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REVAMPING EDUCATION: FOSTERING PSYCHOLOGICAL DEVELOPMENT: A PEDAGOGICAL APPROACH FOR YOUTH UNDER NATIONAL EDUCATION POLICY 2020

*“Education is the passport to the future, for tomorrow belongs to those who prepare for today”
– Malcolm X*

Education is a fundamental tool for achieving full human potential, developing an equitable and just society, and promoting national development. Providing universal access to quality education is the key to India’s continued ascent, and leadership on the global stage in terms of economic growth, social justice and equality, scientific advancement, national integration and cultural perseverance. Education being a yardstick of a nation’s progress, has undoubtedly received attention from policymakers. In recent years, India’s education policy has been revamped under the National Education Policy 2020 (hereinafter as, NEP).

The NEP 2020 is founded on the five guiding pillars of *Access, Equity, Quality, Affordability and Accountability*. It seeks to prepare the youth to meet the diverse national and global challenges of the present and future. The global education development agenda reflected in the goal 4 (SDG4) of the 2030 agenda for sustainable development Adopted by India in 2015-seeks to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all by 2030.

The NEP heralds a transformative era in the educational landscape, emphasizing holistic development and fostering critical thinking among learners. One of the pivotal aspects of this policy is the integration of psychological development into pedagogy for youth. Recognizing the importance of nurturing not only cognitive but also emotional and social competencies, The NEP aims to foster psychological development too. Psychological development pedagogy encompasses methodologies aimed at enhancing students’ overall development. By integrating psychological principles into pedagogical practices, educators can create an inclusive learning environment conducive to holistic growth.

KEY COMPONENTS OF PSYCHOLOGICAL DEVELOPMENT PEDAGOGY

EMOTIONAL INTELLIGENCE TRAINING (EI) TRAINING: Emotional intelligence training is the ability to perceive, understand, and manage one’s emotions effectively. Integrating EI training into the curriculum helps students develop self-awareness, self-

awareness and empathy. Through activities such as mindfulness exercises, reflective journaling, and role-playing scenarios, students learn to recognise and regulate their emotions, fostering positive mental well-being.

EMOTIONAL LEARNING (SEL) PROGRAMS: SEL programs focus on cultivating social skills, responsible decision-making, and building healthy relationships. By incorporating SEL competencies into classroom activities and extracurricular initiatives, educators create a supportive environment where students feel valued and concerned. Peer mediation, collaborative projects, and community service initiatives are examples of activities that promote SEL and encourage positive social interactions among students.

MINDFULNESS AND STRESS MANAGEMENT: Mindfulness practices, such as deep breathing exercises and guided meditation, help students develop resilience and cope with stress effectively. Teaching mindfulness techniques equips students with invaluable tools to navigate the challenges of academic pressure and personal adversity. By promoting a culture of self-care and mental wellness, schools foster an environment conducive to overall psychological wellbeing.

POSITIVE RE-INFORCEMENT AND GROWTH MINDSET: Encouraging a growth mindset cultivates a belief in student in students' ability to learn and grow through effort and perseverance. Rather than focussing solely on academic outcomes, educators celebrate progress and effort, fostering a culture of positivity and resilience. Providing constructive feedback and recognizing students' achievements not only boosts self-confidence but also instils a passion for lifelong learning.

IMPLEMENTATION STRATEGIES AND CHALLENGES

While the integration of psychological development pedagogy holds immense promise, It's effective implementation requires careful planning and collaboration among stakeholders. Training programs for educators on incorporating psychological principles into teaching practises are essential to ensure fidelity and effectiveness. Additionally, allocating resources for professional development, curriculum adaptation, and support services is crucial to sustain to sustain long-term implantation efforts. Challenges such as limited resources, resistance to change, and cultural barriers and cultural barrier may hinder the seamless integration of psychological development pedagogy into educational institutions. Addressing these challenges necessitates proactive measures, including advocacy campaigns, stake-holders engagement, and policy reforms to prioritize mental health and wellbeing in education policy agendas.

WAY FORWARD

Psychological development pedagogy is integral to nurturing well-rounded individuals capable of thriving in an ever-evolving world. By embracing the principles of emotional intelligence, social-emotional learning and mindfulness, educators can empower youth to navigate life's challenges with resilience and empathy. Under the framework of national Education policy 2020, integrating psychological development pedagogy represents a paradigm shift towards

holistic education and prioritizes the mental health well-being of learners. Through concerted efforts and collaboration, one can create inclusive learning environments that foster psychological growth and empower youth to realize their full potential.

CITATIONS

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