

# The Application of Educational Psychology in Students' Education and Teaching

Jun Hong

Tongren College, Tongren, Guizhou 55430, China

**Keywords:** Educational Psychology; Educational Teaching; Teaching Quality; Application Value

**Abstract:** With the deepening of research on interdisciplinary subjects such as pedagogy and educational psychology, it has become the core of current education to realize the overall improvement of students' quality. Educational psychology revolves around the interaction process between learning and teaching in school situations. If teachers want to carry out education and teaching more efficiently, they cannot simply adopt rigid requirements and strong means to manage students. A qualified educator should not only have rich professional knowledge and good teaching skills, but also master certain psychological theories. Educational psychology plays an important role here. Education and teaching involves communication between teachers and students. Actively applying educational psychology theory in the communication process can not only help teachers understand the students' inner feelings, grasp the students' psychological development rules, but also enable teachers and students to establish good relationships. Educators need to establish a correct understanding and in-depth understanding of the use of educational psychology for education and teaching. It is very important to correct the motivation of students to learn and to develop students' ability to migrate and learn.

## 1. Introduction

Teachers are the main disseminators of human civilization and cultural knowledge. They play a bridging role in the inheritance and development of human civilization[1]. In traditional education and teaching, teachers believe that only if they are strict enough with students can they establish their prestige and students will obey[2]. However, students in the new era live in the new century of reform and opening up, and their thinking is very active and advanced. He has a strong sense of innovation, dares to question questions he does not understand, is easily dissatisfied with the current situation of life, and has a strong self-concept[3]. Therefore, the education and teaching of the students concerned must conform to the new forms and requirements, master solid educational psychology knowledge, and analyze and master the psychological conditions of the students so as to meet the psychological needs of the students[4]. Help students to overcome negative and negative psychological conditions and remove all kinds of psychological barriers. The scientific and effective application of educational psychology in education and teaching can improve the quality and effectiveness of students' ideological education[5].

With the promotion of reform and demonstration construction in the field of education, the importance of educational psychology in the whole education and teaching of students is becoming more and more important[6]. Students' education and teaching work needs to keep pace with the development of the times, master the knowledge of educational psychology, and realize the understanding of students' psychological state[7]. The teaching process is the activity completed by the teachers and students. The students are the main body and the teachers are the leader. In the teaching process, teachers should not only combine the characteristics of the curriculum, but also apply the theoretical guidance of educational psychology to take effective teaching methods according to the physiological and psychological characteristics of students of different ages[8]. So as to better play a leading role and improve the enthusiasm of students. Studying educational psychology is not only helpful to establish a good relationship between teachers and students, but also helpful for teachers to understand students' psychological characteristics and learning process[9]. On the basis of making full use of the laws of educational psychology, expanding the

vision and mode of teaching psychology can effectively improve students' learning quality and further improve the efficiency of teaching management[10].

## **2. Overview and Characteristics of Educational Psychology**

### **2.1. An Overview of Educational Psychology**

Educational psychology is a science that studies the basic psychological laws of middle school and teaching in school situations, is a kind of applied psychology, and is a cross-discipline of psychology and pedagogy. The aim is to study the psychological activities of teachers and students and their development and changes in the process of education and teaching, and on this basis to reveal the students' acceptance of knowledge and skills and their development rules in the process of education and teaching. In 1903, American psychologist Thorndike's Educational Psychology was the first monograph named after educational psychology. The main research is the teacher's and students' learning status, teaching status and the final result of educational intervention under the premise of education. Thereby promoting the healthy development of the physical and mental health of the educated, achieving the teaching effect and improving the quality of education. Educational psychology can help teachers accurately understand problems and provide theoretical guidance for practical teaching. It plays a very important role in the rational design of teaching courses, the improvement of teaching methods, and the initiative and enthusiasm of students to learn.

### **2.2. Characteristics of Educational Psychology**

Although educational psychology is closely related to the basic theories of general psychology, it mainly studies the psychological phenomena and laws of psychological development of students under the conditions of education and teaching, thus it has its own characteristics. Educational psychology is a discipline with distinct cross-cutting characteristics. It is neither a simple application of the knowledge of general psychology to explain or explain the phenomena of education and teaching, nor a general process that regards education and teaching as psychological activities. But to reveal the law of the change and control of the functional system caused by the exchange process and interaction between students' external information and internal information under the influence of education and teaching. Its cross-cutting characteristics are mainly reflected in the intersection of psychological science and educational science, the intersection of basic science and applied science, and the intersection of natural science and humanities. The focus of educational psychology is to apply the theory or research of psychology to education, which can be applied to design curriculum, improve teaching methods, and stimulate learning motivation.

## **3. The Significance of Educational Psychology in Teaching**

### **3.1. Guarantee Students' Mental Health**

The application of educational psychology in the field of education and teaching has been paid more and more attention. It can not only make scientific analysis of human psychological activities, but also give guidance to students in the educational stage on their mental health. At present, many teaching institutions have set up student mental health centers. The application of educational psychology can greatly improve the psychological health level of students in teaching institutions. The academic burden of our students is relatively heavy. If the psychological state cannot be scientifically adjusted, it will lead to the difficulty for students to receive good psychological health training at the critical stage of growth. In addition, the rapid economic development has led to profound and complex changes in society that have largely affected students in the education stage. Therefore, applying educational psychology to a greater extent in the field of education and teaching can make students' psychological growth more scientifically guided, so that students can have a higher level of judgment on new things in society and consciously shield social bad. The influence of factors keeps healthy growth.

### **3.2. Effectively Improving the Quality of Education Management**

The application of educational psychology in education and teaching plays an important role in strengthening the communication between teachers and students. It can help students at all stages to relieve pressure with the help of teachers' psychological counseling and help teachers to better carry out student management. With the support of educational psychology, it should be combined with the educational practice environment. Can increase the interaction and communication between teachers and students, close the relationship between each other. Whether it is for the students in the rebellious youth period, the high school students under heavy learning pressure, or the college students facing fierce competition for employment. It helps teachers to effectively clear up their psychological troubles and pressures, thus helping teachers to do scientific and reasonable student management and improve the quality of student management. Properly carrying out educational psychology and applying it practically can help teachers to carry out student management work more systematically, rationally and scientifically. To maximize the effectiveness of student education and teaching management.

### **3.3. Strengthen the Foresight of Education Work**

Educational psychology helps to improve the purpose, planning and foresight of educational and teaching work. Strengthening the application and practice of educational psychology in students' education and teaching is helpful for teachers to better understand students' internal psychological needs. Understand the students' psychological motivation and concerns in learning, and understand the students' learning objectives and future development direction. The research on the application of educational psychology in the education and teaching of students is to meet the needs and requirements of the development of the times. The modern educational and talent outlook not only requires talents to have solid quality and ability, but also to have healthy psychological quality and correct outlook on life. Educational psychology can promote students' mental health and promote the comprehensive development of talents. Teachers must constantly strengthen their theoretical study, understand and master the knowledge of psychology, and realize the combination of theory and practice in the teaching process. Enhance interaction with students, help students overcome various negative emotions, and maximize their functions of teaching and educating people.

## **4. The Application of Educational Psychology in the Process of Education and Teaching**

### **4.1. Establishing a good teacher-student relationship**

Equal teacher-student relationship has a positive impact on the development of students' cognition, emotion and mental health. Since our teachers are in the leading position in teaching activities, we should first change the traditional concept, put down the teacher's shelf and approach the students initiatively so as to form a new democratic, equal and cooperative relationship between teachers and students. Teachers should respect students, get along with them on an equal footing and carry forward democratic style in teaching. To promote mutual trust between teachers and students, establish a friendship relationship, and then educate students so that this friendship relationship can be transformed into a good teacher-student relationship. In addition, establish positive teacher expectations. In the teaching of each subject, according to the difficult procedure of the task, students of different levels can participate in the activity, so that the students feel that the teacher can treat each student equally. It also makes students feel that they are an indispensable part of this group, so that each student has a sense of belonging. This will naturally lead to a closer, harmonious, harmonious and tacit relationship between teachers and students.

### **4.2. Take encouragement as the main factor and give full play to positive evaluation**

As we all know, everyone loves encouraging and praising words, and students are no exception. Therefore, teachers should seize the students' psychology, encourage students with positive and positive language as much as possible in education and teaching, and strengthen the positive evaluation of students. If teachers constantly criticize students and criticize their mistakes in the

process of education and teaching, it will definitely hit students' self-confidence and dignity in learning and bring great negative impact on students' physical and mental development. Teachers, as instructors and collaborators in the education and teaching of students, should fully realize the positive effects that positive evaluation can bring to students. In the classroom after class, we will give positive evaluations, and strive to help students improve their physical and mental health, so as to ensure the improvement of teaching quality and the smooth realization of teaching effects. Teachers should guide students to form a positive, healthy and positive attitude towards life. Giving full play to the positive evaluation of students can help teachers to better carry out education and teaching.

### **4.3. Give full play to the advantages of non-intellectual factors**

In the teaching process, there is a gap in students' academic performance. Teachers will find that some very intelligent students do not perform well, while some students with average intelligence do. Most of the students have the same level of intelligence, but their results are obviously different. This shows that intelligence is not the only factor that affects students' performance. In the process of students' learning, personal hobbies, teachers' expectations, personal character and other factors will affect students' learning attitude and state. Therefore, teachers should also pay attention to these non-intellectual factors. At the same time, give full play to the role of non-intellectual factors, so that students' learning attitude is more positive. For example, a student in the class has a flat intelligence but a serious learning attitude and knows how to persist. Teachers should grasp this characteristic of students and praise and affirm the seriousness and persistence of students. On the one hand, teachers' praise can make students affirm themselves, on the other hand, they will also guide students to continue to persist and work hard, so as to make progress and make up for intellectual imperfections.

## **5. The Role of Educational Psychology in the Process of Education and Teaching**

### **5.1. Playing the Role of Caring Psychology**

Teachers are not only transmitters of knowledge, but also engineers of students' minds. They not only transfer professional knowledge to students, but also shape their thinking. To enable them to establish a correct outlook on life and have positive learning motivation. Therefore, teachers should not only pay attention to students' academic performance, but also pay close attention to students' recent emotional fluctuations. Close the relationship between teachers and students, at the same time, timely solve the psychological confusion of students. Teachers' zeal to care for students can not only eliminate their inner negative emotions and negative factors affecting their development, but also stimulate their autonomy and make them love learning and be happy to grow. Today, when employment pressure is extremely severe, college students, as a vulnerable group that is about to enter the society, will inevitably have negative emotions such as panic. They need teachers' help very much. When a teacher finds that a student has emotional and emotional distress in the education and teaching work, he should help him analyze the problem and solve the problem as a friend to promote the physical and mental development of the student and establish a good teacher-student relationship.

### **5.2. Focus on Emotional Communication with Students**

In the past education and teaching, there was a lack of necessary communication between teachers and students, especially in universities, where teachers and students usually met during class. Once the class is over, teachers and students will "go their own way", which alienates the relationship between teachers and students. Students have rebellious mentality and do not cooperate with teachers' education and teaching, which leads to low efficiency of teachers' education. Therefore, emotional communication between teachers and students is very necessary. Teachers need students' approval if they want students' support. When students realize through emotional communication that teachers are genuinely concerned and take good care of themselves, they will

willingly cooperate with teachers and enable them to successfully complete their education and teaching work. In educational psychology, the expectation effect is also known as the Pygmalion effect. Refers to the expectations of others to influence themselves, and urges them to constantly adjust and improve their own state under the influence of psychological suggestion, and develop their own potential. In education and teaching, teachers should use this effect scientifically. Give students a certain recognition, so that students always have a good attitude.

## 6. Conclusion

In the past education and teaching work, teachers and students lacked effective communication before, and the distance was too long, and the relationship between teachers and students was not harmonious. This situation makes it difficult for teachers to grasp students' learning and living conditions in a timely manner, resulting in low work efficiency. Therefore, the application of educational psychology in higher education and teaching is extremely necessary. It is of great significance to the realization of teaching objectives and the learning and development of students. The application of educational psychology in the education and teaching of students is consistent with the requirements of the times. The application of educational psychology in the education and teaching of students promotes students to form healthy psychology and promotes the improvement of students' comprehensive ability. Therefore, teachers should learn to understand and flexibly apply the knowledge of educational psychology, and reasonably grasp the psychological and personal characteristics of students. Pay attention to the change of ideas and strengthen theoretical study. In combination with education and teaching practice, under the guidance of psychology, actively carry out teaching work. Strengthen teacher-student interaction, help students overcome bad psychology, and fundamentally promote the improvement of students' education and teaching management.

## References

- [1] Noh N M , Siraj S , Jamil M R M , et al. Design of Guidelines on the Learning Psychology in the Use of Facebook as a Medium for Teaching & Learning in Secondary School.[J]. Turkish Online Journal of Educational Technology, 2015, 14(1):39-44.
- [2] Prenger R , Schildkamp K . Data-based decision making for teacher and student learning: a psychological perspective on the role of the teacher[J]. Educational Psychology, 2018(1):1-19.
- [3] Hrstedt, Maria, Lindfors P . Students' adoption of course-specific approaches to learning in two parallel courses[J]. European Journal of Psychology of Education, 2016, 31(2):209-223.
- [4] Anuradhaa, Shastri, Jen-Ting, et al. Motivation and Learning Among Educational Psychology Students in the United States and India[J],2014, 9(9):693-700.
- [5] Penashaff J , Altman W . Student Interaction and Knowledge Construction in Case-Based Learning in Educational Psychology Using Online Discussions: The Role of Structure.[J]. Journal of Interactive Learning Research, 2015, 26(3):307-329.
- [6] López-Íñiguez, Guadalupe, Pozo J I . The influence of teachers' conceptions on their students' learning: Children's understanding of sheet music[J]. British Journal of Educational Psychology, 2014, 84(2):311-328.
- [7] Paoloni P V , Vaja A B , V.L. Muñoz. Reliability and validity of the Achievement Emotions Questionnaire. A study of Argentinean university students[J]. Electronic Journal of Research in Educational Psychology, 2014, 12(3):671-692.
- [8] Karagiannopoulou E , Milienos F S . Testing two path models to explore relationships between students' experiences of the teaching-learning environment, approaches to learning and academic achievement[J]. Educational Psychology, 2015, 35(1):26-52.
- [9] Hagenauer G , Hascher T , Volet S E . Teacher emotions in the classroom: associations with

students' engagement, classroom discipline and the interpersonal teacher-student relationship[J]. European Journal of Psychology of Education, 2015, 30(4):385-403.

[10] Eitel A , Scheiter K . Picture or Text First? Explaining Sequence Effects when Learning with Pictures and Text[J]. Educational Psychology Review, 2015, 27(1):153-180.