

VALUE EDUCATION AND PSYCHOLOGY

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ABSTRACT

Value based education is moral education which needs to be focused in this modern age. It is psychology of a human mind set which needs to be modified, corrected and directed in a right direction. The present paper is divided in four categories showing how value education has been lost in these important parameters of life: spiritual, psychological, emotional and social. These categories enhance our understanding of present situation by analyzing it. The counseling is also given to improve the mind set with simple suggestion. Lastly, valuable recommendations are given to be implemented in our life to bring back the disturbed psychology into a harmony.

Keywords: Human Psychology, Value education.

INTRODUCTION:

The values are defined as the psychological benefits an individual receives from spiritual, psychological, emotional and social bonding to achieve peace of mind. The moral and spiritual teaching in any religion has an importance. These teachings not only make a person happy but also help to bring harmony into a society. It is human who fails to follow what has been told and in turn makes a chaos in one's life as well adds to unbalanced society. If every human being is committed to this value based education may be our dream of 'PEAEFUL WORLD' come true!

The guideline given on value education in holy books helps every individual. If implemented rightly may lead to life with peace in heart, mind free of stress, better stability in life, worth interpersonal relationship and less psychological problems.

Today in 21st century human is facing many problems like strikes, blasts etc. Anywhere you go insecurity and fear dominates our life. To give an example, travelling from airport or railway station is most fearful than enjoying journey or bon voyage! Travelling is good for health doctor's claim, because it gives change to human from monotonous job, gives different environment to get stress free and also adds to health with better weather. But this travelling has been made more fearful by seeing police, military people and dogs to sniff unwanted objects on stations to make life safer than healthier! What is the cause behind is human who lacks value education! Like these many incidences are there which earlier given feeling of euphoria giving stress in 21st century.

REVIEW OF RELATED LITERATURE:

The various authors and philosophers give their views on value education related to life, system, services, in business and in spiritualism and many more aspects. Let us review some of the related views:

From Wikipedia, the free encyclopedia describes value education some regards it as all aspects of the process by which teachers (and other adults) transmit values to pupils.

Robert Priddy in his book on Human values in psychology describes Values, are keys to understanding the reality behind the scene outwardly presented by human behavior. Motives and purposes are value determinations

Sayan Das writes in his book on Value Based Education, Value based education is a tool which not only provides us a profession which we can pursue but also a purpose in life. The purpose of our life is undoubtedly to know oneself and be ourselves.

Sailaja B, the article in the newspaper defines values are those principles or standards, which help to better the quality of life. Values codify the dos and don'ts of behavior. They form the basics of character formation and personality development. the values that spring from within or the core of the heart, like love, compassion, sympathy, empathy, tolerance, etc. lay the foundation for the external practiced values like honesty, discipline, punctuality and loyalty. the most important to remember is that "values are priceless, while valuables are priced."

Cox, E. & Halstead, J. M., describe about two types of value education: explicit values education and implicit values education-*explicit values education* is associated with those different pedagogies, methods or programmes that teachers or educators use in order to create learning experiences for students when it comes to value questions. Whereas *Implicit values education* on the other hand covers those aspects of the educational experience resulting in value influence on sex or learning, which can be related to the concept of hidden curriculum.

Kohlberg, L., Higgins, A., Power, F. C., quotes American psychologist Lawrence Kohlberg who specialized in research on moral education and reasoning, and was best known for his theory of stages of moral development, believed children needed to be in an environment that allowed for open and public discussion of day-to-day conflicts and problems to develop their moral reasoning ability

Naraginti Amarewar Reddy in his article on importance of value education quotes Hogan(1973) believes that moral behavior is determined by five factors: (1) Socialization: becoming aware as a child of society's and parents' rules of conduct for being good.(2)Moral judgment: learning to think reasonably about our own ethics and deliberately deciding on our own moral standards. (3) Moral feelings: the internalization of our moral beliefs to the degree that we feel shame and guilt when we fail to do what we "should." (4) Empathy: the awareness of other people's situation, feelings, and needs so that one is compelled to help those in need. (5) Confidence and knowledge: knowing the steps involved in helping others and believing that one is responsible for and capable of helping.

PRESENT STATUS:

The common observation shows right from the child studying in school till the old person, from eminent political person to common person, and well known actors, to sports man at all ages and stages one will find no respect in language used, no respect for age, status, position and even to so call religious leaders. Parents complain that their children do not behave properly, do not obey, do not listen, do not come early at home, and

do not care about us and many more reasons. A teacher has a say that pupils now a day's do not respect us, do not know how to talk to elders and teachers. General public humiliates leaders and a leader humiliates other leaders! TV and movie actor and actresses humiliate each others. Humiliation brings frustration and in turn anger to give more frustration as one helplessly sees what is happening around us and DOES NOTHING! If asked this question then reply is what CAN I do? If not I then WHO?

The change in society is result of change in us. Are we tolerant to wrong behavior than to right one? Answer to this question lays in itself and analysis will result in YES. If so then where are we going wrong and answer to all above problems lies into lack of value education.

Being a psychology teacher I will divide the topic into four categories: spiritual, psychological, emotional, and social.

SPIRITUAL:

The creator has created us an innocent human who is better than animals and all creatures created on earth. Creator has also given us way to submit ourselves to him. It is HIS creation and its control is in HIS hand. HE created this land, ocean, mountain, tress, rivers, animals and other humans too. We as a human interfered in his creation by drawing lines on land: my country, my state, my city, my area & my home. Is it MY or HIS? Simple question but human has made difficult to be answered. When we know it is all HIS then why fight on the land, ocean, sky? Cutting trees and unbalancing the nature has resulted in draught, untimely and more rain resulting in more floods creating in disequilibrium into HIS nature and calling troubles to our own lives. Is it wise? Submitting oneself whole heartedly to HIM and HIS will, which in turn will bring peace to our mind, brain, heart, relation and other aspects of our life. This internal satisfaction will in turn bring to harmony to our external world. Religion teaches us to pray, fast and do charity. If we follow these simple rules to cleanse our internal self then it will definitely reflect into external world.

PSYCHOLOGICAL:

Frustration results into anger, if anger is not controlled results into destructions called frustration aggression hypothesis in psychology. Let us understand frustration causing situations: early morning get up from bed and no lights we blame to MSEB for electricity saying after paying bill also we have this problem, go to washroom no water we blame corporation, come to the lift it is not working we blame to society chairman, come to bike it is punctured we kick it, rush to rickshaw the rickshaws are on strike blame the rickshaw driver, go to bus stop the bus is not moving as there is a traffic jam we blame to system and after all this hassle one reaches to workplace and office is closed as someone important person has died we blame that person, saying why he has to die today only!. All of us every now and then going through and experiencing such situations. This situation disturbs our equilibrium of mind and results into physical ailment like blood pressure, diabetes, palpitation, sweating, shivering, nervousness and many more symptoms. It is a result of stress. Here again if the question is asked the answer will be what CAN I DO? One can understand we cannot do much about it but we can control our REACTION to these situations? Answer is YES. Instead of blaming others can we not be thankful to GOD, system, corporation, organizations and government that they are giving us services throughout our life. Are we addicted to these facilities? Instead of irritation can we express GRATITUDE!

EMOTIONAL:

The family, which is the smallest unit of the society, consists of love, affection, support and attachment. It includes husband-wife, children and sometimes grandparents too. The relationship among these family members is a very strong base of bond. But recently this parental and marital bonding is getting weaker and weaker instead of emerging stronger. The joint family has been replaced by nuclear ones. The relationship between parents and children's are conflicting rather than affectionate. The attachment between grandparents and grandchildren has also become distant relationship. Relatives are not getting into contacts frequently but only occasionally. It is an alarming situation of weak emotional attachment. Children have deserted their own parents. The value education is losing its base in the family. This is a foundation of all relationship in the society. The source of value education is a family. Where grandparents and parents play an important role to instill value education in child's mind and encourage it throughout babyhood and childhood. The respect for parents, respect for teachers, how to behave with elders, how to maintain relationship with relatives is taught in family. If one has to achieve mental equilibrium then one has to be humble, supportive, tolerant & thankful, this is what our value education teaches us. Have we forgotten it? One has to focus on emotional attachment in family which is a base for all attachments throughout life. The revival of these attachments will definitely help us to lead peaceful life.

SOCIAL:

The social relationship plays important role in human life. The attachment with friends, the respect for colleagues at workplace and closeness with neighbors did not remain as it was before. The moral, verbal and emotional support is an important aspect of these social relationships and needs to be rebuilt. The main factor TRUST is lost and has been replaced by lust for money. Money has become so important in life that the relationship has lost its value.

The media, advertisements and TV shows which reaches to all age people and all sectors of the society shows violence, mistrust, wrong bonding in relationship etc. psychologically it does unconsciously keep affecting on human mind. Fear, insecurity and strain in relationship cause stress. Media can be better used for enhancing and respecting relationship. It can also used for teaching value education in all humans irrespective of age and sex. The western culture dominating young minds so much that we will have to have another freedom movement to free the corrupting minds of youth from western culture and to replace with Indian culture and Indian values!

RECOMMENDATION:

1. Spiritual enhancement by following rituals in the family, offering daily prayers, reciting holy books
2. The introducing one lecture on value education in school syllabus.
3. At least one meal in the family must be shared by all family members to keep the bond alive. During this meal time sharing, interacting and caring can be easily shared which leads to psychological security and mental peace.
4. TRUST can be rebuilt by implementing clarity in communication & relationships.
5. Media can be a good source of regenerating the lost relationships.
6. Emotional bonding can be rekindle with small actions like: smiling face, willingness to help, showing care, polite talks, rendering moral support, talking good about others, respecting elders, treating others with affection, behaving according to others expectations, greeting others like these many small things if one puts together make the values of our life

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