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## Psychological Foundations of Education

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### Abstrak

Penelitian ini bertujuan untuk menganalisis landasan psikologis pendidikan, khususnya teori-teori perkembangan, serta pengaruhnya terhadap proses pembelajaran. Latar belakang penelitian ini didasarkan pada pentingnya pemahaman terhadap perkembangan psikologis peserta didik guna menciptakan pembelajaran yang efektif dan bermakna. Namun, masih banyak pendidik yang belum sepenuhnya memahami bagaimana teori-teori perkembangan dapat diterapkan dalam praktik pembelajaran. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kepustakaan melalui kajian berbagai teori perkembangan, seperti perkembangan kognitif, sosial, dan emosional. Hasil penelitian menunjukkan bahwa pemahaman terhadap tahapan perkembangan peserta didik dapat meningkatkan strategi pembelajaran, interaksi di dalam kelas, serta hasil belajar. Pendidik yang menerapkan prinsip-prinsip psikologi dalam pendidikan cenderung lebih mampu menciptakan lingkungan belajar yang menarik, adaptif, dan sesuai dengan kebutuhan peserta didik. Oleh karena itu, landasan psikologis pendidikan memiliki peran yang sangat penting dalam mendukung keberhasilan proses pembelajaran.

**Kata Kunci:** psikologi pendidikan; teori perkembangan; proses pembelajaran; peserta didik; pengajaran.

### Abstract

*This study aims to analyze the psychological foundations of education, particularly development theories and their influence on the learning process. The background of this research is the importance of understanding students' psychological development in order to create effective and meaningful learning. However, many educators still lack a deep understanding of how developmental theories can be applied in teaching practices. This study uses a qualitative method with a literature review approach by examining various theories of development such as cognitive, social, and emotional development. The results show that understanding students' developmental stages can significantly improve teaching strategies, classroom interactions, and learning outcomes. Teachers who apply psychological principles in education tend to create more engaging and adaptive learning environments. Therefore, psychological foundations are essential in supporting effective learning processes and achieving educational goals.*

**Keywords:** educational psychology; development theory; learning process; students; teaching.



## Introduction

Education is a key factor in determining the quality of human resources. The educational process involves various interrelated aspects, one of which is the psychological aspect. The psychological foundation of education is crucial because it relates to the development and characteristics of students during the learning process.

However, in practice, many educators still don't fully understand the importance of psychological aspects in learning. This can lead to ineffective learning processes because they don't align with the developmental stages and needs of students. Therefore, an understanding of psychological foundations is essential in education.

The psychological foundations of education encompass the study of how students develop and learn. This encompasses cognitive, emotional, and social development, which influence the learning process. By understanding this, educators can adapt learning methods and strategies to be more effective and tailored to the individual student's needs. (Yuliati & Atikah, 2025)

Based on this description, this study aims to examine the psychological foundations of education and its role in improving the quality of the learning process. It is hoped that this research will provide educators with a deeper understanding of how to apply psychological principles in education.

Furthermore, each student has a different background, abilities, and learning style. These differences present a unique challenge for educators in delivering learning materials. Without a thorough understanding of students' psychological conditions, the learning process tends to be one-way and less attentive to individual needs. As a result, not all students can optimally grasp the material.

In the context of modern education, learning approaches no longer focus solely on delivering material, but also on how students can be active, creative, and develop holistically. This is where a psychological foundation is crucial for designing student-centered learning activities. (Sofiana & Aly, 2023) Educators are required to be able to understand the motivations, interests, and potential of each



individual.

Furthermore, psychological factors also significantly influence student learning success. Conditions such as self-confidence, anxiety, learning motivation, and the social environment can impact learning outcomes. Therefore, educators need to create a comfortable learning environment and support students' psychological development so they can learn optimally.(Setiadi, Fredrick; Basaria, 2026)

With a good understanding of the psychological foundations of education, it is hoped that the learning process will not only focus on the final outcome but also consider the overall development of students. This is crucial for education to produce individuals who are not only intellectually intelligent but also emotionally and socially mature.

## **Research Methods**

This study employed a qualitative research method with a library research approach. This approach was chosen because the research focused on examining concepts and theories related to the psychological foundations of education through various written sources.

The data sources in this study consist of secondary data obtained from books, scientific journals, articles, and other literature relevant to the research topic. These sources were selected based on their relevance to the psychological foundations of education and their relevance to student development and the learning process.

The data collection technique used a documentary study, which involved identifying, collecting, and reviewing various literature related to educational psychology. The researcher then noted key points related to relevant concepts, theories, and previous research findings.

Next, the collected data was analyzed using qualitative descriptive methods. The analysis was conducted by systematically grouping, interpreting, and organizing the information to gain a comprehensive understanding of the

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psychological foundations of education. This analysis process aims to clearly illustrate the role of psychological aspects in supporting the success of the learning process.

The steps in this research include: collecting relevant literature, selecting and classifying sources based on the discussion topic, analyzing the content of each source and drawing conclusions based on the results of the study that has been conducted.

## **Results and Discussion**

Based on the results of studies on various concepts in educational psychology, it can be understood that psychological foundations play a crucial role in the learning process. These foundations relate not only to how students receive material, but also to how they develop holistically, cognitively, emotionally, and socially.(Yuliawati, 2008)

In general, research results show that each student has different characteristics in the learning process. These differences include intelligence level, learning style, interests, motivation, and environmental background. Therefore, a uniform learning approach is not always effective for all students. Educators need to understand each individual's psychological condition to ensure optimal learning.(Hidayah, N; Hardika; Susilawati, Y, S; Gunawan, nd)

One important aspect of the psychological foundation of education is cognitive development. This development relates to the ability to think, understand, and solve problems. Students at each age level have different stages of cognitive development. For example, early childhood students tend to learn through concrete experiences, while older students are able to think abstractly.(Cu, Lie Li; Acep, Lauw; Priyono, 2026)This shows that learning methods must be adapted to the developmental stage so that the material can be understood well.

In addition to cognitive development, emotional aspects also have a significant influence on the learning process. A stable emotional state will help



students focus and feel more comfortable while learning. Conversely, students experiencing stress, anxiety, or low self-confidence tend to have difficulty understanding the material. Therefore, educators need to create a pleasant and supportive learning environment so that students feel psychologically safe. (Sidiq, Apip Ansurullah; Rohanda; Kodir, 2026)

Social aspects are also crucial to the psychological foundation of education. Interactions between students and their peers and educators can influence the learning process. A positive social environment will encourage students to be more active, confident, and confident in expressing their opinions. Conversely, a less supportive environment can lead to students becoming passive and less developed.

The study also shows that learning motivation is a key factor in successful learning. Highly motivated students tend to be more active, persistent, and persistent in the face of difficulties. This motivation can come from within (intrinsic) or from outside (extrinsic), such as support from teachers, parents, and the surrounding environment. Therefore, educators need to provide encouragement, appreciation, and engaging learning methods to maintain student learning motivation.

Furthermore, learning styles are also an important part of the psychological foundation of education. Each student has a different way of receiving and processing information. Some learn more easily through visuals, others through hearing, and still others through hands-on practice. (Mustadi, Ali; Fauzani, Ainun; Rochmah, 2018).

By understanding these learning styles, educators can use a variety of learning methods so that all students can follow the learning well.

In practice, implementing the psychological foundations of education requires educators to be more creative and innovative. Educators serve not only as transmitters of material but also as facilitators, able to guide and understand students' needs. This can be achieved through the use of a variety of learning methods, such as discussions, group work, problem-based learning, and the use

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of engaging learning media.(Hidayanto, Nugroho; Sjamsir, 2025).

However, in reality, various obstacles remain in implementing a psychological foundation for education. One common obstacle is educators' lack of understanding of student characteristics. Furthermore, time constraints, large student populations, and inadequate facilities also hinder the implementation of psychologically appropriate learning.

Nevertheless, it is crucial for educators to continually strive to improve their understanding of the psychological foundations of education. This can be done through training, reading literature, and teaching experience. With a sound understanding, educators can create a more effective, engaging, and tailored learning process to students' needs.(Rahmat, 2022).

In addition to the aspects previously explained, the study also shows that attention and memory play a crucial role in the learning process. Students who are able to focus effectively tend to receive and understand the material more easily. Conversely, a lack of focus can result in the information not being fully absorbed. Therefore, educators need to use engaging and varied methods to maintain students' attention throughout the learning process.

Memory is also a cognitive aspect that cannot be ignored. The process of remembering depends not only on individual ability but is also influenced by the way the material is presented.Nurhuda, Foundation of Education (Malang: Ahli Media Press, 2022).The use of concrete examples, repetition, and linking material to everyday experiences can help students retain information longer. This demonstrates that appropriate learning strategies significantly influence students' success in understanding and remembering material.

Furthermore, readiness to learn is also a crucial factor in the psychological foundation of education. Readiness to learn encompasses the physical, mental, and emotional state of students before participating in learning. Students who are tired, unwell, or experiencing emotional problems tend to have difficulty following lessons.(Rosmayati, S; Latifah, D, E; Maulana, 2022). Therefore, educators need to pay attention to the condition of students and create



a conducive learning atmosphere so that learning readiness can be achieved optimally.

The discussion also shows that reinforcement has a significant influence on student learning behavior. Providing rewards, praise, and positive feedback can increase student enthusiasm and motivation. Conversely, excessive criticism or inappropriate punishment can decrease self-confidence and interest in learning. Therefore, educators need to be wise in responding to student learning outcomes.

Furthermore, the role of the family environment is also a factor influencing students' psychological well-being. Parental support, a conducive home environment, and attention to a child's education can positively impact learning development. Conversely, a lack of attention and support from the family can lead to low motivation and a lack of enthusiasm for learning. This demonstrates that education is not solely the responsibility of the school, but also the family.

In a broader context, the school environment also plays a crucial role in shaping students' psychological well-being. Harmonious relationships between teachers and students, as well as between students, can create a comfortable learning environment. Schools that foster a safe and enjoyable environment will encourage students to be more active and participate in learning.(Uno, B, Hamzah; Lamatenggo, 2016).

Furthermore, the study also shows that individual differences are unavoidable in education. Each student has different potential and abilities, and therefore, they cannot be treated equally. Educators need to provide proportional attention and adapt learning methods to accommodate each student's needs.(Et al., 2026).

Another important aspect is the development of students' personalities. Education aims not only to improve academic abilities but also to shape good character and personality. Values such as responsibility, discipline, cooperation, and honesty need to be instilled from an early age. In this regard, educators act as



role models, providing concrete examples in everyday life.

Furthermore, creativity is also an important aspect of psychological development. Students who are given the opportunity to think creatively tend to be more active and develop better problem-solving skills. Therefore, learning should not focus solely on memorization but should also provide space for students to explore their ideas and concepts.

In today's era of technological advancement, the psychological aspects of education also face new challenges. The use of technology in learning can be beneficial, but it can also have negative impacts if not properly managed.(Setiadi, 2026). Therefore, educators need to be wise in utilizing technology to continue to support the psychological development of students.

Based on the overall discussion, it can be understood that the psychological foundations of education encompass various interrelated and inseparable aspects. From cognitive, emotional, social, motivational, and environmental development, all play a role in determining the success of the learning process. Therefore, the appropriate application of psychological foundations is key to creating a quality education.

Furthermore, the psychological foundations of education also recognize the principles of readiness and maturity, which significantly influence learning success. Students cannot be forced to understand material if they have not yet reached a certain level of readiness. Therefore, learning must be tailored to the developmental level and maturity of the students to avoid excessive pressure. Educators need to understand that each individual has a different pace of development, so the learning process must be flexible.(Safitri, Ria; Fitriyadi, 2026).

Furthermore, the concept of transfer of learning is also an important part of educational psychology studies. Transfer of learning is a student's ability to apply previously learned knowledge or skills in different situations. This demonstrates that learning is not solely focused on momentary understanding but also on students' ability to apply that knowledge in everyday life. Therefore,

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learning needs to be designed contextually so that students can connect the material to real-life experiences.

Furthermore, psychologically-based evaluation or assessment plays a crucial role in the learning process. Evaluation aims not only to measure learning outcomes but also to understand student development holistically. Good assessment must consider cognitive, affective, and psychomotor aspects to provide a comprehensive picture of student abilities. Thus, evaluation results can be used as a basis for improving subsequent learning processes.

Another aspect that needs to be considered is the role of empathy and interpersonal relationships between educators and students. A good relationship will foster trust and openness, so students don't feel pressured in learning. Educators who can understand their students' feelings and conditions will find it easier to guide and direct them. This demonstrates that learning success is determined not only by the method, but also by the quality of the relationship between educator and student.

Furthermore, it's also important to consider moral development within the psychological foundations of education. Education aims not only to cultivate intelligence but also to shape positive attitudes and behavior.(Rizkiana, 2026)Moral values such as honesty, responsibility, and social awareness need to be instilled through the learning process. This way, students will not only develop intellectually but also develop strong character.

Furthermore, studies on the psychological foundations of education explain that students' cognitive development occurs gradually and is influenced by their learning experiences. Each individual has different thinking abilities according to their age and maturity, so not all students can understand material in the same way. Therefore, educators need to adjust learning methods to the level of cognitive development of students so that learning can run effectively and does not cause excessive difficulties.

The constructivist approach is also an important foundation for understanding the learning process. In this approach, students do not simply

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passively receive information but actively construct knowledge through experience and interaction with the environment. This suggests that learning that actively engages students, such as through discussions, practice, and problem-solving, is more effective in enhancing understanding than learning that focuses solely on lectures.(Slavin, 2020).

From a social perspective, the interaction between students and the learning environment significantly influences their development. A supportive environment, both in terms of relationships with teachers and peers, can help students develop thinking and social skills. Therefore, collaborative learning, such as group work and discussions, is crucial for implementation in the educational process.

Furthermore, learning motivation is also a crucial factor in successful learning. Highly motivated students are more active, enthusiastic, and persistent in the face of learning difficulties. This motivation can be enhanced through various means, such as providing rewards, positive feedback, and creating a comfortable and enjoyable learning environment.(Schunk, 2020).

Furthermore, the use of technology in learning is also part of the psychological development of education in the modern era. Technology can be an effective tool for increasing student interest and engagement in learning. However, technology use must also be accompanied by supervision to prevent negative impacts, such as dependency or decreased direct social interaction.

Furthermore, student readiness to learn is also a crucial factor that cannot be ignored. This readiness encompasses physical, mental, and emotional conditions, which influence a student's ability to receive learning. Students who are not psychologically prepared tend to have difficulty understanding the material, so educators need to ensure that students are ready before beginning learning.

Furthermore, learning evaluation plays a crucial role in the psychological foundation of education. Evaluation serves not only to measure learning outcomes but also to assess students' overall development. Through evaluation,



educators can identify students' strengths and weaknesses, thereby improving their teaching methods.(Woolfolk, 2021).

Thus, it can be understood that the psychological foundations of education encompass various interrelated aspects, ranging from cognitive development, motivation, social interaction, to the use of technology in learning. All of these aspects play a vital role in creating an effective and appropriate learning process.needlearners.

## Conclusion

Based on the issues raised in the introduction, namely the lack of understanding among educators regarding the importance of psychological aspects in the learning process, it can be concluded that the psychological foundation of education plays a very important role in improving the quality of learning. This is evident in various aspects that influence the learning process of students, such as cognitive, emotional, social, motivational development, and differences in individual characteristics. The application of psychological foundations has a positive impact in the form of creating more effective, enjoyable, and student-centered learning, although in practice there are still various obstacles such as limited understanding of educators, time, and supporting facilities. Therefore, development efforts are needed through improving educator competence and the use of more innovative learning methods so that the application of psychological foundations can run optimally. Thus, it can be emphasized that the understanding and application of psychological foundations are essential in the world of education because they are the main key to creating a quality and meaningful learning process.

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*Al-Murabbi Journal of Islamic Education, Vol. 5, No. 1, Year 2027*

*E-ISSN: 2986-4658*

*DOI:10.62086/al-murabbi.v5i1.1327*

