



Research Article

# Psychology and its Importance in Teacher Training Courses in Assam

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## Abstract

Assam, a culturally diverse state in northeastern India, faces unique challenges in its educational landscape. This paper explores the pivotal role of psychology in teacher training courses specific to Assam, emphasizing its significance in addressing the region's distinct educational needs. Teacher training in Assam must consider the rich cultural tapestry and linguistic diversity of the state. Educational psychology emerges as a focal point within this paper. It bridges the gap between theory and practice, offering Assamese teachers practical tools to navigate the intricacies of the state's education system. Furthermore, this seminar paper highlights the importance of psychology in addressing the specific challenges faced by Assam's educators. It delves into issues such as language barriers, socio-economic disparities, and the need for pedagogical innovation in remote areas. Psychology equips teachers with the knowledge to adapt and develop strategies that cater to these unique circumstances. Psychology's integration into teacher training courses in Assam is not merely desirable; it is essential. By embracing psychological principles, teacher training programs in Assam can empower educators to bridge educational disparities, connect with their students, and contribute to the development of a more equitable and culturally sensitive education system in the state. This seminar paper underscores the critical importance of psychology in teacher training courses tailored to the educational landscape of Assam.

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**KEYWORDS:** Psychology, Importance, Teacher, Training, Courses and Assam, etc.

## 1. INTRODUCTION

Psychology has an important role in teacher training courses, especially in the culturally diverse and educationally evolving state of Assam, India. This northeastern state, known for its rich tradition and vibrant linguistic diversity, faces unique obstacles and amenities in the realm of education. Understanding the weightage of psychology within teacher training in Assam necessitates delving into the multifaceted aspects that define this context. "Educational psychology informs pre-service teachers on how learning takes place and how an individual learns. The literature on the role of educational psychology in teacher training programmes can be traced back to educational psychologists such as James and Thorndike." (James, 1899)

Psychology equips future educators with a profound understanding of the human mind and behaviour. In a state like Assam, where students come from diverse socio-economic backgrounds and possess varied learning styles, this knowledge is invaluable. The study of psychology in teacher training fosters emotional intelligence and empathy. Psychology equips teachers to realise the emotional and psychological challenges that students may face, allowing for a more nurturing and supportive learning environment. Assam's educational landscape is evolving rapidly, and psychology is instrumental in adapting to these changes. With advancements in technology and shifts in teaching methodologies, teachers must be well-versed in educational psychology to harness these tools effectively. This understanding enables them to create dynamic, engaging, and innovative learning experiences for their students.

The inclusion of psychology in teacher training courses in Assam is not just desirable but imperative. It empowers educators to comprehend the intricacies of their students' minds, fosters empathy, and equips them to navigate the evolving educational landscape. In a state with a rich tapestry of cultures and challenges, psychology is the bridge that connects teachers to their students, facilitating a more effective, inclusive, and adaptable approach to education.

### Significance of the study

The significance of studying the importance of psychology in teacher training courses in Assam cannot be overstated. Assam, a northeastern state in India, has a unique socio-cultural and educational landscape that demands a specialised approach to teacher preparation. Understanding the significance of integrating psychology into teacher training is crucial for several reasons.

Assam is a state characterised by its linguistic and ethnic diversity. This diversity enriches the cultural fabric of the region but also presents distinct challenges in education. Teachers trained in psychology gain a deeper understanding of the varied needs and learning styles of their students. This, in turn, enables them to create more inclusive and effective teaching strategies, ensuring that no student is left behind (Chakraborty, 2016).

Assam has faced socio-political complexities and historical challenges that have an impact on its education system.

Psychology equips teachers with the tools to address the emotional and psychological well-being of their students, many of whom may have experienced or continue to face challenging circumstances. A psychologically informed pedagogy can help create a nurturing and supportive learning environment that fosters resilience and mental well-being among students (Baruah, 2018).

Assam's unique cultural and traditional practices are deeply intertwined with education. A study of psychology in teacher training courses can help teachers appreciate and respect the cultural differences of their pupils while still providing quality education. This approach ensures that education in Assam remains culturally relevant and sensitive to the values and traditions of the region (Goswami, 2020).

Assam's teacher workforce must be equipped with the ability to motivate and inspire students, considering the socio-economic disparities in the state. Teachers with a background in psychology are better prepared to identify and address the motivational needs of their students, encouraging them to excel academically and develop important life skills (Saikia, 2019).

The significance of studying the importance of psychology in teacher training courses in Assam is paramount. The state's diversity, historical complexities, and evolving educational landscape demand a specialised approach to teacher preparation. Psychology equips educators with the wisdom and skills to create inclusive, emotionally supportive, and culturally sensitive learning environments, ultimately preparing students to thrive in the 21st century. This research is crucial in improving the quality of education in Assam and ensuring that its educational system meets the unique needs of the state and its students.

## 2. OBJECTIVES

1. To study the availability of psychology-related courses in Teacher Training institutions in Assam
2. To find the Psychology and its importance in Teacher Training Courses in Assam

### Research Questions

1. What is the psychology-related courses available in Assam?
2. Why is Psychology important in Teacher Training Courses in Assam?

## 3. METHODOLOGY

A researcher has done an empirical study and used descriptive survey methods, and data will be collected from Primary and Secondary Sources, like Government Records, Official Records, Teacher Training Institutions, Books, Journals, and Newspapers etc.

**Tools:** The Researcher used a data schedule for collecting the data from 115 Teacher training Institutions and 7 universities in Assam.

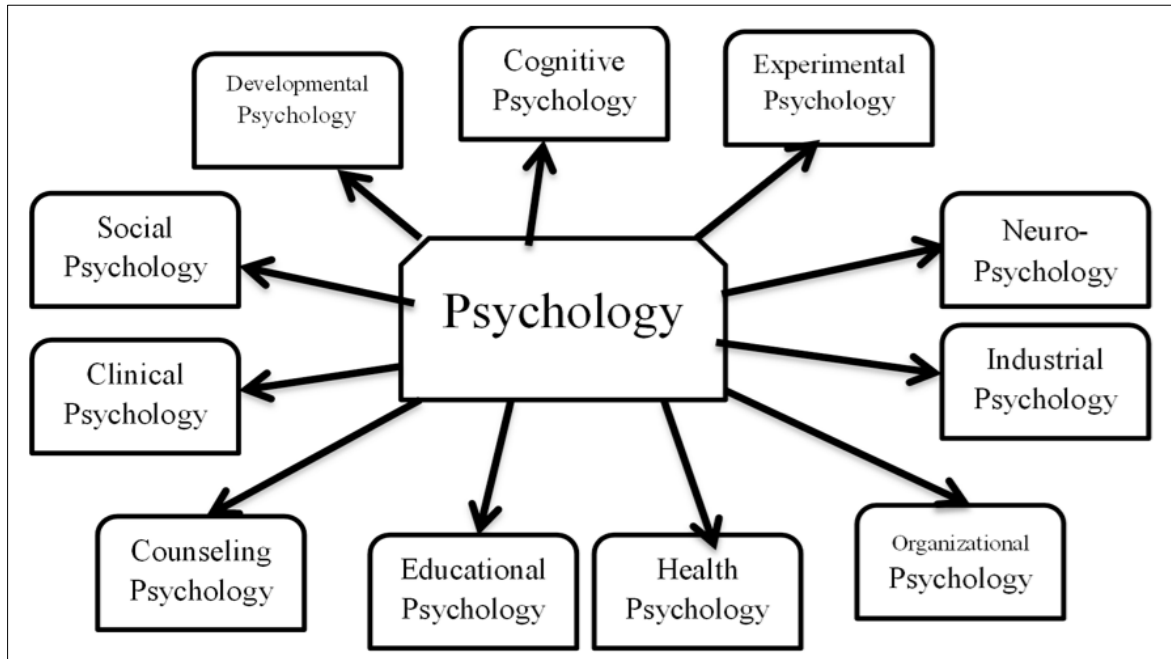
#### 4. DISCUSSION

**Objective:** I the availability of Psychology-related courses in Teacher Training institutions in Assam.

Psychology is the scientific study of the mind and behaviour. It encompasses a wide range of topics and approaches aimed at understanding how people think, feel, and act both individually and in groups. Psychologists use various methods and theories to investigate mental processes and behaviour, seeking to uncover patterns, mechanisms, and underlying principles.

Psychology is a diverse and dynamic field that encompasses both scientific research and practical application. It has broad relevance across various domains, including education, healthcare, business, social services, and beyond. The ultimate goal of psychology is to enhance our understanding of human behaviour and mental processes, ultimately contributing to individual well-being and societal progress. Following the areas of psychology presented below-

Fig 1: Schematic Presentation – Branches of Psychology



Source: designed by the researcher

The American Psychological Association Dictionary defines educational psychology as “a branch of psychology dealing with the application of psychological principles and theories to a broad spectrum of teaching, training, and learning issues in educational settings. Educational psychology also addresses psychological problems that can arise in educational systems” (Dictionary, 2023)

#### Psychology-related courses in Teacher Training institutions in Assam:

The researcher did not find any psychological courses in Teacher Training Institutions in Assam, but in three courses where some papers have been related to psychology, which are offered by Teacher Training Institutions in Assam, like- 1. D. El. Ed. (Diploma of Elementary Education), 2. B. Ed. (Bachelor of Education), and 3. M.Ed. (Master's in Education). This three Psychology related professional course found in Twenty Three DIET's (District Institute of Educational Training), Eight CTE's (College of Teacher Education), Two IASE's (Institute of Advanced Studies in Education), Nineteen BTC's (Basic Training Centre), Seven Normal School (NS), One PPTTC (Pre and Primary Teacher Training Centre), One HTC (Hindi

Teachers Training Center), and Forty Eight Private Teacher Training College, these are the teacher training institutions available in Assam under NCTE and SCERT. The researcher found that D.El.Ed. The course has two papers related to psychology: “Education: Perspective of Psychology” and “Analysing Children's Psychology”, in B.Ed. The Course has two papers: “Developmental Psychology” and “Guidance and Counselling”, and in M.Ed. course has four papers, including an optional paper like” Psychology of Learning & Development”, “Understanding education through a psychological perspective”, “Educational Psychology” Guidance and Counselling, Educational” and “Vocational Guidance and Counselling”. Psychology-related courses are found in seven universities in Assam. This is -1. Gauhati University courses offered-MA in Psychology (4-Semester, 2-Year), PhD in Psychology (3-5 Years), and Certificate course in Psychological Counseling (6 Months) and two colleges have Psychology related course- a) Guwahati College course offered -B.A. Psychology (3 Years) and b) Kokrajhar College course offered B.A. in Applied Psychology (3 Years) under Gauhati University 2. Dibrugarh University Programmes - M.A. in Applied Psychology (2 years – 4 Semesters), PG Diploma in

Counselling Psychology (1 year – 2 Semesters) 3. Assam Down Town University courses offered -M.Sc. in Clinical Psychology, and B.A. Psychology 4. Assam Women's University (AWU), Jamuguri, Rowriah, Jorhat, courses offered -B.A. in Psychology and M.A. in Psychology 5. Cotton University course offered -B.A. (Hons) in Psychology. (3 years) 6. Bodoland University, Kokrajhar, courses offered -M.A. (Hons) Psychology (2 years) and B.A. (Hons) Psychology (3

years) 7. Royal Global University courses offered - MA Psychology (2 Years), MA in Clinical Psychology (2 Years), M.Phil. in Clinical Psychology (2 Years), BA (H) Psychology (3 Years), BA (H) Applied Psychology (3 Years).

## 5. RESULTS

The following table represents the availability of Psychology-related courses in Teacher Training Institutions in Assam:

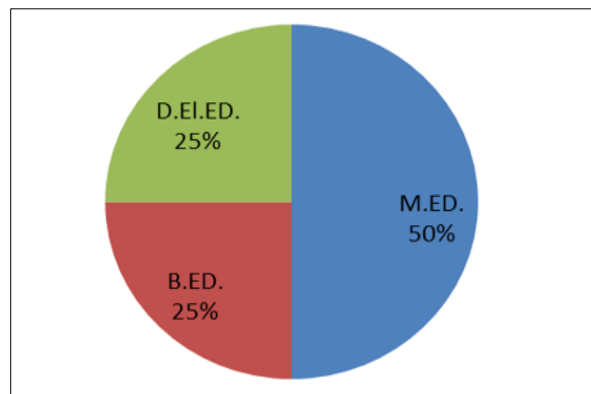
**Table 1:** Availability of Psychology-Related Courses in Teacher Training Institutions in Assam

Name of TTI		Name of Paper	Name of Psychological Course	Name of Psychology-related Course	Duration
Name	Total No.				
DIET	29	1. Education: Perspective of Psychology 2. Analysing Children's Psychology	00	D.El.Ed.	Two Years
BTC	19				
CTE	8				
NS	7				
PPTTC	1				
HTE	1				
IASE	2				
College of Education (Private)	48				
Total	115	02			
DIET	29	1. Developmental Psychology 2. Guidance and Counselling	00	B.Ed.	Two Years
CTE	8				
IASE	2				
College of Education (Private)	48				
Total	87	02			
Gauhati University & Two colleges of Education under Gauhati University	3	1. Psychology of Learning & Development 2. Understanding education through a psychological perspective.  <b>Optional:</b> 3. Educational Psychology Guidance and Counselling, Educational 4. Vocational Guidance and Counselling	00	M.Ed.	Two Years
Dribugarh University	1				
Assam University	1				
Boroland University	1				
Total	4				

**Table 2:** Availability of Psychology-related courses

Course availability in TTI	Duration	Total Paper	Psychology-related paper	Percentage
M.ED.	2	16	4	25%
B.ED.	2	16	2	12.5%
D.El.ED.	2	16	2	12.5%

**Fig 2:** Percentage-wise availability of the course (Availability in %)



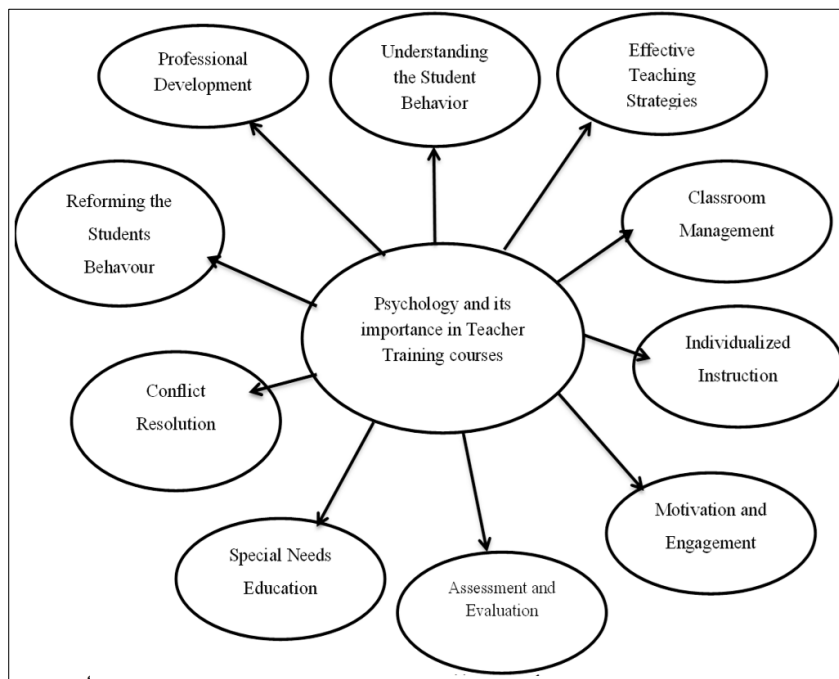
**Table 3:** Psychological Course available in 7 Universities in Assam

Name of University	Course	Duration	Degree/ Diploma
Gauhati University	PhD in Psychology	3-5 Years	Doctorate Degree
	MA in Psychology	2 Years	Post Graduate Degree
	Certificate course in Psychological Counselling	6 Months	Diploma
Dibrugarh University	M.A. in Applied Psychology	2 Years	Post Graduate Degree
	Diploma in Counselling Psychology	1 Year	Diploma
Assam Down Town University	M.Sc. in Clinical Psychology	2 Years	Post Graduate Degree
	B.A. in Psychology	3 Years	Graduate Degree
Assam Women's University (AWU), Jamuguri, Rowrah, Jorhat	M.A. in Psychology	2 Years	Post Graduate Degree
	B.A.in Psychology	3 Years	Graduate Degree
Cotton University	B.A. in Psychology.	3 Years	Graduate Degree
Bodoland University, Kokrajhar	M.A. in Psychology	2 Years	Post Graduate Degree
	B. A. in Psychology	3 Years	Graduate Degree
Royal Global University	M.Phil. in Clinical Psychology	2 Years	Master of Philosophy Degree
	MA in Psychology	2 Years	Post Graduate Degree
	MA in Clinical Psychology	2 Years	Post Graduate Degree
	BA in Psychology	3 Years	Graduate Degree
	BA in Applied Psychology	3 Years	Graduate Degree

**Objective: II****Psychology and its importance in Teacher Training Courses**

**in Assam:** Teacher training is a cornerstone of quality education, and Assam, like many regions, recognises the pivotal role psychology plays in preparing educators. Psychological knowledge empowers teachers to understand, motivate, and effectively instruct students. The researcher did not find proper psychological courses in the Teacher Training programme, but psychology-related courses were found at PG level 25% and UG level 12.5% paper in the Teacher Training Course.

Psychology helps to understand the students, which is very important for Teacher Educators, and Teacher Educators should be trained with a proper psychological base course, like Child Psychology, Adult Psychology, Abnormal Psychology, Behavioural Psychology, Cognitive Psychology, Psychology on Gerontology, Parental Psychology and Social Psychology, etc. These are subject most important subjects for Teacher Training courses. Researchers found the basic domain of the study on why psychology is important for Teacher Training courses:

**Fig 3:** Schematic Presentation – Psychology and Its Importance for Teacher Training Courses

**Source:** Opinion of teacher educators & designed by researcher



From the suggestions of Teacher Educators and Teacher trainees, reflective psychology has importance in Teacher Training Institutions in Assam. The knowledge gained from psychology equips teachers to be competent, empathetic, and effective educators who can meet the diverse educational needs of students in this beautiful and culturally rich region. One of the primary reasons psychology is indispensable in teacher training is its ability to shed light on the intricate world of student behaviour. Assam, with its diverse population, needs teachers who can comprehend and address the unique needs, learning styles, and behaviours of students. Psychology equips future educators with the tools to do just that. Educational psychology helps teachers with valuable insights into effective teaching strategies. It offers a profound understanding of how students learn, retain information, and develop critical thinking skills. Armed with this knowledge, Assam's teachers can design and implement pedagogical approaches that cater to the cognitive, emotional, and social aspects of learning. Psychologically-informed classroom management techniques are vital in maintaining a productive learning environment. In Assam's multicultural classrooms, effective classroom management ensures that students can focus on their studies and that teachers can address behavioural issues efficiently. Psychology helps teachers recognise this fact. By applying psychological principles, teachers can provide their instruction to meet the specific needs of each student. This personalised approach ensures that no one is left behind, promoting inclusivity and fostering a culture of learning for all. Fair and accurate assessment is a critical part of the education process. Psychological insights enable teachers to develop assessment methods that provide a true measure of a student's progress. In Assam, where access to quality education can be challenging in certain areas, teachers must inspire a love for learning. Understanding psychology helps them create a positive and motivating classroom atmosphere. Inclusivity is a fundamental principle of modern education. Teachers in Assam must be equipped to work with pupils of diverse abilities, including those who have special needs. Psychology plays a vital role in helping teachers adapt their methods to accommodate these students, promoting a more inclusive educational environment. Conflict and behavioural issues are an inevitable part of classroom dynamics. Teachers with a background in psychology can handle these situations with empathy, patience, and effective problem-solving, ensuring a harmonious learning environment. Incessant professional development is crucial to stay current with the best practices in education. A deep understanding of educational psychology is a cornerstone of ongoing teacher training, allowing educators in Assam to evolve and enhance their teaching methods continually.

## 6. DISCUSSION

**Finding according to the objective:** I availability of Psychology-related courses in Teacher Training institutions in Assam:

1. Researcher found that a Total of 115 Teacher Training Institutions have D. El. Ed. (Diploma of Elementary

education course, where 02 Psychology-related papers were found, only available in Assam.

2. A total of 87 Teacher Training Institutions have B.Ed. (Bachelor of Education) Course where found 02 Psychological related papers only available in Assam.
3. Including 02 Teacher Training Institutions and 07 Universities that offer an M.Ed. course, where 04 psychology-related papers are found, with optional papers available in Assam.
4. Pure Psychological have in 07 universities and 02 colleges available in Assam.

According to objective II of the area of study finds the following results are found:

1. Researcher found 115 Teacher Training Institutions have 25% Psychology-related papers at PG level, 12.5% at % UG level, but a purely psychological course is not available; however, related courses are available in Teacher Training Institutions. Psychology-related courses have importance in the Teacher Training course for enhancing the quality of Teacher Educators and Student Teachers. In 7 universities were found
2. The researcher found 10 domains why psychology is important for Teacher Training Courses from the suggestions of teacher educators. Without Psychological knowledge, teacher Training will be incomplete, so a psychological course is considered a part of the Teacher Training course, which helps the training.

## 7. SUGGESTION AND RECOMMENDATION

1. The government should update the Teacher Training courses and the D.El.Ed. The Course must be added as a specialisation subject with Child Psychology, Behavioural Psychology and Abnormal Psychology for Pre-Primary, Primary and Upper Primary level Teachers by the NCTE regulation.
2. For Secondary level Teacher Training along with B.Ed. The Course should include Adult Psychology and Cognitive Psychology according to the NCTE regulation
3. In the M.Ed. course should be added as specialisation subjects: Psychology on Gerontology, Parental Psychology and Social Psychology etc.,

## 8. CONCLUSION

The incorporation of psychology into teacher training courses in Assam is of paramount importance. It equips educators with a deeper understanding of the human mind, enabling them to better comprehend and cater to the diverse needs of their students. By applying psychological principles, teachers can create more effective teaching strategies, foster positive learning environments, and promote student development. This not only enhances the quality of education but also contributes to the overall well-being and success of students. Therefore, the integration of psychology in teacher training is a valuable investment in the future of education in Assam.

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