

ATTENTION

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INTRODUCTION

- ▣ Attention is an attempt to focus consciousness on a particular object, thing or idea at a particular time.
- ▣ It is an act of concentration of consciousness
- ▣ Attention is a striving or effort through which mind is regulated, controlled and concentrated on a particular object.

DEFINITIONS OF ATTENTION

- ▣ “Attention is a process of getting an object of thought clearly before the mind”. **ROSS**
- ▣ “Attention can be defined as a process which compels the individual to select some particular stimulus according to his interest and attitude out of the multiplicity of stimuli present in the environment”. **R.N. SHARMA**
- ▣ “Attention is the concentration of consciousness upon one object rather than upon another”. **DUMVILE**

CHARACTERISTICS OF ATTENTION

- ▣ It is a selective mental activity
- ▣ It constantly shifts from one object to another
- ▣ Attention is focus of the consciousness on one particular object
- ▣ Attention is the state of preparedness or alertness of mind
- ▣ Attention requires some motor and sensory adjustment on the part of the person being attentive

TYPES OF ATTENTION

Attention is mainly divided in two types

- a. Voluntary and
- b. Non-voluntary

Voluntary Attention

Voluntary attention requires effort on the part of the person. Eg: Problem solving, answering in the examination.

Voluntary attention

It is sub-divided into two categories-

- a. Implicit voluntary attention
- b. Explicit voluntary attention

Implicit voluntary attention

A single act of will is responsible for arousing attention. Eg home work given by teacher and the fear of punishment may arouse attention in the students to complete the given tasks.

Explicit voluntary attention

Attention is obtained by repeated acts of will. One has to struggle hard for keeping oneself attentive, it requires strong will power and motivation to keep the attention focused. Eg. During the preparatory days of examination

NONVOLUNTARY ATTENTION

In this type of attention one should attend naturally and spontaneously. Eg. mother's attention towards her crying child, bright light, loud sound and strong odours , pain etc.

There are two types of non-voluntary attention

- ▣ Enforced non-voluntary attention- here a person is forced to pay attention due to the very strong nature of stimulus.
- ▣ Spontaneous non-voluntary attention-attention given due to preformed sentiments, to people objects and things.

DETERMINANTS/FACTORS OF ATTENTION

Factors of attention that control our attention may be classified into two groups

- Subjective factors
- Objectives factors

Subjective factors-

- Interest
- Instinct
- Emotion
- Temperaments
- Sentiments
- Habits
- Aptitude

OBJECTIVE FACTORS OF ATTENTION

- ▣ Intensity
- ▣ Size
- ▣ Movement
- ▣ Novelty
- ▣ Contrast
- ▣ Repetition
- ▣ Change in stimulus
- ▣ Secrecy
- ▣ Form Location

IMPORTANT OF ATTENTION

- ▣ Attention makes learning materials more clear
- ▣ Attention creates a state of alertness
- ▣ Attention makes our sense organ more active to receive a stimulus
- ▣ It enables students to learn effectively within a short period of time
- ▣ Attention also aids to the power of memorization and understanding
- ▣ It makes students goal-directed. Because attention creates interest in a particular object or activity.

THANK YOU