

Psychology and its Role in Social and Educational Life

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Abstract

Humans face many challenges in social and educational areas. Psychology, as the scientific study of the mind, spirit, and behaviour, plays a crucial role in understanding these challenges and their effects on personal adaptation and growth. The discipline explores key psychological phenomena, including perception, cognition, emotion, personality, and interpersonal relationships, while also examining unconscious processes through the perspective of depth psychology. By applying psychological insights, the field helps improve social interactions, family life, education, and employment, as well as addressing mental health issues and their wider societal impacts. In education, psychology supports teaching and learning by recognising and tackling learners' psychological needs and obstacles, thus boosting their overall development and societal integration. Beyond education, psychology also covers diverse fields such as health, sport, industry, media, and law, contributing to productivity and human progress. Additionally, psychology enriches research across the natural sciences, social sciences, and humanities, offering valuable insights into human behaviour and the environmental factors that influence it. Ultimately, psychology proves its importance as both an academic subject and an applied science, with significant influence on social and educational life.

Keywords: Psychology, Social Life, Education, Human Behaviour

Introduction

One of the most significant duties of educational institutions is to build and shape individuals and change their habits according to specific academic programs and scientific curricula that the learner is subjected to, through successive and intentional educational steps to shape and build the learner's personality with its various psychological, social and academic aspects so that they can play an active and influential role in the life of society, according to the society's vision, needs, motives and inclinations. There are issues that students encounter that must be addressed and processed; negative phenomena that need to be addressed by these institutions; and other positive phenomena that require improvement to strengthen them in the learner's soul. These institutions work to enhance and motivate students to advance in their education. Pedagogical Psychology plays an effective and influential role in addressing

the issues that some students may encounter during the educational process, whether psychological, social, or academic. This is achieved through the use of methods of reinforcement, motivation, praise, and commendation. These methods have a psychological and emotional impact on the learner's personality and have the potential to address negative phenomena in students, reinforce positive ones, enhance students' abilities and motivate them to engage in the educational process, instil social and ethical values, and correct their behaviour. Hence, the role of Counselling and Pedagogical Psychology appears in evaluating learner behaviour, improving their academic level, and activating their social role.

Pedagogical Psychology plays a crucial role in shaping learners' personalities, influencing their behaviour during the educational process, developing their learning abilities and skills, identifying and enhancing their talents, and improving their academic and educational performance. The teacher must be familiar with psychology in its various branches, including pedagogical, counselling, instructional, linguistic, developmental, and growth Psychology, so that they can effectively deal with learners at all stages of development, particularly in terms of mental, psychological, motor, emotional, social, and other psychological changes that learners undergo. Thus, the teacher can control learners' behaviour, develop their mental and intellectual abilities, discover their talents and skills to enhance and create them, modify and correct their behaviour, build their creativity and instil confidence in them.

Pedagogical Psychology contributes significantly to the teaching and learning process, helping to build learners' capacities in various aspects of life, including social, psychological, and academic aspects. It also helps develop their intellectual and skill levels, enhancing their learning capabilities and leading to positive outcomes that pave the way for a bright future, where they achieve their goals and aspirations.

The Impact of Pedagogical Psychology on the Pedagogical and Educational Process

Definition of Pedagogical Psychology

Pedagogical Psychology is recognised as a branch of General Psychology. One of its most significant aspects is the study of the behaviour of learners and teachers, as they are the most crucial aspects of the educational process, both inside and outside academic institutions. This primarily represents the pedagogical aspect of the individual and society. It also focuses on the mental or motivational processes behind the behaviour of humans and living organisms. Moreover, it concerns studying, understanding, and explaining the mindset and motivation, as well as their impact on learning and teaching, to educate and inform individuals scientifically. Through this, it seeks to arrive at the rule that governs this behaviour, so that it can be understood, controlled, predicted in the future, and controlled to achieve effective learning that will achieve the pedagogical and educational goals of the individual and the group and confront the difficulties they encounter in the teaching and learning process.

Psychology is also known as the applied science that studies the psychological aspects of learners during the learning process. It also examines the factors that influence the learner's cognitive acquisition and skill performance, including both positive and negative elements. These mental phenomena include perception, intelligence, knowledge, and memory, and their impact on the individual's or learner's personality and the integrity of their personality, balancing their emotions in the educational process. It encompasses all aspects of the learner's personality, including tendencies and the exchange of relationships between

learners, their feelings and tendencies, and the extent to which these factors impact their human behaviour and mental processes.

Based on the foregoing, we can suggest a comprehensive definition of Pedagogical Psychology, which is:

Psychology is a branch of General Psychology that deals with theoretical and applied studies in the field of research and education of young people and the development of their potential and personalities by imposing hypotheses and testing them to verify them. It focuses primarily on the processes of teaching and learning, as well as the general foundations of teacher work, and conducting experiments to determine the best educational curricula, teaching techniques, and methods.

Second: Pedagogical Psychology, Teaching and Learning

Objectives of Psychology

Psychology, encompassing all subjects related to it in various areas of human life, seeks to explain, understand, predict, control, and manage human behaviour by modifying, directing, improving, or working to eliminate it, primarily through the use of scientific methods in studying human behaviour.

It was able to achieve three main objectives, including:

1- Understanding and Interpreting Behaviour. Psychology collects facts and formulates general principles and laws that enable it to understand and interpret behaviour.

First: Psychology helps the individual and learner understand their motivations for teaching and learning.

Second: Psychology helps us understand the strengths and weaknesses of a learner's or individual's personality, and the abilities, potential, and aptitudes one possesses that can be leveraged in the teaching and learning processes.

Third: The learner gets to know the behaviour of their colleagues through the mutual relationships and interactions between them within the educational institution.

Fourth: Psychology reveals to the learner the factors that distort their thinking, influence their learning process, or disrupt their teaching and learning process. This aspect is crucial for learners to perform their role in the teaching and learning process successfully.

Fifth: Psychology helps the learner to know the problems they confront and suffer from during the teaching and learning processes and the acquisition of knowledge.

Psychology and the Study of Learner Behaviour

The learning behaviour that leads to success or failure in the educational process contributes to collecting data on various educational difficulties and ways to solve them by stimulating motivation to learn or presenting information and skills in a way that resists forgetting and facilitates recall.

The book is intended for both trainee and practising teachers. It is divided into seven educational chapters. Chapter One addresses the general concept of Pedagogical Psychology. Chapter Two discusses the learning process from various perspectives. Chapter Three explores the teaching process and how to activate it to address multiple challenges. Chapter Four addresses motivation as a condition for learning. Chapter Five addresses the concepts of remembering and forgetting. Chapter Six focuses on psychological trends. Chapter Seven emphasises the significance of teaching concepts. In conclusion, I ask Allah Almighty to grant me success in achieving the book's objectives and to accept this work as a simple endeavour that contributes to the development of the teaching-learning process.

Types of Psychology

School Psychology

School Psychology combines the principles of educational and clinical Psychology to understand and treat students with learning disabilities. It also supports the intellectual development of gifted students, promotes constructive social behaviours in adolescents, and fosters a safe, effective, and supportive learning environment. School psychologists are trained in behavioural and educational assessment, intervention, prevention, and counselling techniques. Several school psychologists also have extensive training in research.

School Psychology has become the only field in which the title of "psychologist" can be given to a specialist without a doctoral degree. The Society grants the title of specialist to recent graduates, unlike the American Psychoanalytic Association, which does not recognise a specialist if someone holds less than a doctorate.

Those with a major in Psychology and three years of postgraduate training typically work exclusively in schools, while those with a doctorate work in various educational institutions, such as universities, hospitals, psychiatric clinics, and private and public practices.

Abnormal Psychology

Abnormal Psychology studies abnormal behaviour to describe, predict, explain, and change abnormal patterns of behaviour and actions. This branch of Psychology studies the nature and causes of Psychopathology, and this knowledge is applied in Clinical Psychology to treat patients suffering from mental disorders. It can be challenging to differentiate between abnormal and expected behaviours. In general, abnormal behaviours must be maladaptive and predispose a person to severe distress, so they merit clinical attention and investigation. According to the Diagnostic and Statistical Manual of Mental Disorders, behaviours may be considered abnormal if feelings of helplessness, frustration, violation of social norms, or dysfunction accompany them.

Biological Psychology

This branch of Psychology is based on the scientific study of the biological foundations of both behaviour and mental states. This branch of Psychology generally views behaviour as intertwined with the nervous system. Moreover, biological psychologists believe that studying brain functions is necessary to understand behaviour. This is the approach followed in the branches of behavioural neuroscience, cognitive neuroscience, and Neuropsychology. Neuropsychology seeks to understand the relationship between brain structure and function and specific psychological and behavioural processes. Neuropsychology is particularly

interested in understanding the damage to the brain that occurs as it attempts to perform normal psychological functions. Cognitive neuroscience, which studies the relationship between the brain and behaviour, relies on the use of neuroimaging tools, such as those that monitor which areas of the brain are active while performing a particular task. Please review the following note: Al-Mu'jam Al-Wasit defines the meaning of the Arabic word "nafs" [psych] as "rouh" [soul] and "rouh" [soul] as "nafs" [psych]. Therefore, since the soul emerges from the dead, the nervous system does not appear with death. From here, it becomes clear to me that the soul is a little more subtle than that, as I see it as the electrical current in the body, i.e., "Bionics."

The Quran did not prohibit research into these concepts, but they were not discussed because people at the time did not understand the meaning of the electron. They only knew that the smallest thing was the atom. Therefore, I consider this as such from a biological, "material" perspective. We can observe the operation of electrical devices when an electric current flows through them, just as a living organism does.

Cognitive Psychology

Cognitive Psychology studies the cognitions and mental processes that fundamentally control behaviour. Perception, learning, problem-solving ability, memory, attention, language, and emotion are well-researched areas of study. Cognitive Psychology is associated with the school of thought known as Cognitivism, whose followers advocate a model of information processing related to mental function that is inferred from Positive Psychology and Experimental Psychology. More broadly, cognitive science is the result of the work of cognitive psychologists, neurobiologists, artificial intelligence researchers, logicians, linguists, and sociologists. This science places a greater emphasis on computational theory and mathematical formulas than previous sciences. These two fields can use computational models to simulate new phenomena of interest. Because mental events cannot be directly observed, computational models provide a tool for studying the functional organisation of the mind. These models have allowed cognitive psychologists to study the mechanisms underlying mental processes, independent of the organs in which they occur. Organs in this context are the brain, or metaphorically, the computer.

Comparative Psychology

Comparative Psychology refers to the study of the behaviour and psyche of animals, not humans. It is based on disciplines outside the field of Psychology, which studies animal behaviour, such as the study of species in their natural environment. Although psychology initially focuses on the human world, the behaviour and mental processes of animals are a significant part of psychological research. This science has been considered a standalone issue (animal cognition and ecology) or as a firm assertion of evolutionary links, and, more controversially, as a means to delve deeper into human psychology. This can be achieved through comparison or through the behavioural and emotional systems of animal models, as in the field of Neuropsychology (e.g., affective neuroscience and social neuroscience).

Counselling Psychology

Counselling Psychology aims to facilitate the performance of personal and interpersonal functions throughout an individual's life, focusing on significant emotional, social, vocational, educational, health, developmental, and organisational issues. Psychologist-Counsellor

Practitioners are primarily medical doctors who use Psychotherapy and other methods to treat their patients. Traditionally, Counselling Psychology has focused more on matters of normal development and everyday stress rather than Psychopathology, but this distinction has been fading over time. Counselling psychologists are employed in a variety of settings, including universities, hospitals, schools, government agencies, businesses, the private sector, and community mental health centres.

Clinical Psychology

Clinical Psychology involves the study and application of psychology to identify, prevent, or reduce psychologically related stress or dysfunction, as well as to enhance individual well-being and personal development. Psychological assessment and treatment are at the core of this discipline. However, clinical psychologists may also be involved in research, teaching, counselling, forensic reporting, and the management and development of treatment programs. Some clinical psychologists may focus on the clinical treatment of patients with brain injuries, a field known as clinical neuropsychology. In many countries, Clinical Psychology is considered a medical profession concerned with mental health and is governed by various rules and laws.

The role of a clinical psychologist is influenced by several different therapeutic models, all of which involve a formal relationship between a clinician and a patient (usually an individual, couple, family, or small group of individuals). These diverse therapeutic approaches and practices are linked to various theoretical concepts and employ a range of procedures intended to form therapeutic connections, explore the nature of psychological problems, and foster new ways of thinking, behaving, and feeling. The four major theoretical concepts are Psychodynamic Psychotherapy, Cognitive Behavioural Therapy, Humanistic and Existential Therapy, and Family or Group Therapy. There has been a growing movement to unify all these different therapeutic approaches, particularly with increased understanding of issues related to culture, gender, spirituality, and sexual orientation. As powerful research discoveries in the field of Psychotherapy have increased, there has also been strong evidence that most of the major therapies mentioned above have an equal impact on the patient and that there is a great significant common element that unites them all: a strong therapeutic bond. Therefore, more training programs and psychologists are now following an eclectic approach to therapy (i.e., one that is based on selecting what is best in each of the different treatment areas).

Social Psychology

Social Psychology is concerned with the study of the nature and causes of an individual's social behaviour.

Social Psychology focuses on the study of social behaviour and human mental processes, particularly on how people think about each other and how they relate to each other. Social psychologists are particularly interested in the reactions that individuals exhibit to the social situations they encounter. These topics are studied within the context of the influence of others on an individual's behaviour (e.g., compliance, persuasion, etc.) and the individual's formation of beliefs, attitudes, and stereotypes about other people. Indeed, social cognition combines elements of Social Psychology and Cognitive Psychology to understand how individuals process, remember, or distort social information. The study of group dynamics reveals information about the nature and potential for activating and improving leadership,

communication processes, and other phenomena that occur, at least on a narrow social scale. In recent years, several social psychologists have become increasingly interested in implicit measurement processes, mediational models, the interaction between individuals and social variables, and the extent to which these factors influence behaviour.

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