

Emotional development of high school students

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ABSTRACT

Emotions are very important in human life. Whatever work a human does in his life, inspiration is provided by emotion to do those works. On the one hand, emotion helps in human body development, mental development, social development. At the same time, it can also frustrate the all-round development of human beings. Every human being experiences love, jealousy, hatred, fear, happiness-sorrow, mutual harmony, jealousy in his everyday life. Especially in humans of all ages, differences are seen in these divisions. The origin of these divisions is due to some kind of excitement, because of the divisions only the human does every work. For example, as someone is happy in a pleasant work. And becomes sad in sad act, gets scared by seeing scary things, gets angry when action is done contrary to desire. When such feelings arise in human then physical and mental changes take place in human. Now human when he comes under the charge of passion, he does not have the knowledge of good and bad, but passion is not dangerous or bad for human beings all the time. When a person is happy, laughs and smiles, then the work he does, he does it very well. Due to working carefully, he becomes successful in life, children, it acts as an emotion motivator in human beings, if seen in truth, that emotion excites the discharged power of life. And increases the speed of working. But sometimes the child becomes unable to do his normal activities due to these divisions, that is, due to the extreme intensity of the emotion, the mental activities of the human become unbalanced. That is, time is a kind of emotional mental action. In such a situation, the children of high schools whose age is between 13-14 years, at the same time the speed of growth and development of the child is very fast. In such a situation, the emotional development of children has an important place in the life of the child. People believe that all human emotions are not innate, they develop slowly, after birth gradually different parts are generated, there are about 16 such major emotions. As soon as one crosses adolescence, the expression of emotion starts in a specific way. Now the intensity in the divisions of the boys is not as much as the intensity is in the remaining stage. Now, slowly, the part of sociality starts coming in the divisions, they are now aware of everything that when and how it is appropriate to express time in this social life. It means to say that this control starts in the expression of emotion, now these children do not get angry quickly on small things after reaching this stage, all these children do not laugh on all occasions, nor do they behave arbitrary like earlier childhood. Huh. Because by this time the child gets a good knowledge of the language due to which instead of showing bad behavior as before, he starts expressing his feelings through the language of good. By the time he reaches this stage, he gets a lot of experience, due to which he starts showing softness in his behavior because he knows that now being aggressive is not going to help him.

Keywords: Emotion, Development, Motivation, Mental action, Adolescence

EMOTIONAL DEVELOPMENT IN CHILDHOOD

Childhood has been said to be a unique period of emotional development. As soon as the child comes to the stage, the expression of divisions in the child starts in a specific way. Like the 6 question period, there is no intensity in their relationship, but it is possible. I get a sense of sociability, they start to know that when it is appropriate to express what kind of expressions in social life, it means that they start controlling the expression of the workers, for example, now they are quick on small things. Does not get angry, neither laughs on unnecessary occasions nor behaves arbitrarily.

Features of emotional development in childhood :

How different emotions develop in childhood and what are their characteristics are highlighted below

- 1. Emotions being less powerful:** They are not able to excite the child at the right time like all times, they become less powerful due to the ability to suppress the emotion.
- 2. Emotion of fear:** At this time brotherly emotion does not arise like in Parliament, there may be some reasons for fear and anxiety, like getting punished in family and school for failing, anxiety and failure to get success in

examination. Brother, strict behavior by parents and teachers, brother, etc. when it came at this time, mostly related to sister-in-law's work, in addition to this, illness, any incident or social rejection is also the reason for the same. In this regard, many psychologists say that whatever the child lowers a person's self-confidence or hurts his or her self-esteem or interferes with his or her work or attainment of goals that he or she considers important, may increase his or her tendency to be anxious and fearful.

3. Feeling of hopelessness and helplessness: In this stage the child appears to be suffering more from this feeling, due to this the family and social environment is under strict control by the parents and there are some disciplinary rules imposed by the teachers which help in fulfilling the wishes of the child. If they do not get the freedom they want, in such a situation, they express their anger by getting angry, but because of not fulfilling their wish, they become frustrated and helpless.

4. Jealousy: In gestures, the child is a member of some group and participates in the activities of the groups, but due to some reason, a feeling of jealousy, hatred arises in them, for example, this feeling is towards a faster peer in the class. Perception is found more or may be due to participating in sports or winning or losing. Jealousy is first felt towards siblings at home, gradually it is transferred towards peers. Can be seen expressing in various forms such as shutting down, teasing, making false accusations, scorning, etc.

5. Anger: In this stage, the reason for anger is their frustration, they get angry when there is an obstacle in freedom and fulfillment of wishes. Another reason for anger is to criticize their actions by control, like parents often compare their children to others. Talks with children, always praises other children and criticizes their own children, gets angry due to this type of criticism, expresses his anger in a depressed mood or fights for brother-sister service, so mother- Fathers and teachers should not do this type of psychological behavior because it creates mental glands in the child which makes his emotional development distributed.

Emotional Development in Adolescence:

The main sign of the arrival of adolescence is a rapid change in emotional development.

1. Contradictory moods: Emotional development in adolescence is characterized by various charges. There is a substantial difference in the emotional expression of God as his field of knowledge broadens and changes in time generating situations. Conflicting moods appear in adolescence. In this particular situation, he appears extremely happy and depressed in the same situation on another occasion, thus mostly he remains in a state of emotional tension. The reason is the other salient features of this arrangement.

2. Predominance of inquisitive nature: In this state, the curiosity nature prevails, he is not satisfied by getting the answer of what is Varun, why and what kind of detailed discussion can satisfy him, inspired by this tendency, I am a philosopher, scientist and The spirit of findings the truth develops.

3. Development of the spirit of hero worship : Due to the sense of self-control in adolescence, ideal formation and the spirit of hero worship develops. By selecting those heroes according to his ideals and interest, he worships them and considers them as ideals, so in this stage, his interest should be awakened towards suitable literature.

4. Activation of special basic instincts: In adolescence, the propensity for sociability, the propensity for creativity and planning, and the general propensity such as sympathy and signaling are seen which affect his emotional behavior.

Factors affecting emotional development:

1. Child's health : India's health is closely related to its emotional behavior. Expect a healthy child, there is more instability in the sections of the household placenta or sick child.

2. Fatigue: When a child is tired, there is a tendency for undesirable emotional behavior like anger or irritability.

3. Intelligence and Mental Ability : Intelligence and mental qualities have a great influence on the emotional development of the child. Generally, the children of constant mental level have less emotional control than the gifted children of the same commission.

4. Inheritance: The child receives physical and some mental abilities from heredity which have an impact on his development.

5. Family : The environment of the family and the members of the family also have an impact on the emotional development of the child. If the environment of the family is secure and happy and peaceful, then the emotional development of the child is balanced, if there is an atmosphere of disturbance and discord in the family. If there is a lot of coming and going of the guests in the family, or there are more entertainment programs, then in such a

situation emotional excitement arises in the child, in addition to this, if the family members themselves are more sensitive, then the child also becomes of the same type.

6. Attitude of parents: Neglecting children in this regard Staying away from home for a long time Being overly worried about children Talking about his diseases in front of children Over-protecting children over their needs Permitting children to do any work according to their wishes, not allowing children to have new experiences like adults and making children the object of love of all the family members, all the words of parents, the child's voice helps in the development of emotional behavior Huh.

7. Social status: The social status of the child also has a greater impact on emotional development. Social status has a close relationship with emotional stability.

8. Economic status: The effect of the economic status of the family affects the emotional development. In the school, there is often a difference in the emotional behavior of the rich child and the poor child, due to many reasons, the feelings of jealousy and hatred are strong.

9. Social acceptance: In this stage, the child wants praise for his work done by others, if his desire is not fulfilled, then emotional tension arises in him, if the child does not get social acceptance of his work, then his emotional behavior I get aggressive or relaxed.

10. School : If the school environment, curriculum and programs satisfy or provide pleasure to the child's divisions, then there is a healthy development of his emotions, if he fails in the examination or does not participate in the school's inter-curricular activities. If he is afraid of the appearance of someone or any of his friends, then unwanted emotions like anger, fear, irritability etc. arise in him.

11. Teacher: There is a close relationship between the teacher and the child in the teaching process. The teacher can make the child good or bad through his ideals, teaching method and behavior, he can create good habits in him and develop villages in a healthy and happy moment. can assist.

Emotion and Education:

Time has an important place in the life of a child from the educational point of view, the process of education is related to the behavior of the person and what is the behavior related to the time, so it is important to understand the emotional behavior of the child. It is necessary to study sex, emotional development affects the physical, mental and social behavior of the child, parents and teachers should study the emotional behavior of the child and guide them in the right way, the best emotion, the health of the child, good mental attitude, liberal and Help in making social relations sweet.

Time proves to be very helpful in the process of learning. Due to the proper development of the divisions, the child's interest in reading is awakened and good permanent feelings and ideals develop in them. It is due to emotions that his behavior and nature are controlled. Through education, his Divisions of voice-selective nature such as anger, hatred etc. can be refined and R. Gandhi can be done. Divisions are developed in the school by inter-curricular activities such as drama, sports competitions, Swarwati Yatras, scouting etc.

Emotion has a big hand in building the character and personality of the child, so teachers should try for proper emotional development so that the overall development of the child's personality can be done. The two main objectives of education are economic development and development of the society, so the departments should be trained. It is necessary for the benefit of both the individual and the society. Emotional training cannot be neglected because an important function of education is to enable the child to show proper timing in different situations. Organize in permanent parts and include all permanent parts in a permanent sense of self-respect and present Yogi ideals to the society in front of them, in this way invaluable help can be taken from divisions and permanent sense in personality development and character building Every work of the student in the school includes his time in the village. If the school program is favorable to him, then he will be happy on his successes and he will happily look forward to the upcoming exciting activities. Will wait for the construction of permanent parts and the importance of divisions in character building has been mentioned.

CONCLUSION

Ancient popular education used to emphasize on intellectual development, but modern education is emphasizing on psychology divisions. Emotions provide the driving force to our actions, so it is necessary to pay attention to their training if we want only intellectual development of children. So that too divisions cannot be ignored. Modern education is directly related to the feelings of a person, so the main task of education is to create the best beauties in the children. The meaning of aesthetic sense is to know, recognize and enjoy beauty, for this children should be educated. I should try to inculcate love for beauties and genuine interest in art, literature and music, or questioning,



this context can be generated only when curiosity about women arises in the child. Such subjects should be taught to the child. So that they develop the feeling of beauty, they should be given such education in which they understand the importance of natural beauty and artistic works and do not develop interest in them. Teachers should work with great care and intelligence for the children Workers should be treated with sympathy and love to train and control the child Time trained Emotions Selection of methods of training should be based on the nature of divisions and individual differences Teachers can make their teaching successful by awakening proper messages in children, help can be taken from moral and religious education for emotional development, so in the end we can say that emotional development has an important place in education. The all-round development of the child can be done only by training. Only by the proper development of the divisions, good permanent values of mind develop in the child.

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