



## Role of a teacher as a facilitator to increase the concentration of Highschool students.

**Dr. Prakash Indalia**

Director, Swaraj Research Institute.  
Email - dr.prakashindalia@gmail.com

**Abstract :** *Education plays a very important role in the overall development of the children. 'Educational process is related to concentration. 'Concentration is the act of concentrating on an object or idea.' Teachers play an important role, as a facilitator to increase concentration among students.*

*The objectives of the present research paper are,*

- 1) To understand the concept of Concentration.*
- 2) To know the role of a teacher as a facilitator to increase the concentration of school students.*
- 3) To introduce the different activities to increase students' concentration.*

*Teacher can motivate students and minimise their stress, by organizing different activities.*

*As a facilitator, the teacher can provide opportunities to increase the concentration of the students.*

**Keywords :** *Concentration, facilitator, social transformation.*

### 1. INTRODUCTION:

Education has become an essential requirement in human life for the overall development of the individual. Education is considered an effective tool for national development, progress and social transformation at all levels. Education is a tool of social control and social change. For that, education should be equally effective.

Education has three main roles which are as follows:

- Corrective
- Prohibitive
- Creative

The objectives of the present research paper are,

- To understand the concept of Concentration.
- To know the role of a teacher as a facilitator to increase the concentration of school students.
- To introduce the different activities to increase students' concentration.

The most effective factor in the education process is the teacher. The impact of education depends on the teacher's diligence, honesty, loyalty to the profession and social standing.

Educationalist Ghormode in his book 'Educational Thinkers, Indian, Western', mentioned the opinion of the Russian thinker that, 'Educational process is related to concentration. Education is not a matter of external imposition but an interaction'

(Ghormode K., 2006 p. no, 163)

### Definition of concentration:

Concentration is an intense study. No matter how many obstacles come in doing a determined task, face it firmly and have unwavering faith towards your goal, do not deviate from it, even if you get a little bit of difficulty, everything is easily possible. Concentration is the deep state of mind required for any work. Concentration is the concentration of the mind, intellect, heart and senses to complete a task

Concentration is the unification of mind, intellect and senses in a subject or work.

(Mali, 2009, Page No.8 to 11)

Bhatia and others in their book 'Educational Psychology', define Fletcher as follows,



'Concentration is the act of concentrating on an object or idea.'

(Bhatia, Walia, Mangal and Dutt, 2004, pg no. 89, 91)

A teacher provides opportunities to students in school. That's why his role is important. The learning process is all about concentration. Therefore, teachers should try to increase concentration among students.

Concentration requirement for school students:

Jadhav K.K. in his book 'Education and Philosophy of the New Age', wrote, 'Concentration of minds as the essence of education'. Concentration of the human mind is an essential aspect of education. The power of concentration makes a person successful in life. The doors of knowledge are opened by the key of concentration, so concentration is the key to real success.

(Jadhav K. K., 2008, p. no., 139)

If you look at the school exam results every year, it can be seen that the number of students who failed is significant as compared to appeared students. Some students cannot concentrate properly on their studies. Today due to lack of concentration, many students lose their confidence and fail in exams. Today's student lives in a competitive world. One of the biggest problems in today's competitive world is that students have more stress. The stress of academic and parental expectations as well as social problems are also increasing among the students. Students mainly complained that they could not remain attentive to their studies, and different thoughts came while studying. As a result of this, many students of the 10<sup>th</sup> and 12<sup>th</sup> classes did not have success up to the mark. To solve these problems, it is very important to pay attention to the student's concentration of mind.

Some of the reasons for not having concentration among the students are lack of goal or not right goal in their mind, emotional problems, not being prepared for study, not being interested in the subject, finding the subject difficult, having physical and mental fatigue etc. Along with this, if the mind is not healthy and stable, it is not possible to achieve concentration.

## 2. Need for Teacher's role as a Facilitator to enhance Concentration:

- Concentration is the foundation of all knowledge. Concentration is very important to achieve the goal. If concentration is achieved in the case of any work undertaken, then that work will be successful, moreover, success will be achieved only if the goal is achieved through concentration. For that, the teacher should guide the students to achieve the goal by achieving the correct target.
- Today's age is the age of information technology. It is very important to increase the moral and confidence of the students. In this modern era as a facilitator, the teacher should boost the moral of the students and increase their confidence.
- To achieve the highest peak of success in any field of life, it is very necessary to increase physical and mental concentration. If teachers organize Yoga, Pranayama and Brain stimulating activities for students, it will definitely help in increasing their concentration.
- Find and remove raw links between students. Internal and external motivation should be effective for teachers to teach well. For extrinsic motivation, teachers should clarify objectives, make frequent changes in teaching methods, use educational tools, and use different perspectives. Also, creating a suitable environment should be mainly paid attention to.
- To strive and give self-suggestion to increase positive attitudes among students.
- To make the students in the habit of proper planning of studies.
- Deliberately organize activities, and reserve hours to allow teachers to revise difficult topics.
- Organizing activities to get students used to thinking about one thing at a time.
- Encouraging students to pursue various hobbies.
- Providing appropriate guidance to students for self-motivation.

As a facilitator, the teacher can provide the following opportunities:

Teachers should organize the following activities to increase students' concentration

- Conduct deep breathing (Pranayama) and Vrikshasana for at least 5 minutes' daily.
- At least 5 minutes every day! Conducting Omkar chanting.
- Before leaving for school and at the beginning of the prayer.
- Giving to solve Sudoku.



- Create crosswords and give them to solve.
- Reciting a story or content Creating a scene from memory.
- Conducting discussions.
- Giving pictures or figures to find differences or mistakes in figures to increase concentration.
- Create and solve puzzles.
- Preparing models for science subject.
- Conducting some psychological experiments to increase concentration.

At the same time, through various games, the teacher can provide opportunities to increase the concentration of the students.

➤ Organizing specific games to increase concentration.

eg. Throwing objects from a distance (usually 1.5 meters to 2 meters) into a circular area on the ground, hitting a chalk or ball from a distance into a circular area on the floor.

➤ Providing items to increase concentration.

Eg. centering the beads in the transparent box.

➤ Collecting and solving jigsaw puzzles.

➤ Giving to solve examples based on reasoning power.

➤ Providing wayfinding figures in newspapers.

Eg. Sakal newspaper

If the teachers organize such various activities and games to increase the concentration of the students, then the concentration of the students will definitely increase.

### 3. Conclusion:

In this way, teachers can increase the concentration of students by organizing different activities. For that, the teacher must be smart, enthusiastic, creative and inventive. According to Gnosticism, the teacher should encourage students to study, provide opportunities for study. The above type of opportunities can definitely increase the concentration of the students. Today's students are the pillars of the nation. With their cooperation, we want to realize the dream of a developed India by 2020. If the teachers organize yoga, pranayama and brain-stimulating activities and games to help the students gain inner stability, focus their minds, increase their confidence, and reduce the intensity of stress, it will help to increase the concentration of the students. Considering all the above points, the role of the teacher as a facilitator is very important to increase the concentration of school students.

### REFERENCES:

1. Aggarwal J.C.,(2008), "Essentials of Educational Psychology", Delhi : Vikas Publishing House Pvt Ltd.
2. Best, J. , and Kahn J., (2009), "Research in Education", New Delhi, PHI Learning Private Ltd.
3. Bhatia, Walia, Mangal and Dutt, (2004), 'Educational Psychology', Delhi : Doba House Publication.
4. Ghormode, K.U.,(2006), 'Educational Thinkers, Indian, Western': Vidya Publication.
5. Jadhav K.K.,(2008), 'Education and Philosophy of the New Age', Nashik: Man Publication.
6. Mangal,S.K.,(2012), "Advanced Educational Psychology", New Delhi : Phi Learning Pvt Ltd.

### Web References :

- [anandghare.wordpress.com](http://anandghare.wordpress.com).
- <http://www.ucc.rt.edu/studysk/concentr.html-6k>.
- <http://www.ucc.rt.edu/lynch/Improveconcentrationhtml-2k>.
- <http://vidyadharbapat.bhojwanigroup.in/mindblog/p-11>.
- <https://en.wikipedia.org/wiki/Facilitator>