

LET US KNOW

- Forgetting is the inability to remember a learnt material.
- Depth of impression of an object or idea depends on how much the learner has understood it.
- Half learned material or just cramming of the subject matter without understanding it results in forgetting.
- Just like memory, there is bound to be forgetting.
- Forgetting of certain things is necessary to remember certain others.
- When there is no interest in learning a material, or if it is a forced learning, it results in forgetting.
- When the cerebrum port of the brain is damaged due to injury, then memory is weak.
- When there is a long time gap after a material is learnt then the impressions created in the mind fade away.
- When a learnt material is not practiced frequently, forgetting occurs.
- When a person is emotionally charged, he is likely to forget the learnt material.
- If different materials are learnt rapidly without any time gap between them, then forgetting results in.
- Repression is also a cause of forgetting. It is the deliberate effort to forget unpleasant experiences from the mind.



CHECK YOUR PROGRESS

Q.8. Define the term 'forgetting'

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Q.9. What are the different causes of forgetting?

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c) Recall: The third factor of memory is recall. It means the presentation of any past experience in the form of an image or language in the conscious level of the mind. It involves the association of ideas. For example, seeing a car on the roadside, a person may remember the name of its owner. The reason for this is that the car owner is known to the person sometimes. An individual can remember two things at the same time if they are learnt side by side. So for recall, vividness or clarity, frequency and interest of the learnt material is very essential.

d) Recognition: Recognition is the fourth factor of memory. Recognition is the capacity to be aware of a previous experience. If a person can identify an 'object or idea' at present of which he has a past experience, it is called 'recognition'. It means familiarity with something, the ability to judge whether something is identical with a perceived experience on an earlier occasion. It is easier to recognize than to recall. Sometimes we may not be able to recall a friend but when we see him or hear his voice, we can easily recognize him.



CHECK YOUR PROGRESS

Q.1. What is the meaning of memory?

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Q.2. Explain briefly the different factors of memory.

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11.5 MARKS OF GOOD MEMORY

When a person can remember more of a learnt material than others he is said to have a good memory. Good memory has certain characteristics. They are:-

- When a person can easily and rapidly learn a material it definitely shows a good memory as he is relating it to a material learnt earlier. Half learned material cannot be retained or reproduced properly in the mind.

- An individual with good memory means that he can retain the maximum amount of learnt material in his mind.
- Another sign of good memory is easy recall. The capacity to bring forth the image or language for use in the present situation, or in other words, easy reproduction of a learnt material to achieve a purpose is a mark of good memory.
- Clear and quick recognition is a sure sign of good memory.
- Utility or service ability is a sign of good memory. Remembering the past situations and also trying to forget the irrelevant things point towards good memory.

11.6 TYPES OF MEMORY

Memory can be classified into different types. A brief description of the different types is given below:-

- **Habit Memory and True Memory:** Habit memory means memory of an object or idea resulting in a mechanical repetition of the activity. A habit is formed by doing a particular activity repeatedly over a period of time; for example, playing a musical instrument. Habit memory becomes more a physical activity. But true memory involves independent recollection of a past experience. It involves the ability to reproduce a learnt material without any mechanical mechanism.
- **Rote Memory and Logical Memory:** Rote memory is verbal repetition of a learnt material mechanically; it is somewhat similar to habit memory and impossible without understanding the learnt material. For example, learning the addition or multiplication tables. But, on the other hand, Logical memory involves proper understanding of the material learnt. When the content of a lesson is understood by a student, then he can retain it in his mind for a longer period and can reproduce it, whenever required, in future. It does not depend on the mechanical verbal repetition. Usually teachers encourage logical memory in higher classes while rote memory can be useful occasionally especially in lower classes.
- **Immediate Memory and Permanent Memory:** When a learnt material is reproduced or recalled immediately after learning it is called immediate memory. Here, the time gap between learning

- **Old Age:** An old man forgets more easily than a younger one. This is mainly because of physical and nervous weakness. With age, body cells and organs degenerate and they affect the motor abilities as well as the mental processes like memory.
- **Brain Injury:** Serious brain injury especially of the cerebrum area definitely affects the power to memorize. The cerebrum of the brain determines complex mental functions like thinking, learning, memorizing, imagination etc. If this part is injured them memorization becomes difficult.
- **Lapse of Time:** Forgetting occurs with lapse of time. Impressions created in the mind as a result of learning fade away with the passage of time.
- **Lack of Practice:** When the learnt material is not practiced frequently, then forgetting occurs. A well organized material is easily remembered and can be practiced frequently. A teacher should carefully organize the subject matter and encourage the students to practice so often that they can remember it well.
- **Emotional Condition:** Uncontrolled emotions like fear, anxiety, anger etc. lead to an individual's forgetfulness. In situations where an individual is emotionally charged, i.e. if he is too angry or too afraid of something then he tends to forget a learnt material.
- **Retroactive Inhibition:** If something is learnt soon after another, then the material previously learnt is forgotten. If no time gap is given between the learning of the two items then this retroactive inhibition results in.
- **Repression:** Repression is the process of deliberately trying to forget unpleasant experiences and pushing them into the depth of the mind. However too much repression is not beneficial for the individual as these may find expression in undesirable manner.
- **Use of Drugs and Alcohol:** Addiction to intoxicating drugs or alcohol has a detrimental effect on our nervous system and this seriously hampers memory.

The depth of impression of an object or idea depends on the learner's understanding of the subject matter. If proper understanding of the learnt material occurs, it is retained in the mind for a longer period of time and can be recalled easily; but on the other hand, half-learned material and just a cramming of the subject matter results in forgetting. Famous psychologist Sigmund Freud said that sometimes forgetting unpleasant or painful experiences is helpful in remembering the useful and pleasant impressions. Some of the definitions of forgetting are given below :

- Adams said, "True learning is judicious forgetting."
- According to Nunn, "Forgetting is failing to retain or able to recall what has been acquired."
- To James Drever, " Forgetting means failure at anytime to recall an experience when attempting to do so, or to perform an action previously learned."

Characteristics of Forgetting: The process of forgetting has the following characteristics:

- It is the inability of retaining an impression in the mind.
- Like memory, forgetting is also a mental process.
- Just like memory, forgetting is also a mental process.
- When there is memory, there is bound to be forgetting.
- Forgetting usually occurs in the initial stage of a learning process. Once understanding of the subject matter develops, forgetting decreases.

Causes of forgetting: After a lot of research, different psychologists have pointed out different causes of forgetting. They are briefly discussed below:

- **Lack of Interest:** One usually forgets about those objects or idea in which he has no interest. Sometimes one remembers something for a long time but eventually if he loses interest in it, he forgets it. Therefore a teacher should try to generate interest in the students while teaching in the classroom so that they remember the subject matter well.

a material and reproducing it is very little. For example, pupils studying just before the exams and then reproducing the learnt material, but only a part of it are remembered after a long period of time. But permanent memory is different — when after a sufficiently long period of time the learnt material can be easily recalled by a person it is called permanent memory. The ability to remember a material after a long gap is the best type of memory. It is true memory.



CHECK YOUR PROGRESS

Q.3. Describe the characteristics of good memory.

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Q.4. Is it easier to recognize than recall?

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Q.5. Describe:

(a) Rote memory and Logical memory.

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(b) Immediate memory and Permanent memory.

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11.7 ECONOMIC METHODS OF MEMORIZATION

There are certain methods by the help of which a person can remember easily. Many psychologist say that memory is inborn or even hereditary. William James said that a person's ability to remember (memory) cannot be changed or improved. But it has been observed that certain conditions definitely help the retention of the material learnt. Some of the

conditions are:-

- **Meaningful content:** The material learnt should be meaningful to the learner. The subject matter which is relevant to the learner is easily retained in the mind.
- **Previous knowledge:** The principle of 'known to unknown', 'easy to difficult' should be followed. Previous knowledge of a material related to the new subject matter is essential to remember the new lesson learnt.
- **Good Health of the learner:** To remember an experience, good health of the learner is necessary. On the other hand, if the learner is sick or tired, retention of the subject matter learnt is not difficult.
- **Interest:** Interest increases the attention of the learner and as a result the content of the material learnt is retained better. A person focuses his attention on those things in which he is interested. Therefore, a very important condition which facilitates memory is the interest of the learner.
- **Will-power to learn:** A learner must have the determination to learn a particular thing if he is to achieve his goal. Strong will power of the learner will automatically lead to better memorization.
- **Practice of the learnt material:** Repetition or practice of the material or subject learnt results in better retention. Better understanding will follow from the repetition of the subject matter and as a result it is remembered by the learner.
- **Learning by doing:** Theoretical learning should be associated with 'learning by doing'. It means that students should be involved actively in the learning process. Certain activities related to the learnt material must be given to the learners so that they can understand the material clearly. Proper knowledge of the students will lead to quick retention of the subject matter.
- **Rest:** Over learning does not facilitate memory. On the other hand, rest between learning different materials is necessary to refresh the body and mind as it removes fatigue and boredom.



CHECK YOUR PROGRESS

Q.6. Is the rest necessary to remember? If so, why?

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Q.7. Explain why good health and interest of the learner are important for a better memory.

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ACTIVITY 11.1

Explain how practical knowledge of a subject matter helps in memory?

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11.8 FORGETTING

As we live, we experience many things and from each of them we gain some impressions.. But after a time gap, it is observed, that many things are 'forgotten'. Forgetting is the process of fading of some impressions from the mind, or in simpler words, inability to remember is forgetting.

It is not possible to remember everything that a person learns since his birth. So a person selects certain things to remember and forgets others in order of priority.

It can, therefore, be said that to remember, forgetting is necessary.