the intricate relationships between cognitive development, emotional well-being, social dynamics, and academic performance, a deeper understanding of how individuals learn, grow, and achieve their potential has emerged. In this edited volume, Educational Psychology: Innovations and Practices, we bring together a comprehensive collection of contemporary perspectives, theories, and practical insights that highlight the multifaceted nature of education in today's complex world.

This book addresses a broad spectrum of topics that are central to the study and practice of educational psychology. From foundational theories of personality and intelligence to more recent developments in emotional intelligence, creativity, and goal orientation, we aim to offer a holistic view of the psychological forces that shape learning. The diverse chapters reflect the latest research on mental ability, problem-solving styles, learning strategies, and the impact of social and emotional factors on academic achievement.

In particular, this volume explores critical areas such as the role of vocational guidance, teacher emotional intelligence, and parental attitudes in shaping educational outcomes. It also addresses the importance of understanding and fostering cognitive and metacognitive abilities, the development of scientific attitudes, and the enhancement of mental and emotional well-being within educational settings. By linking these diverse themes, the book underscores the importance of integrating psychological theory with practical applications to support effective teaching and learning.

Moreover, the chapters examine the growing recognition of values in education, emphasizing the need to harmonize academic rigor with the development of positive values, ethical reasoning, and personal growth. In this context, the role of educators in fostering emotional and social intelligence, alongside academic competence, is highlighted as key to preparing students for success in an increasingly complex and interconnected world.

The contributors to this book are experts in their respective fields, offering rich, evidence-

TEXT SAMPLE

based insights that challenge traditional notions while providing innovative strategies for enhancing educational practices. We hope this book will serve as an invaluable resource for educators, psychologists, researchers, and policymakers who are committed to understanding and improving the psychological dimensions of education.

As we move forward, the integration of psychological theory with educational practice remains a powerful tool for nurturing well-rounded individuals who are not only academically capable but also emotionally intelligent, socially aware, and ready to face the challenges of an ever-changing world.

We are confident that this volume will inspire reflection, discussion, and continued progress in the field of educational psychology, paving the way for more innovative and effective educational practices in the years to come.

Editors

SAMPLE

Contents

	Foreword	*v*
	Preface	*vii*
	List of Contributors	*xi*
1.	Schools of Psychology *—Dr. Priyanka Rani*	*1*
2.	Theories of Personality *—Dr. Neelam Srivastava, Prof. (Dr.) Neetu Chawla*	11
3.	Foundations of Learning Theories: Bridging Theory and Practice in Education *—Dr. Manisha Singh*	19
4.	Personality Traits and Problem-Solving Styles *—Dr Ravi Kant Verma*	37
5.	Theories of Intelligence *—Shweta Gupta*	52
6 .	Emotional Intelligence *—Harleen Kour, Sonakshi Panwar*	64
7.	Teaching effectiveness: The Role of Emotional Intelligence *—Dr. Alka Gaur, Kirti*	75
8.	Meta Cognitive Abilities To Enhance Learning Process *—Dr Ananta Sharma*	83
9.	Scientific Aptitude and Psychology Development *—Prof. Dr. Sandeep Sharma*	92

SAMPLE

10. Social Intelligence- A New Era Of Human Relations 102
—*Dr. Alka gaur*

11. The Art and Science of General Mental Ability Assessment and Development 112
—*Anupam Rajauria*

12. Creativity 121
—*Rekha Modi*

13. Parents Attitude 132
—*Suma Basavaraj Choudhari, Geeta Mudegol*

14. Mathematics Attitude 147
—*Dr. Rakhi Tyagi*

15. Understanding and Enhancing Mental Ability 154
—*Dr Ankur Chauhan*

16. Vocational Guidance 167
—*Dr. Veena Dalania*

17. Career Conflict 175
—*Ms. Neha Maheshwari*

18. Empowering Educational Aspirations Among Learners Through Service Learning 185
—*Dr. Bonnie Amonge Crerar*

19. Group Dynamics 198
—*Prof. Mirza Mahefooz Baig*

20. Teacher Values 208
—*Dr. Arti Sharma*

21. Scientific Attitude 219
—*Dr Kiran Joshi*

22. Harmonising Education and Values 227
—*Dr. Maninder Arora*

SAMPLE