

A Study on the techniques of development of Empathy among the students of Vidya: The living school of Dhemaji, Assam

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Abstract:-Empathy is the capacity by which we can recognize or feel to some extent and share the feelings of others (Chutiya and Hazarika, 2021). Empathy is helpful for the students in creating a positive classroom environment by encouraging kind and helpful behavior and developing communication skills to be successful in global Society. (Suttie, 2016; GCU blogs, 2023) Empathy is essential for human life to make life the most worth living and happy. Besides this, it helps in living a morally enriched life which ultimately help in building peaceful life. The main objective of the study is to study how empathy is developed among the students of Vidya: The living school of Dhemaji District of Assam. Vidya: The living school is a dynamic and extra ordinary school which is famous for its unique teaching-learning method, curriculum and learning environment. Positive Psychology is practiced in this school. So, different qualities of a positive and happy life are tried developed among the students to make their life the most worth living. There are 31 teachers 422 students in the school. This school is situated in the Dhemaji District of Assam. Students are the future citizens. They must be trained in the classroom to be good human beings, good social members and good citizens. For this purpose empathy should also be developed among them besides other qualities. Through education all round development of the students must be done. But all round development of the students will be incomplete without empathy developed among them. So, training in empathy or developing empathy is important from the school level education. To create awareness about empathy and its importance as well as ways for development of empathy among the students of Vidya: The living School, Dhemaji , Assam. So, the study is significant. Descriptive method of study has been used for the study. Both primary and secondary sources of data have been used for study. Primary data have been collected with the help of two questionnaires, one for the teachers and the other for the students. Secondary data have been collected with the help of books, online sources, journals and dissertation. The major findings of the study was that empathy is that empathy developed among the students by using different methods and techniques like- development of demonstration of empathy and role model played by teachers, development of communication skills of the students, solving of problems of

others by the students, helping others and maintaining diary, participation in drama, practicing active listening etc. and providing opportunity and training to the students to practice empathy scholastic and non scholastic activities as well as in all the activities of day to day life including the residential life in the hostel of the school too. This will help to make 'empathy' a habit and more spontaneous and natural response and a part of their behavior and their personality as a whole. As an outcome of all such methods and techniques adopted in the school, the students really developed empathy and practiced empathy.

Key words: Positive Psychology, Empathy, Vidya: The living School

Introduction: -Positive Psychology now-a-days has been gaining more popularity in the field of education due to its importance. The practice of positive psychology in the educational institutions is now a new area for research purpose. Positive Psychology is a scientific study of everything that makes life worth living. Positive psychology studies all the positive aspects of human life and all positive traits of human beings. Empathy is one of the important positive traits of human beings. According to Oxford dictionary, Empathy means the power of identifying oneself mentally with a person or object of contemplation. Empathy is the capacity by which we can recognize or feel to some extent and share the feelings of others (Chutiya and Hazarika, 2021). Empathy is helpful for the students in creating a positive classroom environment by encouraging kind and helpful behavior and developing communication skills to be successful in global Society. (Suttie, 2016; GCU blogs ,2023)

Empathy is essential for human life to make life the most worth living and happy. Besides this, it helps in living a morally enriched life which ultimately help in building peaceful life. To create a moral peaceful and happy society empathy is essential. To build a beautiful world living with peace, harmony, co-operation, understanding, unity, love, morality and happiness. Since, students of today are the future citizens, it is important to inculcate and improve empathy among the students right from the school level. It not only helps to develop good character but also good citizenship quality among the students. According to GCU blogs (2023) Empathy can be developed among the students by different ways: Practicing

active listening by the teachers and students, by playing role model by the teachers, demonstrating empathy by empathetic communication, creating situations and providing opportunity to students to practice empathy and tell what others are feeling or guessing others emotions, telling story and later asking the students to describe the emotions and actions of characters of the story, asking to the students to help each other to solve problem, teaching perspective, deferring judgment, developing community Projects .

Objective of the study:

The objectives of the study are mentioned below:

- 1.To study how empathy is developed among the students of Vidya: The living school of Dhemaji District of Assam.
- 2.To study whether empathy is practiced in the school.

Significance of the study: -Students are the future citizens. They must be trained in the classroom to be good human beings, good social members and good citizens. For this purpose empathy should also be developed among them besides other qualities.

Through education all round development of the students must be done. But all round development of the students will be incomplete without empathy developed among them. So, training in empathy or developing empathy is important from the school level education.

It is important to live a peaceful and happy with a morally enriched life which is full of human values, cooperation, understanding, harmony, love, truthfulness, non-violence, tolerance etc.

Empathy is also helpful for students. Empathy encourages kind, helpful behavior and creates a safe school culture as well as fosters positive student relationships (Suttie, 2016). According to GCU blogs (2023) Empathy can help in developing skills to communicate. This ability to emphasize and communicate can strengthen the global community as well as help students to be successful in global society. Empathy is an essential leadership quality that enables students to be strong leaders.

To create awareness about empathy and its importance as well as ways for development of empathy among the students of Vidya: The living

School, Dhemaji, Assam.

Area of the study:-Vidya: The living school is a dynamic and extra ordinary school which is famous for its unique teaching-learning method, curriculum and learning environment. Positive Psychology is practiced in this school. So, different qualities of a positive and happy life are tried developed among the students to make their life the most worth living. There are 31 teachers and 422 students in the school. This school is situated in the Dhemaji

District of Assam. The school was established under the leadership of Dr. Pranjal Buragohain, Associate Professor of Dibrugarh University, Dibrugarh, Assam. Pankaj Sonari is the Head Master of this School.

Methodology of the study: -Descriptive method of study have been used for the study. Both primary and secondary sources of data have been collected with the help of two unstructured interview schedules teachers and students and two questionnaires were used: one questionnaire for the teachers and the other for the students. Secondary data have been collected with the help of books, online sources, journals and Project report. The total population of the study included 31 teachers and 422 students. The sample of the study included 10% teachers i.e. 4 and 10% students i.e. 42 of the school. Purposive sampling technique has been used for the study.

Analysis and Interpretation:

Findings of the study: -The major findings of the study are mentioned below:

- 1.The philosophy and mission and vision of the school indirectly involve the development empathy among the students. So, emphasis on training in empathy is provided in the school to develop empathy among the students.
- 2.The school teaches all the skills and traits (including empathy) that are necessary for happiness and for living a worthy life. In this way empathy is tried to develop among the students.
- 3.The curriculum provides opportunity for practice of empathy. In this way empathy is tried to develop among the students.
- 4.The teachers are empathetic to the students while dealing with their behavioral problems. Teaching is done with empathy. In this way the teachers practice empathy and empathy is tried to develop among the students.

5.It was found that all the students are required to develop empathy compulsorily.

6.For development of empathy, communication skills were developed among the students so that they can communicate with others to understand their emotions.

7.To develop empathy as a part of their everyday's duty all the students were required to solve other's problems through discussion.

8.To develop empathy the students were also provided opportunity for participating actively in drama.

9.To develop empathy development of demonstration of empathy and role model played by teachers and practicing active listening by the teachers and students are also done in the school.

10.To develop empathy it was made compulsory for each student to help atleast one person

11.Empathy is also developed among the students by providing opportunity to the students to practice empathy in scholastic and non scholastic activities of the school .

12.Empathy is also developed among the students by providing opportunity and training to the students to practice empathy in all the activities of day to day life including the residential life in the hostel of the school too. This will help to make 'empathy' a habit and more spontaneous and natural response and a part of their behavior and their personality as a whole.

13.It was also revealed in the study that as an outcome of all the efforts (methods and techniques) adopted in the school, the students really develop empathy and practice empathy. The students expressed that they feel happy after practicing and expressing empathy for others.

Conclusion: -In conclusion, it can be mentioned that empathy is essential for the students as well as for every human being to make life happy and maintain united peaceful global society. Empathy is developed among the students of Vidya: The living school of Dhemaji district of Assam. For this purpose, methods and techniques like- development of demonstration of empathy and role model played by teachers, development of communication skills of the students, solving of problems of others by the students, helping others and

maintaining diary, participation in drama, practicing active listening etc. have been used. Empathy is also developed among the students by providing opportunity and training to the students to practice empathy in all the activities of day to day life including the residential life in the hostel of the school too. This will help to make 'empathy' a habit and more spontaneous and natural response and a part of their behavior and their personality as a whole. As an outcome of all such methods and techniques adopted in the school, the students really developed empathy and practiced empathy. The students of the school feel happy after practicing and expressing empathy for others. It may be suggested that empathy should be developed among the students of every school to create a positive classroom environment as well as to help them to be successful in global society.

References:-

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