

## Promotion of Self- Regulation among Students through Teaching



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### Abstract

Teaching-learning is a continuous process. Teaching is also meant for learning. Therefore, it has been said by various educationist that if there is no learning, there no teaching at all. But other than learning there are also some important aspects like self-regulation, creativity, compassion and tolerance. As the society is moving ahead on a rapid speed, it is must to control the emotions by self-regulation. To present unique and exceptional identity is the society creativity is an important aspect. Creativity is also important for self-respect among students. It is a matter for establishing in the society with different identity. If students are unable to show compassion and tolerance for other students and have been in general, what is the need of educating then? The education must educate people to live with harmony and there should be clear message of teaching for self-regulation, creativity and also compassion along with tolerance.

**Keywords :** - Self-Regulation, Self-Respect, Teaching, Society, Self-Regulation.

### Introduction-

It is well known fact that teaching is a continuous process. Human being is educated by its surrounding all over his life, in which family, school, society, environment etc. play a pivotal and significant role. Moreover there is inseparable relation between teaching and learning. Therefore it is being said that if there is no learning it means teaching and learning. Therefore it is lightly mentioned by Dr. B.O. Smith 'Teaching is a system of actions intended to induce learning.'

The basic and important question further arises to our mind is teaching for what. It means what should be the direction for teaching. Whether teaching is just meant for getting information about a particular topic or it has a greater sense to be understood. There are some basic areas which help us to understand the direction for teaching. It has also been seen that lack of basic human values lead to greater disaster in the society. The several examples of the students in India and especially in abroad have been seen that the lack of self-regulation, compassion and tolerance led to the huge amount of sorrow and unhappiness among them.

### (1) Teaching for Self-regulation-

The foremost aim of the teaching is to be meant for Self-regulation. Our teaching should encourage students to set their own goals and strategies to achieve it. Barry Zimmerman (2002) defines it as the process we use to activate and sustain our thoughts, behaviours and emotions in order to reach our goals. Moreover there are certain factors which influence self-regulation up-to great extent. They are

- (i) Knowledge
- (ii) Motivation
- (iii) Volition
- (iv) Family Influences

There is a great duty and responsibility of teacher to educate their students in such a way that they may be capable of themselves. Further they may have the knowledge of their subject, task at hand, strategies for learning. Similarly motivation is important factor for learning. Volition is nothing but will power. To have self-discipline family influences and more as it is the beginning stage. There are certain phases of self-regulation.

They are

- (i) Forethought phase.
- (ii) Performance phase.
- (iii) Self-Reflection phase.

Forethought phase is meant for setting clear goal in which task analysis and self-motivation beliefs are important whereas performance phase is meant for self-control and self-observations. Having come to self-reflection phase, self-judgment and self-reaction play an important role. Thus teaching for self-regulation can be understood.

## **(2) Teaching for Creativity-**

Creativity is the ability to produce work that is original, but still appropriate and useful (Berk, 2002). To solve important problems creativity, talent and intelligence are must. Therefore teaching must focus on divergent thinking. There should be brainstorming sessions in the class room to give proper stage for expression. Teacher must avoid the ownership of ideas.

Creativity is the key of learning. Students have to be encouraged for one's own ideas. In this world, where everyone is born with some special and creative skills, it is responsibility of teacher to create such condition which may lead to creativity. In this way, there also will not be any competition among students as everyone will be producing something new and unique for society. The teacher's responsibility is to develop student as smart learner who is more independent. The benefit of the society is also remains in that.

## **(3) Teaching for Compassion and Tolerance**

Compassion and tolerance are two great factors that influence to live together. Moreover these are the factors which are essential for a living world. Otherwise the Columbine High School massacre that took place on April 20, 1999 in Columbine led by two senior students Eric Harris and Dylan Klebold killing 12 students and one teacher may occur in the society time and again. Hence it is a great responsibility of education system for providing such an education which will teach society to live together with compassion and tolerance. Schooling should include character education which was essential and integral part during Ancient India Education. Group work and cooperation in learning must be incorporated. Cooperative learning must be arranged.

Making cooperative learning work, face to face interaction, positive interdependence, individual accountability, group processing, and much more can be done. There is also need of setting of cooperative groups.

## Conclusion

Teaching is being done extensively all over the world. Hence change in it may also be seen at large scale. Therefore teaching should be done for self- regulation, creativity, and tolerance along with compassion. It may bring greater change in society in this society. The very change in the mentality of people is required. Especially it is the great responsibility of the teacher to create such an atmosphere in the class where everyone must be feeling constructive for his own knowledge. The teaching for self-regulation may be leading for greater purpose. To control the pace of emotions teaching must be done with the positive attitude. No one can be alone in the society. There must be compassion and tolerance for other students. Thus teaching must be for greater reason.

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