

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

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## 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. Today class room teaching 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 deferent parameters to measure the children. It made all the way children feel helpless, hopeless and worthless. In the classroom students are only expected by the teachers 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 teaching in the classroom no use whatever we inculcate, only we can complete the portion not inculcating values of concept we teach. The main objective of this study is to implement the cap concept, which creates student’s attention towards positive change in their attitude and behaviour, concentration in the class, improved confidence level, encouraged towards social involvement and many more. Cap concept is nothing but awarding an attractive cap to a student in the classroom for the recognition of a little 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 study made it very clear that the cap concept will surely help the teacher to encourage the students with several behavioural problems and bring positive change in their day todays leaving. As per the data 64% of respondents have expressed positive improvement in their behaviour. 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.

### 1. 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 [1]. This young population is getting nurtured in the schools, colleges and other educational

institutions. Learning is an important need of this young population where mankind get civilized [2]. The Indian constitution (Article 45) states that, “The state shall strive to provide free education and it is compulsory 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 [3]. 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 [4] [3]. 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 [5-6]. 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.

## 2. OBJECTIVES OF THE STUDY :

The cap concept is one of the effective tools in moulding and encouraging students to have healthy and positive personality. To know the effectiveness of this therapeutic approach on students in classroom learning process few objectives as below are discussed.

- (1) To identify the obstacles in classroom learning
- (2) To identify the causes behind classroom misbehavior of the students
- (3) To motivate the students towards altering their negative behavior as positive one
- (4) To encourage students to identify themselves with their hidden talent and get exposed
- (5) To motivate the students towards academic success

## 3. CLASS ROOM BEHAVIOUR OF THE STUDENTS :

Unchanged and modernized education system in India is making students to be the failures to adopt social values. They lack to understand the behaviour concept according to the social aspects and its differences [2]. 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 [4], [5]. Corporal punishments in the school, discrimination on the basis of marks, gender and cast, religion, economic and family background of the students are also influencing them to get negative behaviour or fall in to hopelessness, helplessness and worthlessness [6]. Students in the classroom with several behavioural challenges like identity seeking, being arrogance, bullying, lying and irrespective [7-8]. Being destructive, some time making noise to disturb the class, pinching others, laughing, looking through window is the common behaviour problems of the students in the classroom [9].

## 4. CAUSES FOR BEHAVIOUR PROBLEMS:

There are various causes for behaviour problems. The data of the study shows that the 30% of young student's population expressed several behavioural problems. Behavioural change in students is much more significant than their academic problems [5]. Behaviour will often divert attention of the teacher towards particular student [10]. Sometime it pulls down the positive thinking of the student or creates social isolation. Student discouraged, de motivated or treated negatively will adopt some unhealthy attitudes such as increased anger, hyper activity, being irrespective, being arrogant, bullying, lying, distractive behaviour, inappropriate dressing, negative attitude towards subjects & teachers [11-12]. 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. Also there are several causes behind such behavioural problems in students.

**Case study 1:** Kiran (name changed) studying in class IX was disciplined & good at studies. A day before mathematics exam he was affected emotionally. This disturbed him a lot. He was unable to perform well in the exam & failed. His mathematics teacher had lot of expectations& hopes about his performance but seeing his performance the teacher got angry and scolded him in the classroom in front of all his

classmates. The teacher was unaware about his problem. The reaction of the teacher affected Kiran and he started disliking that teacher and her subject. Kiran became violent and started disturbing the class [4], [7].

**Case study 2:** Hema (name changed) studying in class VIII is a very helpful girl; she cares for others, and academically oriented too. Being shy natured girl she would not participate in any of activities. But seeing her friend's participation & achievements in academic and extracurricular activities she started feeling guilty considering herself as useless [13-15]. The case studies are specifically highlighting that the child in the school with several emotional, psycho-social & psychological problems can be helped and motivated by introducing the 'Cap Concept' to give them an identity to influence towards positive improvement in their academic performance as well as behaviour [16-17].

### 5. CLASSROOM TEACHING :

Teachers will expect the students to be silent in the class and attentive towards teaching [8]. But when some students will not respect their expectation or set of principles in the classroom they change in their approach towards those particular students. Such changed approaches of the teachers will include corporal punishments, being partial and demotivate the student etc [9]. 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 it is important to be flexible in rearranging teaching plans and having backups. Good communication and appropriate planning can help to ensure that students are getting the full educational and social experience at school [18-19]. . 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 are willing to become a physician or a lawyer or a teacher. I have guest speakers come into my class so that students can see what kind of careers

opportunities are available and what type of education they need to be successful in those careers" [5]. Students are the most important group of people, who could be prone to various mental health issues [20]. According to a study, around 37% college students in India are suffering from depression or some form of mental illness [1]. India also has highest student suicide rates in the world, and on an average, one student commits suicide every hour, according to the census provided by the National Crime Records Bureau (NCRB) [21-23].

### 6. CHALLENGES IN TEACHING THE STUDENTS WITH BEHAVIOURAL PROBLEMS :

It is really a difficult task to the teachers to encourage the students towards their subjects, make them stay in attention, well understanding and motivated [4]. Today's social aspects made students get often distracted and sudden change in their behaviour [3]. Students are really critical to predict and understand. There are no ways for the teachers to reach out the unique behavioural problems 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 educated. The student is also given motor sickle to come as conveyance to school. He will form group of the students, celebrates and spends money for making parties in the school campus. If we object, his father makes it as a public issue. This is influencing the child to think anti institutional and considering himself that he can do anything in the school premises [24-26].

**Case study 2:** A girl of class VIII with emotional problems such as inferiority and lack of confidence never get involved in any activities conducted in the school [4] [6]. From the time she enters to the classroom to the time she leaves she will not respond to the teachers as well. This problem has affected her academic achievement, and made her to be irregular to the school. These case studies are the references to understand the challenges faced by the teachers in the classroom in understanding the deferent

psycho-social problems of the students. Social, emotional and psychological problems of the children are major reason for their scholastic backwardness. It is also a task for the teachers to deal with such students who appear with such problems. Sometime family problems such as illiteracy, financial problems, relationship breakup in the family, parental conflicts, and some time deep practice of blind beliefs in the family, single parenting or working parents, family migration will also play the major role in influencing children's classroom behaviour [27]. Such students express lost hope, confidence, concentration, discipline, and destructive behaviour in the school which is again a challenge to the teachers to control, change or modify their negative behaviour as positive one [13-14].

### **7. CAP CONCEPT:**

The "Cap concept" is one of the effective therapeutic tools in bringing significant changes in student's behaviour inside the classroom. It is also considered as a therapeutic approach which motivates and encourages the students to develop positive behaviour and improve academic and extracurricular performance [28-29]. It will also fill the confidence in the students to step forward and get involved in extracurricular activities. Cap concept is awarding an attractive cap to a selected child in the classroom by recognizing and appreciating his/ her positive work done in the school. Mainly this concept is useful for students lacking self-confidence, low academic performance and unhealthy behaviour such as ADHD, HD, ASD etc [13].

### **8. PROCESS OF CAP CONCEPT:**

A teacher in his or her class will prepare a name list of the students with several behavioural problems, such as being isolated, arrogant, hyperactivity, and bullying, lying, aggressive, destructive behaviour. After making the name chart of the students having several behavioural problems, teacher play an important role to identify any positive work or activities done, behaviour expressed (example: without teachers instruction or in the absence of teacher, student helping his friend or cleaning the classroom) by

that particular students through a deep observation, individual counselling, feedback taken by the deferent teachers, family and peer group. After identifying student's positive behaviour teacher should pic any one child from the collected name list for cap award. This process should be kept confidential. After this selection teacher should ask particular student to come on the dais and teacher should announce the positive work done by that particular student and award the cap. After awarding the cap congratulate him or her and appreciate for the good work. Cordially all the students in the classroom will also clap and wish the awardee. And teacher also should announce in the class that the students who express positive behaviour, adopt good attitude and perform better in academic will also have an opportunity to receive cap award. The student awarded cap will be allowed to wear it and sit in the classroom for that particular session. After the session cap will be collected back by the teacher and add awardee name in a chart designed on the classroom wall. The same cap will be used in the next session to award any students from the selected list or the student who already received cap also can be awarded once again. In the chart awardee's name and numbers of time cap received will be written. In each session teacher will encourage the students who received cap to express their feedback in the end. This motivates the student who received cap as well class mates to adopt good behaviour and win the cap. Duration of cap concept program continues from not lesser then four months to maximum one full academic year. Proper observation of the awardees is also most impotent to identify the improvements in them. But this observation must be confidential and make sure that the client is not aware of this. After collecting monthly feedback it is also equally important to make the child understand his area of improvement and also make him be more potential to identify his need in aria of focus to have positive change by communicating to him personally. Only positive improvement of the child must be disclosed and announced in front of others by giving appreciation. Class 4th to 10th students are 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 particular child by teachers and respective people through observation, questionnaire method also can be used collect personal data.

### 9. 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 information collected from the samples shows 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 expressed aggressive behaviour towards their 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.

### 10. CONCLUSION :

There are no spirits then motivation to influence an individual towards stepping forward to achieve his or her goal [18]. The greatest achievers always lay down behind the inspiration of one or another person's, situations or by the stories of success. Motivation is an important aspect behind life leaving of each mankind [30], [20]. "Life is hope and hope is life" if there is no hope in life there is no individual longer on this earth. In creation of the great hope among students in the classroom for learning need of his or her life leading, cap concept play the major role in this competitive and complicated world [31]. Every individual are unique and their behaviour can be modified on the bases of this concept. Cap concept will work to inspire the individual to their unique skills or qualities in to practical. The above study made it very clear that the cap concept will surely help the teacher to encourage the students with several behavioural problems and bring positive change in their day todays leaving. By the data of the above study says that 64% of respondents have expressed positive improvement in their behaviour.

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