

An Introducing “Cap Concept” in a Class Room Learning for the Students to Achieve Success

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Abstract

Unchanged Indian education system has blocked student’s interest in active learning in the classroom. All the time and all the ways students are demotivated, distracted and pressurized. Teaching in the class room made the teachers get limited for completion of the portion and also the modern educational institutions are wordless in beyond classroom teaching. Corporal punishments, exams and home works are only become the methods to measure the children. It made all the way children feel helpless, hopeless and worthless. In the classroom students are only expected to be silent and pay attention towards continues sessions. The other hand teachers have no way to pay little time to make children get motivated and active. However unless we create a positive and motivational environment in the classroom no use whatever we teach, only we can complete the portion not inculcating values of concept we teach. The main aim of this study is to implement the cap concept which creates attention of the students towards positive change in their behaviour, concentration in the class, developed confidence, motivated towards social involvement and many more. Cap concept is nothing but awarding an attractive cap to a student in the classroom for the appreciation of a small positive work that he or she has done. The student awarded cap will wear it and sit in the particular session. It influences the student to feel proud by the identity and claps given by the classmates. The particular student will also will start liking and accepting the particular teacher and their guidance. The activity is conducted for 50 high school students; 25 girls and 25 boys. Interview schedule, primary and secondary methods are used and the study is descriptive in nature.

Keywords: Students, Teachers, Behaviour, Adolescents, School and Motivation.

INTRODUCTION

According to 2011 census the population of India is 1.21 billion. 315 million of this population is below the age of 20 years. This young population is getting nurtured in the schools, colleges and other educational institutions. Learning is a major aspect of this young population where mankind get civilized. Article 45 of the Indian constitution states that, “The state shall strive to provide free and compulsory education to all citizens up to the age of 14.” But the thing is that whether the students are encouraged towards inculcation of knowledge in the learning environment. This young population is really influenced by the modern education system and teachers. Whether classrooms are the places to produce future personalities in to the society? Is teacher and student relationship is well maintained for better understanding and sharing knowledge. Or student is well supported mentally and socially in his response towards classroom behaviour. If we think towards today’s education system it gives us an unbelievable truth. One student suicide per hour in India and it has highest suicide rate in the world, these all due to the collapse of confidence, lack of support, motivation and academic pressure in students. Cap concept will try to support the students isolated by the society in identification of his real potential and create a healthy nurturing in the classroom teaching.

CLASS ROOM BEHAVIOUR OF THE STUDENTS

Unchanged and modernized education system made students to be the failures to adopt social values. They lack to understand the behaviour concept according to the social aspects and its differences. Students are made to develop complicated in thinking, work and response. Exams are playing major roles behind students in making them often fall in to depression, stress and some time to the suicidal thinking. Corporal punishments in the class room, discrimination on the basis of marks, gender and cast, religion, economic and family background of the students are also influencing the students to get negative behaviour in the classroom or fall in to hopelessness, helplessness and worthlessness. Students in the classroom with certain behavioural problems like identity seeking, arrogance, bullying, lying and irrespective. Being destructive, some time making noise to disturb the class, pinching others, laughing, looking through window is the common behaviour of the students in the classroom.

CAUSES BEHIND BEHAVIOUR PROBLEMS

There are various causes for behaviour problems. The result of the survey shows that the 30% of young students population expressed several behavioural problems. Behavioural change in students is much more significant than their academic problems. Behaviour will always divert the teacher’s attention towards particular student. Sometime it pulls down the positive thinking of the student or creates social isolation. Student discouraged, de motivated or negatively treated will get adopted some unacceptable attitudes such as increased anger,

hyper activity, being irrespective, being arrogant, bullying, lying, distractive behavior, inappropriate dressing, negative attitude towards subjects & teachers. In some cases students involve in antisocial activities such as drug or substance abuse robbery, physical harm etc. suicide and suicidal attempts are also toady challenging social problems. On the other hand there are several causes behind such behavioural problems in students.

Case study 1: Kiran (name changed) studying in class IX was disciplined & good at study. A day before mathematics exam he got emotionally disturbed by some family issue. So that he was not able to perform better in the exam & failed. His mathematics teacher had lot of expectation & hope on him but by seeing his result teacher got angry and blasted at him in the classroom in front of all his classmates, as she was ignore about the problem. This had made impact on the behaviour of Kiran and he started disliking that teacher and her subject. Kiran also started miss behaving in the class by disturbing the class day by day. In the time of three weeks Kiran was awarded cap for 5 times which cause positive change in his behaviour. He could obsolete come out of emotional problems and perform better in mathematics.

Case study 2: Hema (name changed) from class VIII since three years she is studying in an educational institution. She is a girl who always helps others, share & care others very good in her academics too. But her shy nature never made her utilize any opportunity. By seeing her friend's participation & achievement in extracurricular activities she started feeling guilty considering herself as useless. The class teacher awarded cap for Hema in the duration of 3 weeks for 7 times. Hema was so happy and motivated to come forward, expressed her interest in activities and learning. The case studies are specifically highlighting that the child in the classroom with several emotional, social & psychological problems can be treated by the 'Cap Concept' to encourage & give an identity to the particular student to influence towards positive change.

CLASSROOM TEACHING

Teachers in the classroom will expect students to be silent and attentive towards teaching. But when some student will not meet her or his expectation or set of principles in the classroom they change in their approach towards those particular students. Such changed approaches includes corporal punishments, being partial, demotivate the student etc. Balancing the different learning needs of students is very difficult and challenging too. Every student who walks through the system of education is different. Respecting expectations from school admits, Helping parents and students meet long-term goals. As a teacher is important to be flexible in rearranging plans and having backups for when school-wide activities might disrupt your normal routine. "I usually have my week planned out ahead of time. Good communication and good planning can help to ensure that students are getting the full educational and social experience of school. Many of my students don't understand the value of education because they have never seen the benefits education can offer them. I talk to

them about their futures and their goals, guiding them through their education route if they want to become a doctor or a lawyer or a teacher. I have guest speakers come into my class so that students can see what kind of careers are available and what type of education they need to be successful in those careers”. Students are one of the most vulnerable groups of people who could be prone to mental health issues. According to a study, around 37% college students in India are suffering from depression or some form of mental illness. India also has one of the highest student suicide rates in the world, and on an average, one student commits suicide every hour, according to the data presented by the National Crime Records Bureau (NCRB)

CHALLENGES IN TEACHING THE STUDENTS WITH BEHAVIOURAL PROBLEMS

It is really a challenge to the teachers to influence the students towards their subjects, make them stay in attention, well understanding and motivated. Today’s social aspects made students get often distracted and sudden change in their behaviour. Students are really critical to predict and understand. There are no ways left to the teachers to reach out the unique behaviour of the students.

Case study 1: I am a teacher of class X, since 13 years I am in this profession. I have a student who is critical to predict and tough to understand. His father is an owner of a bar and mother housewife. Financially rich but not educates. The student is also given bike to come for school. He will form group of the students, makes party in the school campus and spend lot of money. If we object, his father makes it as an issue and brings public in to the school. This is influencing the child to think anti institutional and considering himself that he can do anything in the school premises. *Case study 2:* A girl of class VIII with lot of fear and lack of confidence. From the time she enters to the classroom to the time she leaves, there will be no response towards teachers. If anyone asks about her problem she starts tearing. Social, emotional and psychological problems of the children are major reason on their scholastic backwardness. It is a challenge to the teachers to deal with such students who appear with such problems. Sometime family problems such as illiteracy, financial issues, relationship breakup, husband and wife conflicts, blind beliefs in the family, single parenting or working parents, family migration will also play the major role in influencing children’s classroom behaviour. Such students express lost hope, confidence, concentration, discipline, and humanity in the class which is a challenge to the teachers to control, change or modify it.

CAP CONCEPT

The “Cap concept” is one of the effective tools in bringing significant changes in student’s behaviour inside the classroom. It is also a therapeutic approach which motivates and encourages the students to get adopted positive behaviour and improved academic and extracurricular performance. It will also increase the confidence level in the students to step

forward in to extracurricular activities. Cap concept is nothing then awarding an attractive cap to a particular student in the classroom by identifying his or her positive work done in the school. Mainly this concept is to influence the students who with lack of confidence, scholastic backwardness and negative behaviour such as ADHD, HD, ASD etc.

PROCESS OF CAP CONCEPT

A teacher in his or her class will list out the students with several behavioural problems like being isolated, arrogant, hyperactivity, and bullying, lying, aggressive, destructive behaviour. Teacher will identify any positive work done by them through observation, counselling, feedback by the deferent teachers and his or her classmates. After identifying a student for the cap award teacher will ask him to come on the dais and tell the positive work done by him congratulate. Cordially all the students in the classroom will clap and wish the awardees. The student received cap will be allowed to wear it and sit in the classroom for that particular session. A chart will be designed on the classroom wall where awardees' name and numbers of time award received will be written which motivates the awardees as well as his or her class mates to adopt good behaviour and win the cap. At the end of the session teacher will encourage the awardees to express his feedback and recollect the cap. Duration of cap concept program from not lesser then 4 months to maximum one full academic year. In each session feedback should be taken by the awardees. Each month feedback should be taken by the teachers and his or her classmates as their observation, but this feedback must be confidential (not in the open session) and make sure that the client is not aware of this. And after the monthly feedback it is important to make the awardees understand hiss aria of improvement and also make him understand his or her need in aria of focus to have positive change. It is very important to maintain the confidentiality during the period of therapy on any negatives of the client. Only positive improvement of the client must be disclosed and announced in the class by giving appreciation. Class 4th to 10th students only eligible for this therapeutic activity. Before conducting this activity Therapist must understand the student's behaviour, family background, emotional, physical and social history of the students by teachers and respective people and by observation, questionnaire method also can be used.

ANALYSIS

Personal Data: Number of respondents taken for the study is 50. Male respondents were 50% and female were 50%. 40% of respondents aged between 15 and 16 years, 30% between 14 and 15 years and 30% between 13 and 14 years of age. 94% of samples belong to Hindu religion and 6% of samples from Muslims. Education vice distribution of the sample is 30% from the class 8th, 30% from class 9th and 40% samples from class 10th.

Behavioural problems of the Students: The report of the data collected from the samples indicates that 54% of the male and 38% of female respondents often express emotional weakness in the learning aspects. 68% of male and 64% of female respondents developed

negative attitude towards subjects and teachers. 18% overall respondents expressed that they often fall in to isolation and 48% of male and female respondents showed aggressive behaviour towards peers. 32% of respondents are scholastically backwards and 22% of respondents have hyperactive disorders. 28% of overall respondents expressed that the often lie to the teachers. 20% of the male respondents have repetitively expressed bullying with their peers and 28% female respondents reported that they back bite on each other with their peers.

Result of Cap concept: in 50 (100%) samples total 32 (64%) samples (male 20 (40%) and 12 (24%) female) respondents are awarded cap in the duration of 3 weeks. 8 (16%) male respondents 6-8 times, 7 (14%) male respondents 4-6 times and 5 (10%) male respondents 2-4 times received cap in the duration of 3 weeks. 8 (16%) of female respondents 8-10 times and 4 (8%) female respondents 4-8 times awarded cap in the duration of 3 weeks. In 32 (64) respondents who received cap 28 (56%) respondents expressed very good positive behavioural change in them, 4 (8%) respondents expressed good behavioural change.

CONCLUSION

There are no spirits then motivation to influence an individual towards stepping forward to achieve his or her goal. The greatest achievers always lay down behind the inspiration of one or another person's, situations or by the stories of success. Motivation is one of the important aspects behind life leaving of each mankind. "Life is hope and hope is life" if there is no hope in life there is no individual longer on this earth. To create the great hope in an individual in the classroom for learning need of his or her life leading cap concept play the major role in this competitive and complicated world. Every individual are unique and their behaviour can be modified on the basses of this concept. Cap concept will work to inspire the individual to make his or her uniqueness in to practical. The above study made it very clear that the cap concept will surely help the teacher to influence the students with behavioural problems to bring positive change in them. By the data of the above study says that 64% of respondents have expressed positive change in their behaviour in

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