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## INTRODUCTION

No teacher can teach effectively without trying to understand the psychology of proper instruction. Each student has an individual set of characteristics that influence his ability to comprehend, register and process information. Also, the effectiveness of teaching is influenced by the assessment techniques and the school's overall environment, rules and attitude with regard to tests. The style and method used to teach are greatly affected by the background and experience of the teacher. The manner of teaching, in turn, greatly influences the way the student is shaped and prepared to take on future challenges.

This book, Psychology of Learning and Development, deals with all the psychological aspects of teaching. It discusses the biological, behavioural, cognitive, humanistic and psychoanalytical schools of psychology. The book also throws light on the importance of educational psychology. It, in general, discusses the general principles of growth and development, the stages of development, the theories of child development and the dimensions of adolescent development. Cognitive development and the cognitive process have been discussed with emphasis on attention, inattention, distraction and sensation. Thorndike's laws and the theories of learning, factors influencing the process of learning, the learning curve, theories of intelligence, multiple intelligence, Guilford's structure of the intellect and emotional intelligence are some other important topics covered in this book. The book also discusses the theories of personality, along with the concepts of mental health, conflict, frustration, adjustment and defence mechanisms in detail.

The book has been divided into eight units:

**Unit 1** Psychology and Education

**Unit 2** Methods of Educational Psychology

**Unit 3** Growth and Development

**Unit 4** Experiments