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1. Psychology

- **Definition of Psychology :**

- ❖ Psychology is the study of the mind and behaviour. The discipline embraces all aspects of the human experience — from the functions of the brain to the actions of nations, from child development to care for the aged.
- ❖ In every conceivable setting from scientific research centres to mental health care services, “the understanding of behaviour” is the enterprise of psychologists.

- **Meaning of Psychology :**

- ❖ The word, ‘Psychology’ is derived from two Greek words, ‘**Psyche**’ and ‘**Logos**’. Psyche means ‘soul’ and ‘**Logos**’ means ‘**science**’. Thus, psychology was first defined as the ‘**science of soul**’.

- **Psychology as the Science of Soul :**

- ❖ In ancient days, the Greek philosophers like Plato and Aristotle interpreted Psychology as the science of the soul and studied it as a branch of Philosophy.
- ❖ But the soul is something metaphysical. It cannot be seen, observed and touched and we cannot make scientific experiments on the soul.

- **Psychology as the Science of the Mind :**

- ❖ It was the German philosopher Emmanuel Kant who defined Psychology as the science of the mind.
- ❖ William James (1892) defined psychology as the science of mental processes. But the word ‘mind’ is also quite ambiguous as there was confusion regarding the nature and functions of mind.

- **Psychology as the Science of Consciousness :**

- ❖ Modern psychologists defined psychology as the “Science of Consciousness”. James Sully (1884) defined psychology as the “Science of the Inner World”.
- ❖ Wilhelm Wundt (1892) defined psychology as the science which studies the “internal experiences”. But there are three levels of consciousness – conscious, subconscious and the unconscious and so this definition also was not accepted by some.

- **Psychology as the Science of Behaviour :**

- ❖ At the beginning of the 20th century, when psychologists attempted to develop psychology into a pure science, it came to be defined as the science of behaviour.
- ❖ The term behaviour was popularised by J.B. Watson.
- ❖ Other exponents are William McDugall and W.B. Pillsbury. According to R.S. Woodworth, “First Psychology lost its soul, then it lost its mind, then lost its consciousness. It still has behaviour of a sort.”

- **Key aspects of psychology**

- ❖ It is a scientific investigation. That means, there are experiments, there are numbers, there is data, there is sampling, there is a rigorous use of psychological tools, description, prediction, logical criticism, systematic observation, and beyond all, it is evidence-based.
- ❖ Psychology looks at all kinds of people and social groups, animals included.
- ❖ It is the study of the mind and behaviour – everything included.
- ❖ Some common meaning associated with psychology are:
 - The science of mind and behaviour.
 - The mental or behavioural characteristics of an individual or group.
 - The study of mind and behaviour in relation to a particular field of knowledge or activity.
 - Psychology is the scientific investigation of how people behave, think, and feel. It includes underlying mechanisms that involve the environment, biology, and the mind. Psychological investigations try to describe, predict, analyse, and create actionable outcomes that help people. Actionable outcomes include therapy, learning design, altering protocols at a workplace, etc.
 - Today, psychology is closely related to fields such as cognitive science, neuroscience, economics, law, and public health.

- **Some of the other definitions of psychology are as follows :**

- ❖ Plato, “psychology is the science of psyche or soul”.

- ❖ Woodworth, "psychology is the scientific study of the activities of the individual in relation to his environment".
- ❖ J.B. Watson "psychology is the science of behaviour".
- ❖ Skinner, "psychology is the science of behaviour and experience".
- ❖ Crow and crow, "psychology is the study of human behaviour and human relationship".

2. Scope of psychology

- The scope of psychology is very vast. It studies, describes and explains the behaviour of the living organisms.
- The term 'behaviour' carries quite a comprehensive and wide meaning.
- Behaviour includes all types of life activities and experiences of living organisms whether co native, cognitive or affective ; implicit or explicit, conscious unconscious or subconscious however living organisms and their life activities or countless and unlimited, so no limit can be imposed on the scope of psychology.
- However for the sake of convenience and proper specialised study and application, it can be divided into number of branches and fields as discussed below :
- **General psychology :**
 - ❖ This branch of psychology deals with the fundamental rules, principles and theories in relation to the behaviour of normal adult human beings.
- **Abnormal psychology :**
 - ❖ It is that branch of psychology which describes and explains the behaviour of abnormal people in relation to their own environment.
 - ❖ The causes, symptoms and syndromes, description and treatment of the abnormalities of behaviour form the subject matter of this branch.
- **Social psychology**
 - ❖ This branch studies human behaviour in relation to his social environment .
 - ❖ One's behaviour as a member of the group, the process of communication and interpersonal relationship are studied under this branch.
- **Experimental psychology**
 - ❖ This branch of psychology describes and explains the ways and means of carrying out psychological experiments following scientific methods in controlled or laboratory situations for the study of mental processes and behaviour.
- **Animal psychology**
 - ❖ This branch of psychology deals with the study of animal behaviour in controlled situations. The study

of the behavioural patterns of the animals through various types of experiments and observations constitute the subject matter of this branch.

- ❖ Such studies are of comparative and inferential nature.
- ❖ The results of these studies can be generalised in dealing with behavioural, adjustment and development problems of human beings.

- **Industrial psychology**

- ❖ It is that branch of psychology which studies human behavior in relation to the situations and environment prevalent in the industrial world.
- ❖ It aims at bringing improvement in the working output of the human resources for the purpose of raising quality production.
- ❖ Consumer psychology, selection training and placement of human capital, establishing harmonious relationship between the employee and the employer etc. form the subject matter of this branch.

3. Nature and Functions of Psychology

The following table elucidate the overall nature and functions of psychology :

S. No.	Branches of Psychology	Nature and Functions of Psychology
1	Clinical psychology	the study, assessment, prevention, coping, and treatment of mental health issues and disorders such as depression & schizophrenia
2	Organisational & industrial psychology	the study of how professional environments function with respect to employment, assessment & recruiting, workplace wellbeing, conflict resolution, team building, etc.
3	Social psychology	the study of how people interact in social contexts and what variable affect social behaviour, identity, and cognition
4	Cognitive psychology	the study of mental processes that enable thinking, feeling, language, art, etc.
5	Behavioural psychology	the study of human and animal behaviour
6	Developmental psychology	the study of specific factors relevant to a certain age group or developmental stage across a lifespan and trends across the lifespan

S. No.	Branches of Psychology	Nature and Functions of Psychology
7	Evolutionary psychology	the study of human and animal behaviour in an evolutionary context and the study of adaptability and deeply rooted tendencies
8	Forensic psychology	the study of how criminals behave and think
9	Neuropsychology	the assessment of brain functioning in a clinical setting
10	Positive psychology	the study of wellbeing and living a good life
11	Neuroscience	the study of the brain as a biological unit and its specifics that may or may not directly
12	Relate to behaviour, thoughts, feelings	or It includes an understanding of how neurons communicate and function.
13	Sports psychology	the study, training, and coping of sportsmen
14	School psychology	the study of a variety of psychological variables in a school context
15	Cyber-psychology	the study of human behaviour with a focus on internet-based behaviour

4. Schools of Thought in Psychology

The different schools of psychology represent the major theories within psychology.

- The first school of thought, structuralism, was advocated by the founder of the first psychology lab, Wilhelm Wundt. In the past, psychologists often identified themselves exclusively with one single school of thought. Today, most psychologists have an eclectic outlook on psychology. The following are some of the major schools of thought that have influenced our knowledge and understanding of psychology :

Structuralism

- Wundt was interested in the study of conscious experience and wanted to analyse the constituents or the building blocks of the mind.
- Psychologists during Wundt's time analysed the structure of the mind through introspection and therefore were called structuralists.

- Introspection was a procedure in which individuals or subjects in psychological experiments were asked to describe in detail their own mental processes or experiences.
- However, introspection as a method did not satisfy many other psychologists. It was considered less scientific because the introspective reports could not be verified by outside observers.
- This led to the development of new perspectives in psychology.

Summary

- Structuralism is generally thought of as the first school of thought in psychology. This outlook focused on breaking down mental processes into the most basic components.
- Major thinkers associated with structuralism include Wilhelm Wundt and Edward Titchener. The focus of structuralism was on reducing mental processes down into their most basic elements.
- Wilhelm Wundt is known for establishing the first psychology laboratory at Leipzig, Germany, in the year 1879. This was one of the greatest leaps in the transition of speculative outlook to the scientific outlook, facilitated by Wundt.
- Wundt defined psychology as the study of consciousness. He further argued that if consciousness exists, which actually does, then it must have a structure. To elaborate his viewpoint further, he went on to explain the structure of consciousness. According to him, consciousness could be studied by three things: -

- **Experimentation :**

Experimentation was the most important mode of scientific investigation which according to Wundt was the need of hour for psychology to develop. Psychologists therefore needed to conduct experiments which revealed the true nature of consciousness. In this regard, Pavlov was known for his experiments that he conducted on dogs to discover the process of learning.

- **Introspection :** Although Wundt believed that psychologists should adopt a scientific outlook, he did not reject introspection as a method of gaining knowledge, because he regarded introspection as a mean of looking into and understanding the structure of consciousness.

- **Looking at the past history of man that has shaped his consciousness :**

Another method of studying the structure of consciousness is by looking at the past history of man. Darwin was the first one to give rise to the nature versus nurture controversy. According to him, it was the environment that shaped the thinking of man, or the way he is brought up. Therefore, according to Wundt, looking into the past of individuals gave insight into the consciousness of the individuals.

- Wundt himself also conducted some experiments and based upon them he proposed that consciousness is a process which has three compartments:
 - ❖ Ideas
 - ❖ Feelings
 - ❖ Emotions
- He then went on to elaborate hallucinations, hypnotic states and dreams. According to him, all of these abnormal activities of the consciousness are caused due to the breakdown of attention. Because of his elaboration of various parts of consciousness, he is classified as a structuralist today.
- The structuralists used techniques such as introspection to analyze the inner processes of the human mind.

Edward Bradford Titchner

- Edward Bradford Titchner was born in 1867 and died in 1927. He was an English man and pupil of Wundt.
- He studied in Germany, and worked all his life in America.
- **Contents of consciousness** This means that Titchner explained what consciousness is actually composed of. He then went on to elaborate the contents of consciousness.
- **Combination of these contents** The second contribution of Titchner is that he described the combination of contents of consciousness which means that, which contents get together to result in an activity.
- **Connections between the contents** The third contribution of Titchner is that he explained the connection between the contents of consciousness which means that consciousness is a product of contents being related with each other and working together.
- Unlike Wundt, who gave three methods to study consciousness, the subject matter of psychology, Titchner argued that since the only way psychology could be studied was introspection which he defined as systematic and controlled self observation.

Elements of Consciousness

Titchner proposed 3 elementary states of consciousness:

- **Sensations:** basic elements of perception – sights, sounds, tastes, smells etc. Evoked by physical objects in the environment
- **Images:** elements of ideas – reflects experiences not actually present at that time, e.g. memory of a sight.
- **Affections:** feelings – the elements of emotion: love, hate, anger, sadness etc.

Criticisms and the Decline of Structuralism

- Over the years his approach using introspection became more rigid and limited.

- By today's scientific standards, the experimental methods used to study the structures of the mind were too subjective; the use of introspection led to a lack of reliability in results.
- Other critics argue that structuralism was too concerned with internal behaviour, which is not directly observable and cannot be accurately measured.
- Because introspection itself is a conscious process it must interfere with the consciousness it aims to observe
- Eventually the idea of introspection became extinct after Titchner's death.

Functionalism

- An American psychologist, William James, who had set up a psychological laboratory in Cambridge, Massachusetts soon after the setting up of the Leipzig laboratory, developed what was called a functionalist approach to the study of the human mind.
- William James believed that instead of focusing on the structure of the mind, psychology should instead study what the mind does and how behaviour functions in making people deal with their environment.
- For example, functionalists focused on how behaviour enabled people to satisfy their needs.
- According to William James, consciousness as an ongoing stream of mental processes interacting with the environment formed the core of psychology.
- A very influential educational thinker of the time, John Dewey, used functionalism to argue that human beings seek to function effectively by adapting to their environment.

Summary

- formed as a reaction to the theories of the structuralist school of thought and was heavily influenced by the work of William James.
- Instead of focusing on the mental processes themselves, functionalist thinkers were instead interested in the role that these processes play.

Gestalt Psychology

- It focused on the organisation of perceptual experiences.
- Instead of looking at the components of the mind, the Gestalt psychologists argued that when we look at the world our perceptual experience is more than the sum of the components of the perception.
- In other words, what we experience is more than the inputs received from our environment. When, for example, light from a series of flashing bulbs falls on our retina, we actually experience movement of light.
- When we see a movie, we actually have a series of rapidly moving images of still pictures falling on our retina.

- Thus, our perceptual experience is more than the elements. Experience is holistic; it is a Gestalt.

Summary

- Gestalt psychology is a school of psychology based upon the idea that we experience things as a unified whole. This approach to psychology began in Germany and Austria during the late 19th century in response to the molecular approach of structuralism.
- Instead of breaking down thoughts and behaviour to their smallest elements, the gestalt psychologists believed that you must look at the whole of experience.
- According to the gestalt thinkers, the whole is greater than the sum of its parts.

Behaviorism

- Around 1910, John Watson rejected the ideas of mind and consciousness as subject matters of psychology.
- He was greatly influenced by the work of physiologists like Ivan Pavlov on classical conditioning.
- For Watson, mind is not observable and introspection is subjective because it cannot be verified by another observer.
- According to him, scientific psychology must focus on what is observable and verifiable.
- He defined psychology as a study of behaviour or responses (to stimuli) which can be measured and studied objectively.
- Behaviourism of Watson was further developed by many influential psychologists who are known as behaviourists.
- Most prominent among them was Skinner who applied behaviourism to a wide range of situations and popularised the approach.

Summary

- Behaviorism became a dominant school of thought during the 1950s. It was based upon the work of thinkers such as :
 - ❖ John B. Watson
 - ❖ Ivan Pavlov
 - ❖ B. F. Skinner
- Behaviorism suggests that all behaviour can be explained by environmental causes rather than by internal forces.
- Behaviorism is focused on observable behaviour. Theories of learning including classical conditioning and operant conditioning were the focus of a great deal of research.
- The behavioural school of psychology had a major influence on the course of psychology and many of the ideas and techniques that emerged from this school of thought are still widely used today.

- Behavioural training, token economies, aversion therapy and other techniques are frequently used in psychotherapy and behaviour modification programs.

Psychoanalysis

- Freud, the father of Psychoanalysis, viewed human behaviour as a dynamic manifestation of unconscious desires and conflicts.
- He founded psychoanalysis as a system to understand and cure psychological disorders.
- While Freudian psychoanalysis viewed human beings as motivated by unconscious desire for gratification of pleasure seeking (and often, sexual) desires.

Summary

- Psychoanalysis is a school of psychology founded by Sigmund Freud. This school of thought emphasised the influence of the unconscious mind on behaviour.
- Freud believed that the human mind was composed of three elements: The id, the ego and the superego.
- The id is composed of primal urges, while the ego is the component of personality charged with dealing with reality. The superego is the part of personality that holds all of the ideals and values we internalise from our parents and culture.
- Freud's school of thought was enormously influential, but also generated a great deal of controversy. This controversy existed not only in his time, but also in modern discussions of Freud's theories.

Humanistic Psychology

- A more positive view of human nature. Humanists, such as Carl Rogers and Abraham Maslow, emphasised the free will of human beings and their natural striving to grow and unfold their inner potential. They argued that behaviourism with its emphasis on behaviour as determined by environmental conditions undermines human freedom and dignity and takes a mechanistic view of human nature.

Summary

Humanistic psychology developed as a response to psychoanalysis and behaviourism.

- Humanistic psychology instead focused on individual free will, personal growth and the concept of self-actualization.
- While early schools of thought were largely centred on abnormal human behaviour, humanistic psychology differed considerably in its emphasis on helping people achieve and fulfil their potential.
- **Major humanist thinkers include :**
 - ❖ Abraham Maslow
 - ❖ Carl Rogers.

Cognitive Psychology

- It involves thinking, understanding, perceiving, memorising, problem solving and a host of other mental processes by which our knowledge of the world develops, making us able to deal with the environment in specific ways.
- Some cognitive psychologists view the human mind as an information processing system like the computer.
- Mind, according to this view, is like a computer and it receives, processes, transforms, stores and retrieves information.
- Modern cognitive psychology views human beings as actively constructing their minds through their exploration into the physical and the social world. This view is sometimes called constructivism.
- Piaget's view of child development which will be discussed later is considered a constructivist theory of development of the mind.
- Another Russian psychologist Vygotsky went even further to suggest that the human mind develops through social and cultural processes in which the mind is viewed as culturally constructed through joint interaction between adults and children.
- In other words, while for Piaget children actively construct their own minds, Vygotsky took a view that mind is a joint cultural construction and emerges as a result of interaction between children and adults.

Summary

- Cognitive psychology is the school of psychology that studies mental processes including how people think, perceive, remember and learn. Cognitive psychology began to emerge during the 1950s, partly as a response to behaviourism.
- One of the most influential theories from this school of thought was the stages of cognitive development theory proposed by Jean Piaget.

5. Development of Psychology in India

- The Indian philosophical tradition is rich in its focus on mental processes and reflections on human consciousness, self, mind-body relations, and a variety of mental functions such as cognition, perception, illusion, attention and reasoning, etc.
- The development of the discipline in India continues to be dominated by western psychology, although some attempts have been made to find points of departure both within the country and abroad.
- These attempts have tried to establish the truth value of various assertions in Indian philosophical traditions through scientific studies. The modern era of Indian psychology began in the Department of Philosophy

at Calcutta University where the first syllabus of experimental psychology was introduced and the first psychology laboratory was established in 1915.

- Calcutta University started the first Department of Psychology in 1916 and another Department of Applied Psychology in 1938.
- The beginning of modern experimental psychology at Calcutta University was greatly influenced by the Indian psychologist Dr. N.N. Sengupta who was trained in the USA in the experimental tradition of Wundt.
- Professor G. Bose was trained in Freudian psychoanalysis, another area which influenced the early development of psychology in India. Professor Bose established the Indian Psychoanalytical Association in 1922.
- Departments of Psychology in the Universities of Mysore and Patna were other early centres of teaching and research in psychology. From these modest beginnings, modern psychology has grown as a strong discipline in India with a large number of centres of teaching, research and applications.
- There are two centres of excellence in psychology supported by the UGC at Utkal University, Bhubaneswar and at the University of Allahabad. About 70 universities offer courses in psychology.
- Durganand Sinha in his book Psychology in a Third World Country: The Indian Experience published in 1986 traces the history of modern psychology as a social science in India in four phases.
- According to him, the first phase till independence was a phase with emphasis on experimental, psychoanalytic and psychological testing research, which primarily reflected the development of the discipline in western countries.
- The second phase till the 1960s was a phase of expansion of psychology in India into different branches of psychology. During this phase Indian psychologists showed a desire to have an Indian identity by seeking to link western psychology to the Indian context.
- They did this by using western ideas to understand the Indian situation. However, psychology in India sought to become relevant for Indian society in the post 1960s phase of problem-oriented research.
- Psychologists became more focused on addressing the problems of Indian society. Further, the limitations of excessive dependence on western psychology for our social context were also realised.
- Leading psychologists emphasised the significance of research, which is of relevance to our situation. The search for a new identity of psychology in India led to the phase of indigenization, which started during the late 1970s.
- Besides rejecting the western framework, Indian psychologists stressed the need for developing an understanding based on a framework, which was