

Role of Holistic Education on Students' Optimum Possible Development

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Abstract

Holistic education addresses the optimum possible development of each student. The primary purpose of holistic education is to nourish the inherent possibilities of human development. Education with holistic perspective is concerned with the optimum possible development of every student's physical, intellectual, social, emotional, aesthetic and spiritual potentialities. It not only prepares students for academic success, but also enable the students to learn the challenges of living as a whole that means learning about themselves, healthy relationships, social responsibilities, humanitarian values such as compassion, co-operation, peace etc. Holistic education has the capacity to lead the students into new areas of thinking, to broaden their personal and critical thinking and develop an appreciation of the world around them. Holistic education is an approach that can meet the needs of all types of learner, and it can prepare future citizens who will contribute towards a better world. Holistic education directs the students towards optimum possible development with a global conscience, a vision of peace, love and intelligence which is necessary for a better world.

Key words : *Holistic education, Student, Optimum possible Development.*

Introduction :

Holistic education has become a familiar topic in current educational literature. There are various opinions about what holistic education represents and a single definition remains elusive. It can be defined as a philosophy and pedagogy of education based on development of wholeness of individuals. Holistic education addresses the broadest development of the whole person i.e. physical, intellectual, spiritual, emotional, social and aesthetic aspects. It aims for the optimum possible human development enabling a person to become the very best or finest that they can be and develop fully

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'those capacities that together make up a human being' (Forbes, 2003).

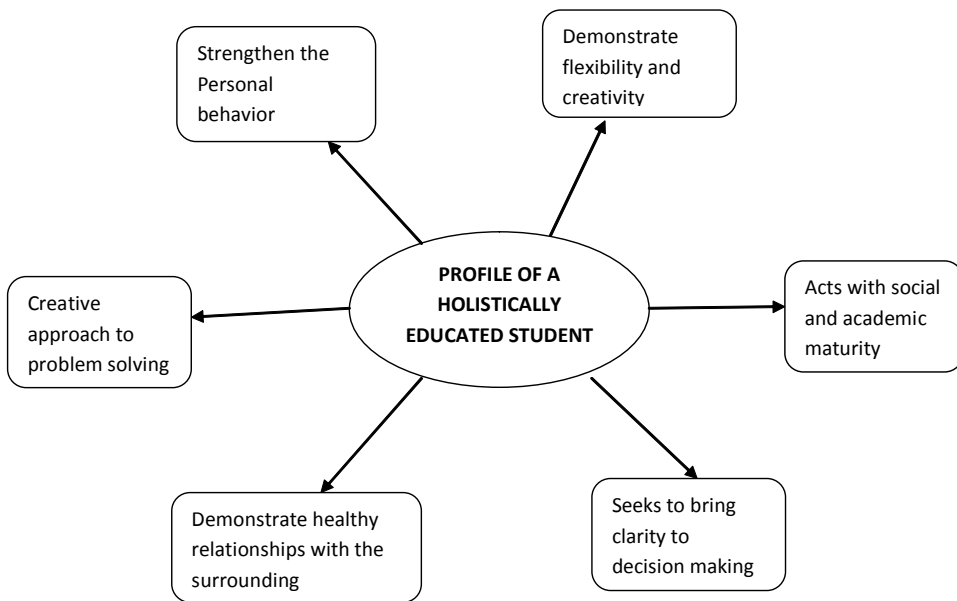
It is an approach which aims to encompass all aspects of personal learning, growth and development of individual. Holistic education based on the premises that each person finds identity, meaning and purpose of life by connecting to the surrounding environment. The purpose of holistic education is not only to prepare students for academic success, but also enable them to learn the challenges of living as a whole that means learning about themselves, about healthy relationships, social responsibilities and humanitarian values. In holistic education, to educate young people means helping them bring forth their creativity, their compassion, their curiosity, their moral and aesthetic sensitivity, their critical intellectual skills, their ability to participate in a robust democracy- in a word, their wholeness. Holistic education focuses on the optimum possible development of the students, encouraging them to become the very best or finest that they can be and enable them to experience all they can form their life and reach their goals. Education with holistic perspective is concerned with the development of each student's intellectual, emotional, social, physical, aesthetic, and spiritual potentials. Holistic education is aim to nourish the inherent possibilities of human development. Holistic education prepares a student for lifelong learning and moves them towards the life skills, attitudes and personal awareness that the student will need in an increasingly complex world. Holistic education has the capacity to lead the students into new areas of thinking, broaden their personal and critical thinking and develop an appreciation of the world around them.

Holistic education is not to be defined as a particular method or technique; it must be seen as a paradigm, a set of basic assumptions and principles with some features that can be applied in schools in diverse ways. Some principles of holistic education are as follows -

- i) Educating for human development: Education is to nourish the inherent possibilities of human development. It focuses on optimum possible development of student's i.e. physical, intellectual, emotional, social, aesthetic etc. It teaches children about themselves, about their relationships.
- ii) Honoring students as individual: Each learner is unique; they have individual needs and abilities. Holistic education is based on personal differences.
- iii) Based on child centric approach: Holistic education based on child centric approach. Student need to work at their own pace. Its emphasis on diverse learning style of the students.

- iv) Central role of experience: Holistic education emphasized on use of real life experiences. It gives importance on student's direct engagement with the environment.
- v) Educating for a participatory democracy: Education should be based on democratic values and education should foster collaboration rather than competition among the students.
- vi) Educating for global citizenship: Each individual is a global citizen. Education therefore, should be an appreciation for the magnificent diversity of human experience.
- vii) Teacher resources: Teachers must be resourceful. They must be scholar and learned person.
- viii) New Role of educators: Educators ought to be facilitators of learning, which is an organic, natural process and not a product that can be turned out on demand.
- ix) Freedom of choice: Students and parents should have opportunities for real choice at every stage of the learning process.

In holistic education there is a profile of students. The profile of a holistically educated student is given below -



Holistic education is a radical endeavor. The educational journey starts the process of self-actualization through relationships and interconnectedness with other individuals, groups and the world around them is an integral part. Formal education is merely the starting point of this life long process. It prepares the students to meet the challenges of living. It is an educational journey of personal discovery starting within formal education then continues throughout of life.

Objectives :

- 1) To find out the role of holistic education in optimum possible physical development of the students.
- 2) To find out the role of holistic education in optimum possible intellectual development of the students.
- 3) To find out the role of holistic education in optimum possible social development of students.
- 4) To find out the role of holistic education in optimum possible emotional development of students.
- 5) To find out the role of holistic education in optimum possible spiritual and aesthetic development of students.

Methodology :

According to the objectives in the present study the descriptive survey method has been used. The aim of descriptive survey is to provide the description of some phenomenon set of factor. It is couriered highly important because first hand data are gather through it in a well organized manner on a particular subject. Such studies are conducted to collect detailed description of existing phenomenon that justification can be made on correct condition.

In the present study under descriptive survey method school surveys were done to collect data. For this purpose 126 sample were selected from the three (comprising) higher secondary schools.

Tools Used in Data Collection :

For collecting data investigator has used two tools.

- i) Questionnaire for Students
- ii) Interview for both Students and Teachers

Questionnaire :

It is a form prepared and distributed to source responses to certain questions. It is a device for securing answers to questions by using a form which the respondent fills by himself. Questionnaire is of two types, closed type and Open ended. In Close type the respondent needs to answer in 'YES' or 'NO' or in limited number of given choices. In Open ended, the respondent needs to think and write.

In this study only close type questionnaire is used for collecting data.

Interview :

In interview instead of writing the response, the subject or interviewee gives the needed information verbally in a face to face relationship. As a data gathering tool, the interview is a conversation carried out with the definite purpose of obtaining certain information by means for the spoken word.

In this study interview was conducted with six(6) teachers (Two from each school) and Fifteen students (Five from each school).

Population :

In this study the population covers all the school students of higher secondary under the age group of 16-18 years living in Sivsagar district of Assam.

Sample Used :

The representative proportion of population is called a sample. In this study total number of 126 samples was selected. To obtain a representative sample 120 students and 6 teachers were randomly selected from 3 schools of Sivsagar district of Assam.

SI No	Name of the school	Sample
1	Fuleswari Girls Higher Secondary School	40(Students) 2(Teachers)
2	Konwerpur Higher Secondary School	40(Students) 2(Teachers)
3	Namti Boys Higher Secondary School	40(Students) 2(Teachers)

Data Analysis and Interpretation :

Analysis of data means studying the organized material in order to discover inherent fact. The data analysis and interpretation of all the collected data is here shown with the help of some tables.

Objective 1 : To find out the role of holistic education in optimum possible physical development of the students.

Table-1

Item related to Physical development of students and role of holistic education.

Sl. No.	Item Content	Response Option	No. of students response	Percentage of responses
1	I am physically healthy	Yes	110	91.67
		No	10	8.33
2	I always used to play in school in leisure time	Yes	100	83.33
		No	20	16.67
3	Per day I spend minimum half an hour in meditation/yoga	Yes	80	66.67
		No	40	33.3
4	Our teachers teach us about cleanliness, health and hygiene	Yes	120	100
		No	0	0
5	I have knowledge about health and hygiene	Yes	120	100
		No	0	0
6	I always join physical education classes	Yes	91	75.83
		No	29	24.16
7	I used to teach others about health and hygiene	Yes	98	81.67
		No	22	18.33
8	I regularly go for health check up and always consult with the doctor	Yes	84	70
		No	36	30

Source : Field Survey

Interpretation :

Table -1 shows that almost 91% students having good health. 83% students used to play in school and 75% students regularly join physical education classes .Only

66% student spent their time in yoga and meditation.100% students have the knowledge about health and hygiene.70% students regularly go for health check up and consult with the doctor.80% also teach others about health and hygiene.

Objective 2 : To find out the role of holistic education in optimum possible intellectual development of the students.

Table-2

Item related to Intellectual Development of students and the role of holistic education.

Sl No	Item Content	Response Option	No. of Students response	Percentage of responses
1	I usually participate in art exhibition, literary and cultural programme held in our school	Yes	112	93.33
		No	8	6.67
2	I usually participate in discussion and seminar	Yes	108	90
		No	12	10
3	I participate in debate and quiz competition	Yes	100	83.33
		No	20	16.66
4	I always secure marks above average	Yes	115	95.83
		No	5	4.16
5	I used to write diary/story/ poem.	Yes	102	85
		No	18	15
6	When I face problem I can solve by myself	Yes	120	100
		No	0	0
7	I can change my attitude when necessary	Yes	118	98.33
		No	2	1.67
8	In my hard time I can take decision	Yes	115	95.83
		No	5	4.16

Source : Field Survey

Interpretation :

From Table -2, it has been found that almost 93% student usually participates in art exhibition, literary and cultural programme held in the school. 83% student participates in discussion, seminar, and debate and quiz competition.95% student secured marks above average.100% student can solve their problem by themselves and only 4% student cannot take decision in their hard time.

Objective 3 : To find out the role of holistic education in optimum possible social development of students.

Table -3

Item related to Social development of students and role of holistic education.

Sl. No.	Item Content	Response options	No. of Students response	Percentage of responses
1	I like to make friends	Yes	120	100
		No	0	0
2	I can easily adjust with any situation	Yes	99	82.50
		No	21	17.50
3	I usually participate in cultural and social programme as well as any meeting held in the society	Yes	97	80
		No	23	19
4	I like to work in groups	Yes	90	75
		No	30	25
5	I like to spend my leisure time in social services	Yes	102	85
		No	18	15
6	Sometimes I give my pocket money to needy one	Yes	87	72.5
		No	33	27.50
7	I can easily accept the others opinion	Yes	103	85.83
		No	17	14.16
8	In the school I am getting various scope to mix up with others	Yes	120	100
		No	0	0

Source : Field Survey

Interpretation :

Table- 3 shows that 100% students like to make friends. They have the opinion that in school they get various scopes to mix up with others. Almost 80% student can easily adjust with any situation and they usually participate in cultural and social programme and any meeting organized in the society. 75% like to work in groups and 85% like to spend their leisure time in social service. 72% students sometime give their pocket money to needy one.

Objective 4 : To find out the role of holistic education in optimum possible emotional development of students.

Table -4

Item included in Emotional Development of students and role of holistic education on it.

Sl No	Item Content	Response Option	No. of students response	Percentage of responses
1	We regards our teacher as a friend and guardian	Yes	120	100
		No	0	0
2	I usually participate in National festival, National days and cultural programmes are organized in our school	Yes	110	91.67
		No	10	8.33
3	While we are playing in the school playground if somebody fall down I feel sympathy for him/her	Yes	120	100
		No	0	0
4	When my friends are in sorrow I always support them	Yes	120	100
		No	0	0
5	I cannot easily hurt anyone	Yes	120	100
		No	0	0
6	When I face any difficulty I don't cry	Yes	102	85
		No	18	15
7	In hard times I have got patience	Yes	115	95.83
		No	15	4.16
8	If someone scold me I don't get angry	Yes	100	83.33
		No	20	16.66

Source : Field Survey

Interpretation :

Table-4 shows that 100% students have strong feelings towards their teacher and friends. They regard the teachers as their friends and guardians. They have sympathy to the poor one. They cannot easily hurt anyone 91.67% usually participate in National festivals, National days and any other cultural programmes organized in the school. Only 16% students don't have patient in their hard time and they have got easily angry.

Objective 5 : To find out the role of holistic education in optimum possible spiritual and aesthetic development of students.

Table-5

Item related to Spiritual and Aesthetic development of students and role of holistic education on it.

Sl. No.	Item content	Response option	No. of students response	Percentage of responses
1	I believe in God/Almighty	Yes	120	100
		No	0	0
2	I believe in other religion	Yes	101	84.16
		No	19	15.83
3	I realize my potentialities	Yes	120	100
		No	0	0
4	I do meditation	Yes	104	86.67
		No	16	13.33
5	I involve myself in preparing clay modeling, paper cutting and preparing wall magazine in school	Yes	120	100
		No	0	0
6	I appreciate the beauty of the earth	Yes	120	100
		No	0	0
7	I want to protect the beauty of nature	Yes	120	100
		No	0	0
8	I always feel my school attractive	yes	90	75
		No	30	25
9	When I read literature I feel pleasure and happy	Yes	120	100
		No	0	0
10	I usually participate in drama, music, recitation and any other cultural programme held in the school	Yes	105	87.5
		No	15	12.5

Source : Field Survey

Interpretation :

From Table-5 it has been found that 100% student believes in God/ Almighty. 85% students believe in others religion. They can realize what they are.86% students do meditation. 100% students have the appreciation towards the beauty of the earth; they want to protect the nature.100% students participate in drama, music, recitation and other cultural and literary programmed held in the school. They involve themselves in preparing wall magazine, paper cutting activities. Only 75% students feel attractive towards the school

Findings :

- 1) It is found students are intellectually developed. Maximum number of students participates in discussion, seminar, debate competition, art exhibition and other programmes held in school. Maximum number of students secured marks above average. Most of the student can solve their problem by themselves and can take decision by themselves.
- 2) Maximum number of students is emotionally strong, they cannot easily hurt anyone, they have patient in their hard time. Most of the students usually participate in National Days, National festivals and any other cultural programmed held in the school which makes the bridge of emotional bonding. The study finds out that only few numbers of students can't control their emotion.
- 3) The social development of students is really appreciable. All the students like to make friends. Maximum number of students can easily adjust with any situation. They take participate in meeting, cultural programme held in the society.
- 4) All the students are physically healthy. They have knowledge about health and hygiene. They used to play in school in their leisure time. Most of the students usually visit the Doctor and they also used to teach others about health and hygiene. Maximum number of students joins yoga and physical education classes and guide and scouting.
- 5) It is found that all the students are very spiritual. They all believe in almighty and believe that they are the gift of God. They also believe and respect others religion. They can realize what they are.
- 6) It is also found that all the students have a great appreciation towards the beauty of the world. They want to protect nature; they are in depth love with nature. In school they participate various programme like Drama, Music, Recitation and other cultural programme. All the students feel happy and pleasure while they read literature. Maximum number of students feels attractive towards their school.
- 7) From the interview it is found that students seek to establish peace and justice in the society, world. They have the opinion that in school they have acquired values which definitely help them to establish a world relationship that is world brotherhood.
- 8) It is also found that teachers are students friend, guide and philosopher who makes them strong to face any challenges, fight against corruptions, autocracy and evil practices which hamper the development of the Nation as well as the

world. There is a democratic environment in their school.

- 9) It is also found that students know that health is wealth, so they try to keep them healthy. They are in view that without a healthy physic they can't provide better service towards the world.
- 10) From the interview it is found that least number of teachers have the knowledge on holistic education and its principles. But fortunately they consciously or unconsciously follow most of the principles of holistic education in their school. These are -
 - a) Emphasis on the development of wholeness of the students.
 - b) Give importance on students personal differences, based on students diverse learning style.
 - c) Based on child centric approach.
 - d) Give importance of students' direct engagement with the environment.
 - f) Providing a democratic environment in the school.
 - g) Based on constant assessment.

Suggestions :

- i) Teachers must have the knowledge about holistic education and they should try to implement all the principles of holistic education in the school. Teaching staff should be resourceful.
- ii) Teacher should encourage the students to realize about themselves the meaning of life and make them strong to meet the challenges of the complex world. They should teach about the humanitarian values which help the students to contribute towards a better world.
- iii) Teacher should apply integrated approach. Integration of various subject provide an interesting and joyful learning to the students.
- iv) Education must be based on student centric approach. It should meet the needs of the all types of learner.
- v) Teacher should be seen as a friend, a mentor, a facilitator or an experienced travelling companion for the students.
- iv) Constant assessment of the progress of the students should be made.
- v) Co-curricular activities should be well planned and executed properly to develop the potentialities of students.
- vi) School should be attractive. School authority and teacher should try their utmost

to make the school attractive; it will help the teachers to make education more holistic.

- vii) School should prepare the students for global citizenship and prepares them to participate in robust democracy.
- viii) The School and the community should try to establish a healthy relationship between them and it will help the students to establish a sweet relationship with the community and the larger world.

Conclusion :

Holistic education is an approach that can meet the needs of all types of learner, which prepares future citizens who will contribute towards a better world. Holistic education addressed the physical, intellectual, emotional, aesthetic and spiritual development of the students and put in place many of the values, attitudes and skills that will help the students to make a society of peace, where we can live in harmony with surrounding environment. The noble principles of holistic education must be reflected on teachers' way of thinking, their attitude and their teaching style. They should be seen as a friend, a mentor, a facilitator or an experienced travelling companion for the students. The students and the teachers should work together for the optimum possible development of students and these development of students defiantly ensure a better world.

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