MEMORY

Kabita Medhi Assistant Professor Department of Education Mayang Anchalik College

INTRODUCTION

- Memory is the processes by which information is encoded, stored and retrieved
- Encoding allows information that is from the outside world to reach our senses in the form if chemical and physical stimuli
- Storage is the second memory stage or process

DEFINITION

- "Memory consists of remembering what has previously been learnt." Woodworth
- "Memory is a new experience determined by the disposition laid down by previous experience, the relation between the two being clearly apprehended." Ross
- "Memory or remembering implies imaging of events as experienced in the past."McDougal
- "The power that we have to store experience and bring them into the field of consciousness something after the experiences have occurred is termed memory." Ryburn

Characteristics of Memory

- Memory consists of the recollection of previous experience
- Memory is a mental process which consists of learning, retaining and remembering
- Memory is a active process of our mind
- Our unconscious mind plays an important role in memorization
- It is a mechanical process where there is no creativity of mind
- It is influenced by the intellectual ability of the individual

Components of Memory

Memory involves four basic components or factors

- a) **Learning**: It is the process of registering impressions or acquiring new knowledge, skills, attitudes and so on
- b) **Retention**: After the active learning process the retention will take place which is comparatively passive. This is ability to keep things in mind and remember
- c) Recall or retrieval: This is the act of remembering something. Recall is greatly affected by emotions and motivation both at the time of learning and subsequently
- d) **Recognition**: Recognition is awareness of previous experience, it is complete familiarity without mistake

TYPES OF MEMORY

- Short term Memory: It is a working memory no more than few seconds long.
- Long term Memory: It represents our knowledge about the working of the world. The memory of words, symbol, corporate trademarks are unforgettable though not used for years but not fade away.

- Habit Memory or Implicit Memory: Habit memory is the function of body and is related with motor mechanism. Ex. Riding bicycle
- Remote Memory: It is life time accumulation of data about a wide variety of topics. It seems to diminish with age
- Rote Memory: Result of rote learning by children they remember without understanding
- **Episodic Memory**: This is the memory of specific personal experiences.

- Sensory Memory: Sensory impressions retain that knowledge. Such as
- Auditory Memory. Memory of auditory impressions.
- *ii.* Visual Memory. Memory of visual impressions.
- *iii.* Tactual Memory. Memory of touch is rich in mind.
- iv. Olfactory Memory. Memory of smell.
- Gustatory Memory. Memory of taste.

METHODS OF MEMORY

- Whole method: Under this method subject matter is learnt at a time. Under this method the lesson is read from beginning to end repeatedly. This method is quite useful for smaller lessons.
- Part method: Here the subject matter is divided into separate parts. This method is simple and convenient.
- Interval method: Here subject matter is learnt by taking intervals. It relaxes the mind and readies learning.
- Continuous method: Under this method the whole subject matter is memorized in one sitting without giving a break in between.
- Active method: Under this method the subject matter is memorized by speaking loudly. This method is more beneficial for children.
- Passive method: Under this method the subject matter is learnt silently.
- Repetition method: Here the subject matter is repeated at the end of the lesson. Generally the more the time given to repetition of a subject, the more it is memorized.

- Association method: Here the subject matter is correlated to any other important subject matter.
- Learning by doing method: Here the subject matter is learned through an activity by which all senses of the child become active and it helps to memorized easily and conveniently

Factors influencing memory

- Will to do
- Interest
- Motivation
- Rest
- Emotion
- Subject matter
- Method of learning
- Physical and mental health
- Meaningfulness

Good mark of Memory

- Rapid learning
- Longer retention
- Accurate recall
- Rapid recognition
- Serviceable

FORGETTING

Forgetting is inability to recall a learnt topic or inability recognize a seen object.

- According to Munn—"Forgetting is the loss, permanent or temporary, at the ability to recall or recognize something learned earlier"
- According to Drever--- "Forgetting means failure at any time to recall an experience, when attempting to do so, or perform an action previously learned."

This is inability to recall the previously learnt material.

Causes of Forgetting

Causes of forgetting can be usually classified into two groups,

- a) Physical, and
- b) Mental

Forgetting due to physical causes is termed as "fading" and mental causes is termed as "blocking".

Physical causes of learning

- Old age
- Brain injury
- Fatigue
- Intoxicant
- Physical heath
- Effect of time—decay of memory trace

Mental causes of forgetting

- Inadequate impression at the time of learning
- Lack of interest
- Interference
- Repression
- Emotion
- Alternation of stimulus condition
- Nature of learning material
- Closure
- Reminiscence

THANK YOU