

# The applied research of educational psychology in teaching

Feng Lili

Liaoning Normal University, Dalian 116029, China

**Abstract:** To improve the effectiveness of teaching, we need to follow the law of students' learning psychology, analyze the characteristics of learning from the perspective of educational psychology, help students to get rid of misunderstandings and construct a set of more efficient learning methods. In this process, teachers' educational philosophy and educational level are directly related to the quality of education. Educational psychology is the theoretical basis of pedagogy, and promotes the in-depth development of educational discipline. Analyzing the objective law of educational psychology provides the ideological basis for future teaching, which is the basic principle to be followed in carrying out educational work.

**Keywords:** Teaching, Educational psychology, application

## 1. Introduction

Any teaching reform must be finally implemented to the specific level of teachers' behavior, and educational psychology is rich in content, covering multiple modules such as cognitive development and intellectual development, which is not only related to the growth of teachers but also related to students' learning. The modern educational reform promoted by educational psychology, if teachers can comply with the law of psychological process, will certainly promote students' mastery and utilization of relevant knowledge, change students' learning behavior at the same time, so that students can seek the best learning environment by self-management, eliminate potential learning obstacles.

## 2. The psychological process and educational psychology of students mastering knowledge

The psychological process of students mastering knowledge is realized by their own subjective behavior in essence. If teachers can comply with the psychological laws of students and help students to complete the content learning with correct course methods, they can form more effective strategies in the extraction and utilization of knowledge. Although there are differences among each learning individual, the purpose of education is not to eliminate differences, but to help different people to achieve deeper progress on the basis of self-development. Many experts believe that there are several reasons for students' failure in study. The first is lack of confidence, and the second is not aware of their own ineffective learning behavior has a negative impact on learning. Thirdly, learning management cannot be effectively adhered to, thus giving false feedback to the learning effect and making learning strategies unable to adapt to the actual learning requirements [1]. Specifically, the learning characteristics of students are shown in Figure 1.

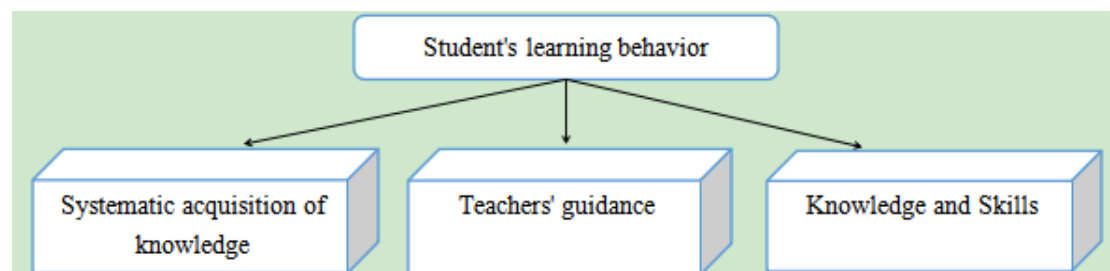


Figure 1 Learning features

A new round of basic education curriculum reform based on the construction of learning theory and humanism, etc., put forward a new harmonious relationship between teachers and students, the

relationship is very accord with the value of human and social development needs, but excessive emphasis on words and deeds in the process of implementation of personality is the academic equality between teachers and students, ignore students' basic education stage. Teaching is not the basic education in the traditional sense, but the practical behavior including all kinds of educational activities. Teaching materials are pure and mature frontier knowledge of educational discipline, while educational researchers and other research results reflect the frontier influence of science and philosophy on educational theory.

In the process of promoting the value of human development, education provides the direction of survival and research for psychology, and provides the corresponding field of activities for its maturity and expansion. Psychology, on the other hand, regards development as the research basis of fact, which ensures the scientization of educational research methods. Culture is not only the foundation of social development, but also the driving force of social development, which has all the characteristics of internal ecology. Education has the historical responsibility of inheriting and innovating culture. In the process of learning, people not only contain psychological attributes, but also social attributes and cultural attributes.

### 3. The relationship between educational psychology and learning

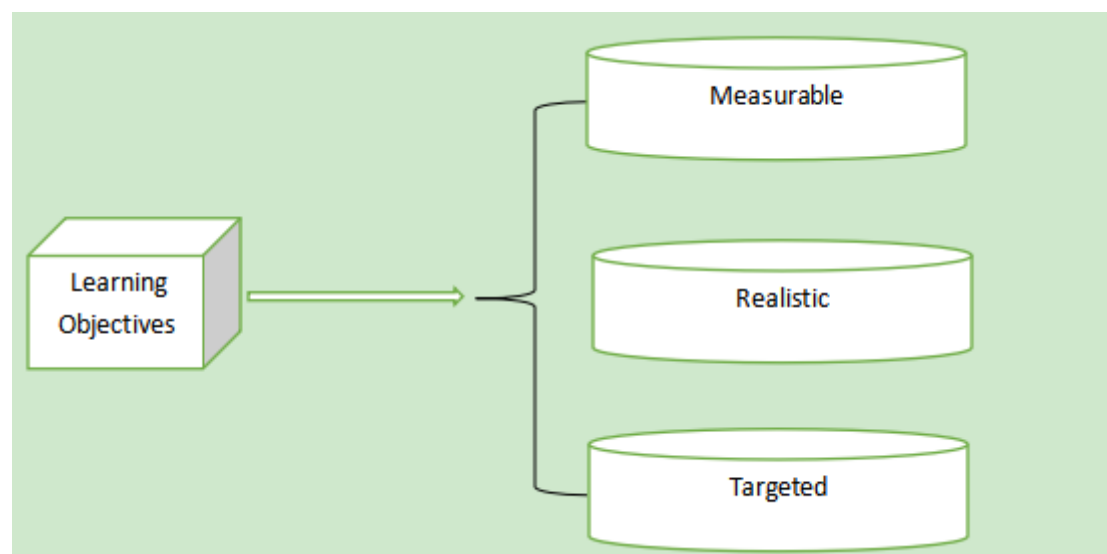
Follow the rules of memory to ensure learning efficiency. From a psychological point of view, memory is a key factor in learning, and learning without memory cannot be effectively promoted. Memory is also divided into instantaneous memory, long-term memory and short-term memory, whose main characteristics are shown in Table 1.

*Table 1 Characteristics of different memories*

Memory type	Characteristics
Immediate memory	The performance of input information over a period of time
Long-term memory	Information that has been noticed and noticed over a period of time
Short-term memory	The ability to retain and process new information for a long time

Assuming that different types of information are integrated in the existing learning process, it can correspond to different learning stages. Taking pre-class preview as an example, pre-class preview is a short-term memory of knowledge, which can form a preliminary understanding of knowledge by drawing pictures, outlining and taking notes, and mobilize a variety of senses to participate in the learning process by using memory psychology, so as to effectively enhance the understanding and deepening of knowledge. The review stage is common sense memory. After scattered review and heavy and difficult knowledge learning, it can integrate into a complete knowledge system framework with real life.

From the perspective of learning motivation, learning motivation, as the internal motivation to promote students' learning, is also the basic condition to help students achieve learning. Before reaching the goal, students should clarify their learning orientation, namely, the information structure shown in Figure 2.



*Figure 2 Learn the information structure in positioning*

Under normal circumstances, the main reason for students to have bad emotions in learning is the wrong psychological and conscious tendency, such as boredom and anxiety about learning. These wrong emotions do not have an impact on the knowledge itself, but will lead to a negative learning state of students, resulting in a lot of inattention or inappropriate procrastination behavior. To avoid this, educational psychologists recommend ways to reduce anxiety during the learning phase, such as simple relaxation exercises, meditation or more physical activity.

Self-management at the learning stage. This refers to the comprehensive management of learning behavior, including time management, self-management and environmental management. Often, students fail to manage scientifically in the learning process and teaching process because they do not know what work to accomplish and do not break a learning goal into several smaller goals. This makes it impossible for teachers to set target tasks according to the actual state of students in teaching [2].

Physically, there are several productive periods in each day. The first is right after waking up in the morning. Followed by 8:00 a.m. to 10:00 a.m. Then 6:00 to 8:00 in the afternoon, and finally a period of time before falling asleep. If students can learn to manage themselves and manage their time well during the study period, they can effectively improve their study efficiency, memory and energy. The general rules of the educational process and the educatees are the central content of educational research. Teachers need to find a suitable method on this basis to impart knowledge to students and establish a theoretical system pedagogy based on the educational object and the educational process itself. Educational psychology provides the key support for self-management in the learning stage. When students can have a positive psychological state, there will be a positive learning process in the learning process.

#### 4. The concrete application strategy of educational psychology

In the era of increasing number of clusters and physical devices, an effective management system can ensure the intelligent operation and maintenance needs of the big data platform, so that all kinds of abnormal monitoring indicators can be supervised and abnormality detection can be started from understanding the distribution law. This research is based on time series and clustering analysis, and future work will need to be optimised in terms of model fitting and extraction of anomaly information features to help the platform collect raw and intelligent data and update and upgrade the O&M system.

Guarantee the quality and frequency of educational evaluation. Achievement evaluation is the most intuitive and simple educational evaluation, which plays an important role in the whole teaching stage. Whether it is on-site evaluation in class or the final examination at the end of the semester, it can have a direct or indirect impact on students' learning psychology. School teachers play a key leading role in teaching and need to correct and improve students' wrong learning behavior. It should be noted that if the wrong psychological suggestion or psychological education method is adopted, it will not only fail to play the role of positive advice, but also cause students to have self-doubt and immerse themselves in bad emotions for a long time, and even affect students' self-management process. Teachers can choose some positive principles to argue that positive evaluation can be achieved through appreciation education, which can help students build a healthy inner world without damaging students' psychological resilience, and pay attention to the quality and influencing factors of positive evaluation [3].

The role of positive evaluation is to promote individual development. Educators and psychologists have studied individual development from different perspectives, and there are some similarities in the research conclusions. Based on the research results of psychology and educational practice, we can analyze and dissect students' management behaviors in detail, as shown in Table 2.

*Table 2 Student management of different content*

Managed projects	Focus	The specific content
General management	Teach students according to their aptitude and develop at different stages	Step by step to complete the cultivation of personality and traits
Learning management	Cognitive development, ability development	Pay attention to the cultivation of thinking and logic, pay attention to the stability of learning
Psychological management	Emotional development, perception development	Learning attitude experience, intelligence development, personality development, self-regulation ability

In the whole management stage, teachers should give full play to the role of expected benefits, so that

students can feel the obvious positive psychological suggestion, and then convert this part of psychological suggestion into learning motivation, to promote their own benign development. At the same time, teachers should be more hope that the value of education, may, when necessary, will be some negative evaluation into encouraging appropriate evaluation, such as "you shouldn't just so a few points" can be replaced by "I think you can got higher scores", in guarantee under the premise of students' mental health, promote students' active progress and development.

Determine multi-level educational indicators. Multi-level educational indicators are designed to help students achieve benign development. For example, intelligence, as a key indicator to measure the quality of thinking, is the main research object of educational psychology, but intelligence is not the only factor to measure students' mental health level and personal ability. In addition to intelligence factors, non-intelligence factors such as diligence, effort, luck and even objective factors all play a very important role in individual success. Although many students are quick in thinking, their professional quality and ability cannot be improved due to their poor learning attitude. There are also some students who lack personal understanding ability, but he is serious that although he can not get very good results, he can properly expand on the premise of mastering the basic content. In carrying out education, teachers should timely discover students' psychological confusion and abnormality, consciously break through the communication channels of emotion with the help of contemporary educational psychology theories, and focus on helping students improve their self-adaptation ability. Once students appear some danger signals or bad behaviors in the learning stage, psychological knowledge can be used to help students to carry out effective adjustment. Education as a whole comprehensive and dynamic research method is not pure humanistic research methods, but absorbed social science research, teachers in the selection and application of the contents, should consider the correct learning situation for students, pay attention to students' intelligence, personality differences, several aspects of the difference of cognitive differences and learning behavior, Based on the requirements of humanism and constructivism, conduct behavior guidance and psychological guidance [4].

## 5. Conclusion

The development of education itself requires teachers to carry out creative professional adjustment, and to follow the psychological laws of students and strengthen learning and communication. As an educator, only by continuous thinking and innovation can the educational work keep pace with The Times, so that the function and function of contemporary educational psychology in education get widespread attention. In the follow-up practical work, we should help each student to tap their own potential and bright spot, establish self-confidence, and improve the quality of education and teaching.

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