

THE ESSENCE OF LEARNING PSYCHOLOGY IN TEACHING INTERACTION AND LEARNING PROCESS

Abu bakri PASARIBU¹, Khairunnikmah HARAHA², Soufy Atma ZAKI³, Masyitah MASYITAH⁴

^{1,2,3,4}Islamic Religious Education, Faculty of Tarbiyah, Raudhatul Akmal Islamic College, Indonesia

Corresponding Author: Abu Bakri Pasaribu

E-mail: pasaribubakri06@gmail.com

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Abstract:

Learning psychology is a crucial component in education because it serves as a foundation for understanding the dynamics of interactions between teachers and students. This article aims to analyze the nature of learning psychology in the context of teaching and learning processes. Through a library research approach, the discussion focuses on understanding learning psychology theories such as behaviorism, cognitive, constructivism, and humanism, and their application in creating an effective, enjoyable, and adaptive learning process to meet students' needs. The study results indicate that educational psychology plays a significant role in supporting teachers in developing relevant learning strategies, recognizing student characteristics and needs, motivating learning, and creating a conducive learning environment. Therefore, mastery of educational psychology is a primary requirement for teachers to optimally carry out their professional role in educating and guiding students towards holistic development, both intellectually, emotionally, and socially. Educational psychology plays a strategic role in the teaching and learning process, particularly in helping educators understand student characteristics, design appropriate learning methods, and create a classroom atmosphere that supports learning development.

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INTRODUCTION

The educational process is essentially a complex interaction between educators, students, and the learning environment. One crucial aspect influencing the effectiveness of this interaction is learning psychology. Learning psychology is a branch of educational psychology that examines how individuals acquire, develop, and remember information, as well as how learning behaviors and attitudes are formed. Understanding these psychological aspects is crucial, especially in the context of secondary school learning, where students are at a significant stage of cognitive and emotional development.

In a secondary school environment, teachers serve not only as transmitters of material but also as facilitators and motivators in the student learning process. Therefore, a teacher's ability to understand the psychological characteristics of their students is key to a successful learning process. Yusuf, M., & Arini, D. (2024). Students have different backgrounds, interests, learning styles, and developmental levels. The interaction between teachers and students must accommodate this diversity for optimal learning. However, in practice, not all educators have an adequate understanding of learning psychology. Many challenges are faced in the classroom, such as low learning motivation, differences in academic ability, difficulty understanding material, and students' lack of attention to the learning process. This situation highlights the need for a more in-depth analysis of the application of learning psychology in teaching activities to create more effective interactions between teachers and students.



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Through an analysis of learning psychology, teaching approaches and strategies that are appropriate to students' needs can be identified. These approaches encompass learning theories such as behaviorism, cognitive, constructivism, and humanism, each of which has implications for classroom learning practices. By understanding how students process information and react to learning stimuli, teachers can create a learning environment that supports their intellectual, emotional, and social growth. Therefore, it is important to examine further how the principles of learning psychology are implemented in teaching interactions and how they influence student learning at the secondary school level. This study is expected to contribute to improving the quality of learning and creating a classroom atmosphere that is more conducive and adaptive to student needs. Hidayat, M., & Lestari, N. (2020).

Understanding the essence of learning in an educational context is crucial. Every year, numerous studies focus on the theories and mechanisms by which humans acquire knowledge. The learning process itself is a lifelong process, with individuals continually gaining new insights through formal and non-formal education. Although learning is a primary focus in educational psychology studies, the definition of learning is still considered complex and has many perspectives. Generally, learning is defined as a process or effort by a person to acquire knowledge, understand something, or master a particular subject. Therefore, an understanding of learning psychology – often referred to as educational psychology – is essential for educators. Mastering the fundamentals of psychology is a necessary first step.

Etymologically, the term "psychology" comes from the Greek words psyche, meaning "soul," and logos, meaning "science." Thus, psychology is the science that studies various aspects of the human psyche, including its symptoms, processes, and influencing factors. In professional practice, psychology is often defined as the study of human behavior and the mental dynamics that accompany it.

Learning and psychology are closely related. For teaching staff, such as lecturers and instructors, a thorough understanding of educational psychology is crucial. This is because psychological factors heavily influence teaching activities. Compared with other professions, such as doctors or lawyers, the role of teachers is more closely tied to psychological aspects. For example, understanding the character and personality of students is crucial. In practical learning, not all students have the same level of attention and understanding when presented. This situation has led to the emergence of various learning approaches designed based on the principles of learning psychology. These approaches include direct experiments, discussions, the use of media such as films, and the use of learning technology.

The goal of these various methods is to create a psychological atmosphere that can foster students' interest in learning. When students are interested in the lesson, they will focus more on the teacher's explanations and gradually develop a love for the material.

METHODS

This journal is written using a library research method, namely an approach that relies on the review and analysis of the thoughts of experts taken from various literature references and books related to the topic discussed.

RESULTS AND DISCUSSION

The Nature of Teaching and Learning Psychology. Teaching and learning psychology is a branch of psychology that specifically examines the interaction process between educators and



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students in an educational context. This science aims to understand how individuals acquire knowledge, attitudes, and skills through the learning process, as well as how teachers can create effective teaching conditions. Teaching and learning psychology focuses not only on learning outcomes but also considers the mental and emotional processes that influence students' ability to receive and understand lessons. Marlina, E. (2021).

Learning is a complex psychological process. During learning activities, students not only receive information but also process, store, and apply it in real life. Therefore, understanding learning psychology is crucial so teachers can identify internal factors such as motivation, interests, emotions, and learning styles that influence the effectiveness of the learning process. Psychology provides a foundation for teachers to understand that each student is unique and has different learning styles.

In teaching and learning psychology, teachers are not only transmitters of material but also facilitators and motivators who guide students in developing their potential. Teachers need to understand students' psychological aspects, such as cognitive, emotional, and social development, to optimize the learning process. This understanding allows teachers to create a more humane, adaptive, and tailored teaching approach to students' needs.

The term "psychology" is certainly familiar to us, both in the literature we read and in everyday conversation. Generally, each individual has their understanding of the meaning of psychology. However, what exactly is the meaning of psychology? Etymologically, the word "psychology" comes from Greek, consisting of two root words: psyche, meaning soul, and logos, meaning science. Therefore, psychology can be defined as the science that studies the human soul. Through this science, we can explore various phenomena related to mental conditions, including human behavior, which emerges as a manifestation of hidden mental processes.

William James described psychology as the science that examines aspects of the human mind. Meanwhile, Chaplin stated that psychology is the science that studies human and animal behavior and examines how an organism responds to social and environmental changes.

Gleitman (1986) explains that psychology is a science that aims to understand human behavior, the reasons behind their actions, and how they think and feel. This view aligns with the opinion of Edwin G. Boring and Herbert S. Langfeld (in Sarwono, 1976), who stated that psychology studies the essence of human beings, both in the form of physical behavior (psychomotor) and mental processes such as thinking and feeling.

According to John B. Watson (1978), psychology is the science that observes the behavior of organisms, both humans and animals. This view is reinforced by Floyd L. Ruch (1977), who adds that psychology also involves the study of thought processes and individual emotional reactions. In the Encyclopedia of Education, Poerbakawatja and Harahap (1981) state that psychology is a branch of science that investigates various mental phenomena and activities, as well as organisms' responses to their environment. On the other hand, Muhibbinsyah (1995) reiterates that psychology is a science that seeks to understand human behavior, their motives and ways of behaving, and how these mental and emotional processes occur.

The Role of Educational Psychology in the Teaching and Learning Process. Educational psychology is a branch of psychology that plays a crucial role in improving the quality of learning, including Indonesian language learning. As a subdiscipline of psychology, educational psychology integrates theories and methods from various branches of psychology to understand the teaching and learning process more effectively. The application of educational psychology principles, such as Fleming's VARK learning styles and Piaget's constructivist theory, can help students overcome



learning barriers through approaches tailored to their needs. Thus, educational psychology not only supports teachers in designing relevant learning methods but also helps students actively and individually construct understanding. Andriani, N., & Susanto, H. (2020).

Psychology plays a vital role in education because it can help determine the appropriate psychological approach in every interaction during the learning process. Educational psychology serves as a tool for understanding and overcoming various challenges that arise in the teaching and learning process, both related to the definition, nature, and objectives of education, and is closely related to concrete experiences occurring in the school environment.

Educators are expected to be able to implement learning that is not only technically efficient but also meaningful for students. This requires teachers to be sensitive in recognizing students' mental states, understanding their behavior and character, and recognizing factors that can optimally develop their potential. Therefore, a deep understanding of the concepts of educational psychology is crucial so that teachers have a broad perspective in addressing learning issues and are not fixated on a single method.

Educational psychology makes various important contributions to the education system, including:

1. Promoting teacher professionalism: Educational psychology serves as the foundation for developing teachers and prospective teachers to be able to carry out teaching duties appropriately, responsibly, and in accordance with students' needs.
2. Playing a role in curriculum development: This science contributes to designing and improving curricula that are in line with current developments and learning needs, so that educators can use them as a reference in designing effective learning strategies.
3. Supporting educational administration and supervision systems: Educational psychology also plays a role in determining managerial policies and supervision in educational institutions, carried out by principals or administrators, to ensure the continuity of the learning process in accordance with curriculum standards.
4. Developing critical thinking and problem-solving skills. Through psychological understanding, teachers are guided to identify the causes of learning obstacles, formulate appropriate solutions, and organize activities that support student growth and development. Prasetyo, Y., & Mulyani, S. (2021).

In other words, educational psychology is a branch of psychology that focuses on individual behavior in educational contexts. Its primary focus is on the learning and teaching process, as well as the internal factors within students that influence the achievement of learning objectives.

Educational psychology is a branch of psychology that specifically studies individual behavior in educational contexts, particularly in relation to the teaching and learning process. This science contributes significantly to educational success because it provides a theoretical and practical foundation for how the learning process can be effective and efficient. Educational psychology helps educators understand student characteristics, identify learning barriers, and design appropriate learning strategies tailored to students' needs and potential.

One of the primary roles of educational psychology is to provide an understanding of individual student differences. Each student has a different background, interests, learning styles, and ability levels. Through an educational psychology approach, teachers can recognize these differences and adapt the methods, approaches, and learning media used to ensure that learning is fair and comprehensive for all students. For example, by understanding that some students are more

visual while others are more kinesthetic or auditory, teachers can design more varied learning activities that are appropriate to these characteristics. Furthermore, educational psychology plays a role in understanding students' cognitive and emotional development. Each developmental stage has its characteristics, including thinking patterns, social skills, and emotional control. Educators who understand these developmental stages will be better able to create a conducive and enjoyable learning environment. For example, when dealing with adolescent students, teachers need to recognize that they are in the process of discovering their identity, thus requiring a more empathetic and dialogical approach. Fauziah, N., & Ismail, H. (2019).

Educational psychology also provides a foundation for understanding student learning motivation. Motivation is an internal factor that significantly influences learning success. Through psychological studies, teachers can identify factors that foster or inhibit student motivation, such as the need for recognition, security, self-actualization, and social support. Teachers who understand these motivational aspects will be able to provide appropriate encouragement, for example, through praise, positive reinforcement, challenges, or empowering students in the learning process. Furthermore, educational psychology helps teachers implement effective classroom management strategies. An orderly, communicative, and harmonious classroom atmosphere significantly influences the success of the learning process. By understanding the psychological dynamics of group interactions, teachers can manage the classroom with an educational, non-authoritarian approach while still maintaining discipline and students' enthusiasm for learning. Educational psychology also teaches how to address student deviant behavior, both preventively and curatively, using an educational approach.

In the context of learning evaluation, educational psychology also plays a crucial role. Teachers assess not only the outcome of the learning process, but also the process itself. Through a psychological approach, evaluations can be designed to be more objective, fair, and reflective of students' actual abilities. Educational psychology provides guidance on assessment principles, validity, reliability, and how to provide constructive feedback to motivate students to continue learning.

Educational psychology supports teachers in becoming effective facilitators and mentors. Teachers no longer act merely as sources of information but also as companions who guide students to develop their potential optimally. With an educational psychology approach, teachers are able to build positive relationships with students, encourage their active involvement in the learning process, and foster self-confidence and independence in learning.

Overall, the role of educational psychology in the teaching and learning process is complex and multidimensional. This discipline not only provides theoretical understanding but also equips teachers with practical skills in designing, implementing, and evaluating quality learning processes. Wulandari, S., & Ramadhan, F. (2023). Without an adequate understanding of educational psychology, teachers will struggle to navigate the complexities of the world of education, which is rife with individual and social dynamics. Therefore, mastery of educational psychology is an absolute requirement for creating a humanistic, effective, and sustainable learning process.

The Benefits of Studying Educational Psychology. Educational psychology is a crucial discipline to study, especially for educators, prospective teachers, educational administrators, and those who monitor student development. This science provides in-depth insight into the teaching and learning process, as well as the psychological factors that influence educational success. By understanding educational psychology, educators can be more discerning and professional in facing the ever-evolving dynamics of the educational world. Zainuddin, A., & Rahmawati, L. (2023).



One of the primary benefits of studying educational psychology is to understand the characteristics of individual students. Every child has a different background in terms of intelligence, personality, learning style, interests, and emotional state. Through a psychological approach, a teacher can adapt learning methods to suit each student's individual needs. This will make learning more inclusive, equitable, and have a positive impact on child development.

Another benefit is increasing the effectiveness of learning. Educational psychology helps teachers understand the basic principles of learning, such as how students receive, process, store, and remember information. With this understanding, teachers can design more structured and enjoyable learning strategies and choose approaches that are appropriate to the material and students' characteristics, both cognitively, affectively, and psychomotorically.

Educational psychology also helps teachers motivate students appropriately. Motivation is a key factor in the learning process. By understanding motivational theories such as Maslow's hierarchy of needs, Skinner's reinforcement theory, or intrinsic and extrinsic motivation theories, teachers can create a classroom atmosphere that supports students' enthusiasm for learning. This includes how to provide praise, challenge, and constructive feedback to encourage students to achieve optimal performance. Siregar, A., & Harahap, R. (2022).

Furthermore, studying educational psychology is beneficial in developing teachers' classroom management skills. Teachers who understand the psychological aspects of group dynamics will be better able to create a safe, comfortable, and conducive learning environment. Good classroom management is not just about arranging seating or rules, but also about fostering positive relationships between students, resolving conflicts, and maintaining student motivation and engagement in learning. Another benefit of educational psychology is helping teachers understand and overcome learning difficulties. Not all students experience the same learning process, and some may experience obstacles due to cognitive, emotional, social, or even environmental factors. Educational psychology provides teachers with the knowledge and skills to identify these obstacles, provide appropriate assistance or intervention, and collaborate with others, such as parents or school psychologists.

Educational psychology also provides the foundation for conducting objective and fair learning evaluations and assessments. By understanding the principles of evaluation from a psychological perspective, teachers focus not only on final results but also on the student's learning process. Evaluation can be used as a diagnostic tool to monitor student development and as a basis for designing subsequent learning. This helps teachers not only assign grades but also guide and accompany students in their learning process. Fitriyani, R., & Gunawan, A. (2019) study educational psychology, which also shapes teachers' professional attitudes. A teacher who understands educational psychology will be more reflective and wise in their attitudes towards students. They will be less easily swayed by emotions, able to assess student behavior objectively, and uphold the values of empathy, tolerance, and fairness in learning. Overall, educational psychology makes a significant contribution to shaping educational practices that are more humane, effective, and adaptive to changing times. By mastering this knowledge, educators act not only as teachers but also as mentors who understand and facilitate the holistic development of students – intellectually, socially, emotionally, and morally.

CONCLUSION

Educational psychology plays a strategic role in the teaching and learning process, particularly in helping educators understand student characteristics, design appropriate learning methods, and



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create a classroom atmosphere that supports learning development. Understanding psychological learning theories enables teachers to tailor learning approaches to the needs and learning styles of each student. Educational psychology also supports the development of teacher professionalism, the formulation of relevant curricula, effective classroom management, and fair and objective learning evaluation.

Through a psychological approach, teachers can overcome various challenges in learning, such as low student motivation, differences in academic ability, and emotional barriers. Thus, studying educational psychology not only improves the quality of teaching but also helps teachers become mentors who understand students' potential and challenges holistically. Therefore, mastering educational psychology is essential for every educator to realize a humanistic, effective, and sustainable learning process.

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