Emotional Clogs in Learning: A Description

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Abstract
Our country faces lot of problems in educational system. The development of education has also been impeded by those significant problems. Particularly in teaching-learning process, the learning becomes an insipid. Because, there are some problems behind teaching and learning process which makes a direct effect into it. Even though, emotion is one of a problem, it is an evil knife to suffer learners. Now-a-days, the emotions of one’s (teacher or student) make the teaching-learning process as futile. There some scrutators conducting researches how that the emotions affects learning. Learning is a psychological factor, so it is not possible in one research that we cannot integrate all problems but the emotion is considered too. On the other hand, the abstinent studies reveal that the emotions affect learning. For the backdrop, this paper may be manifest the emotional problem and be a mainstay of giving solution to these problem.

Keywords: Educational System, Teaching-Learning Process, Clogs in Learning, Emotional Intelligence

1 Introduction

If one espy the educational stream in India, it is a main obstacle that the scrimpy developmental task in individual development of human being. The ultimate aim of human life is to set go and effective education for youth to settle down in the service for better future. But the education stream of India could not use to gratify the thirst of youth in education. Particularly in teaching-learning process, the learning becomes an insipid. The learners are come to school with the thirst of knowledge; it should be solved from the teacher. But it is not fulfilled. The teaching-learning process impeded by those problems. There are too many problems behind in teaching-learning process. Even though, there is no possible to scrutinize those problems and solve directly in the time limit. But the ancient developmental society, the emotion is a malignant weapon to inhibit
the learning outcomes. So that, there are some researches is going on how the emotions affects learning. But some scrutators analysed and proved the learning is affected by the emotions significantly. Hence the author of this paper trusted that this paper will make an awareness of emotional outburst and is give way to solve the emotional problems.

2 Learning and Emotions
Learning is a product of acquiring knowledge and skills. It may be called as modification of behavior in a desired way. It is used to learn new thins and assists to reach the goals. Learning is a automatic process which may be correct or incorrect. According to B.F. Skinner (1956) “Learning is not acquiring knowledge or skill by mere mechanical repetitions. It is a process in which the learner organizes different elements and experiences to reach a particular goal”.

Learning may be done through formal, informal and non-formal ways. According to Murphy “Learning is a modification of both behavior and the way of perceiving”. From the definitions we conclude that the learning is a process of acquiring new information changed ways of reading new understanding and modification of behavior through activities and experience which improves modes of adjustments. Learning is a continuous process which starts from birth and continuous tills death. It is a fundamental process of life.

Emotion is an exposing power of an individual when they getting anxiety and it affect others. It is a like a weapon used to kill a person. The teacher with high emotions does not know what he/she does. If the emotions are managed by the teachers, it produces mental struggles to the students. So the emotions are manageable. One’s emotions affects others top suffer. Every individual should know how to manage the emotions.

There is a respective relation between the emotions and the learning. The emotions of an individual directly affect their learning. The teacher’s emotions affect the students learning. As well as the student’s emotions affects their own learning and suffer the teacher. This is the question to arise now that, what is the possible ways to manage emotions. The answer of the question is bearing this paper in the preceding paragraphs.

3 Clogs in Learning
In classroom situation, generally two different types of roles are identified directly (a) Teacher’s role (b) Pupils role. At first the teacher role is teaching and to facilitate the learning process. Teacher must help his students to learn and how to learn with a view to the continuation of learning. Second, the student’s role, it is learning. For real learning, the classroom should be in reality centered classroom where the students’ active participation in teaching-learning process is encouraged and the teacher acts as a guide to promote learning. But these are not properly maintained in the classroom. The teacher gets emotions with the students for respectful and irritable activities. In oppositely, the emotions occurred by the students that they getting emotion when they misunderstanding with the teacher like meaningless threaten by the teacher. Both of these emotions suffer learning internally.

3.1 Emotional Clogs in Learning
Emotions are very important in our lives. One’s emotions have the potential to serve them as delicate and sophisticated internal guidance system. The internal guidance system gives a border line of emotions of each and every human being. The emotions of individual aren’t managed, it will suffer others. Srinivasan, P (2010). reported in the thesis entitled “Developing a strategy for enhancing emotional intelligence and its effect on competence in teaching science of B.Ed trainees” as the following emotional outburst were made by the teachers. For that reason, the teacher didn’t know to manage their emotions. The headmaster of pachiappa’s HSS, Kanchipuram, Tamilnadu, shaved head compulsorily for many students who had grown more hair (The New Indian Express, Sep 2006). Head was broken by beating a boy of government hospital by warden in Thiruvannamalai, Tamilnadu (The New Indian Express, 20 Dec 2006).

On the other hand, the student’s emotions affect the their learning internally and affect the teacher. The emotions of the students directly affect their learning or neglecting learning due to the disrespectful activities of them and they committed to discontinuation of school life. According to the news of The Hindu as, “Suresh, 45 year old, principal of Infant Jesus college of Engineering, Keezhavallanad and in Tuticorin District was fatally attacked with long knives as soon as he got out his car. The suspecting of a final year aeronautical engineering students, for his behaviour on off the college campus allegedly provoked him to murder the principal” (“Vengeful Students Murder Principal,” 2013). “ A teacher was stabbed to death in the classroom of a Chennai school, allegedly by 15 year old students who was upset at being repeatedly refinement by her for not doing well in studies” (“Student Stab Teacher to Death,” 2012).

From the enough information regards to the emotions, there are too many incidents of emotions clearly showed how the other’s suffering which leads the learning activity as insipid. It is lucidly described the emotion clogs learning. Emotions are not controllable but it is manageable. If the person knows how to manage their emotions, it will help the person as successful.

4 How the emotions are managed?

Emotions are not controllable but manageable. They are many ways to manage one’s emotions. The following points are the mainstay of one who like to managing emotions.

4.1 Emotional Intelligence

Emotional intelligence is a key tool to manage emotions. According to Mayer and salovey (1997), Emotional Intelligence is the ability to perceive emotions to access and generate emotions so as to assist thought to understand emotions and emotional knowledge and to reflective regulate emotion so as to promote emotional and intellectual growth. (Avdhes, S.Sha & Dipiti P.Bhatt, 2010). The emotional practiced teachers or students who are successfully managing their emotions. Because the emotional intelligence will give a managing power to manage the emotions. The internship course of emotional intelligence to the teachers and a concept of emotional intelligence to the leaner as in curriculum lead the emotion free society.

4.2 Yoga

Yoga is a good exercise for controlling emotions in a good ways. It is well organized exercise for strengthen internal parts. Emotion is also an internal exploration but it act as externally. So the emotions
should be managed internally. For this purpose yoga is a good solution for managing emotions. Yoga might be given in a period or an hour or in special working days to the teachers and the students.

4.3 Meditation

Meditation is one of the silent exercises for managing all type of internal emotional disorders. It produces the man who doing meditation in the morning, become a peaceful person. The peaceful will not get angry easily. So, now it is used as a medical treatment for emotions. In ancient period most of the rishis commits meditation to realize the god by the way of silence. It helps the rishis becomes an emotion free person and got peaceful life. Thus it is good to commit meditation for controlling emotions. So the school may give a usefulness of meditation and insisted to do meditation in the early morning.

4.4 Diversion

Diversions is a simplest solution for managing emotions externally. But it is fully based on the individuals. If the situation is created to getting emotion by an individual, he/she should divert their mind in other side. It will help suddenly to beware of emotions. But it will not use all type of emotions. It is an easiest way to managing our emotions. The teacher must know the concept of diversion which will help to manage their emotions instantly. He/she may give an exercise in the classroom to the students in a single time which may be in every class.

5 Conclusion

A person get emotion is an easy action, but it should be in right angle, right person with right purpose is not possible at all times. The persons do not know how the emotions affect others. If the person knows the outburst of emotions, they will try to become an emotional free individual. But it is not possible in real life. Emotion is an evil knife to suffer others. It is not controllable but it is manageable by the individual. This paper described about the emotions and its affects with evidence of the news. It also included a clear concept of emotions and how it could be managed. Finally, the author of this paper has given a different ways to control emotions. It is trusted that this paper will help the readers to know the concept of emotions and its descriptions which will make the readers emotion free individual by controlling their own emotions.

6 References