

PEOPLE'S DEMOCRATIC REPUBLIC OF ALGERIA
Ministry of Higher Education and Scientific Research

University of Tlemcen



Faculty of Letters and Foreign Languages

Department of English

**The Impact of Psychological and Biological Changes on the
Students' Learning Achievement .
Case of Aljadida Secondary School Hennaya .**

*Dissertation submitted to the Department of English as
partial fulfillment of the requirements for the Master's degree
in Didactics and Assessment in English Language Education*

Presented by:

Ms. Chaima HEDDADJI

Ms. Ilhem HOUARI

Supervised by

Dr. Abdelkader BENSAFA

BORAD OF EXAMINERS

Dr. Youcef Messaoudi MCA Chairman

Dr. Abdelkader Bensafa MCA Supervisor

Mr. Slimane Meghaghi MAA Examiner

Academic Year: 2021/2022

Dedication

We dedicate this work to all the good people we know .

We are extremely grateful to our parents for their love, prayers ,caring and sacrifices for us .

We owe our regards and blessings to all the supportive and loving people who have contributed in the making of this work.

Finally, we owe deepest gratitude to our families, for their support and understanding.

Acknowledgement

First and foremost , praises and thank to God , for His blessing to complete this research .

A deep gratitude is extended to our primary research supervisor **Dr.Abelkader Bensafa** who guided us throughout this project and for his vision , sincerity motivation that have deeply inspired us. It is with immense appreciation that we acknowledge his patience and support.

Deepest gratitude is expressed to the board of examiners:**DR.Youcef Messaoudi** and **Mr.Slimane Meghaghi** , for accepting to evaluate and comment on this modest work.

We also wish to thank all teachers, students, friends for their help and seriousness in completing the questionnaires, and interview.

Abstract

The purpose of this study is first , to give a deep understanding about the main factors and variables that may affect students learning achievement,in relation to psychology and biology. Also,the inquiry has the aim of highlighting the social problems that influence the learner . Then, it tries to suggest some solutions and remediation to overcome this dilemma and for a better educational future for the dearest students . The research took the form of a mixed methods case study of both first and third year secondary students in addition to their English teachers.Therefore, two main research tools were used in this investigation .The first one is the questionnaire which was administrated to the students . It consists of different questions which were analyzed both quantitatively and qualitatively . Last but not least , the second research instrument is the interview . The latter was made with two teachers . It was very useful, helpful and sewed a lot in supporting the gathered data from the learners , which show that students' achievement are affected by some psychological and biological factors . Finally , moving to provide some suggestions and recommendation that helps to reduce this dilemma, in which both of the research informants are taking a key position .Both of their role is demonstrated to make it all clear.

Table of Contents

Dedication-----	I
Acknowledgements-----	II
Abstract-----	III
List of Figures-----	VI
List of Abbreviation -----	VII
General Introduction-----	0 1
Chapter One: Literature Review-----	-03
Table of contents-----	-04
1.1. Introduction-----	-05
1.2. The teaching and learning Process -----	-05
1.2.1 Learning -----	-05
1.2.1.1the types of learning -----	-06
1.2.1.2 the factors that affect learning.-----	-06
1.2.2 Teaching-----	-06
1.2.2.1 the teaching approach -----	-06
1.2.2.2 the teaching approach in the curriculum -----	-07
1.2.2.3 the teaching process methods-----	-08
1.3 the psychological changes of student -----	-08
1.3.1 the definition of psychology -----	-08
1.3.2 the psychological issues -----	-10
1.3.2.1 social and emotional loneliness.-----	-10
1.3.2.2 the teacher attitude behavior-----	-11
1.3.2.3 Acculturation stress -----	-12
1.3.3 The Impact of psychological problems on the student problems -----	-15
1.4 The Biological changes of student -----	-18
1.4.1 The definition & the characteristics of biology -----	-19
1.4.2 the biological mechanism -----	-19

1.4.2.1 the genetic predisposition -----	20
1.4.2.2 The Embedding of experience -----	21
1.4.2.3 Gender-----	22
1.4.3 The impact of Biology on learning -----	23
1.6 conclusion-----	23
Chapter Two: Data Collection and Analysis-----	24
Table of content-----	25
2.1. Inroduction-----	26
2.2. Research Methodology-----	26
2.3. The aim of the study -----	26
2.4. Sample Population-----	26
2.4.1. Students' Profile-----	27
2.4.2. Teachers' Profile-----	27
2.5. Data Collection and analyse-----	27
2.5.1 Students' Questionnaire -----	28
2.5.1. 1 Design of the Questionnaire-----	28
2.5.1.2 Results of the Questionnaire-----	29
2.6 Teachers' Interview -----	37
2.6.1 Results of the Interview -----	38
2.7 Discussion of the Results-----	39
2.8 Suggestions and Recommendation -----	40
2.9 Conclusion .-----	41
General Conclusion-----	43
Bibliography-----	46
Appendix A: Questionnaire to Students-----	48
Appendix B : Questionnaire to Teacher .-----	51

List of Figures

Figure1. Parent’s Situation -----	30
Figure2. Grades.-----	31
Figure3. Students’ Feelings Toward their Teacher-----	32
Figure4. The Difficulties when Interacting with Teachers-----	33
Figure5. Class Stress Feelings -----	33
Figure 6. Friendship -----	35
Figure7. Students’ Physical Appearance-----	35
Figure8. Problems Health -----	36
Figure9. Healthy Problems Affect on Students’ Learning -----	37
Figure10. Teachers Notice to their students’ changes -----	38

List of Abbreviation

BC.....P9

DNA.....P20

EFL.....P44

General Introduction

General Introduction

Teaching and learning process is an important act that serves a lot in the development of the country . It is the cornerstone of any other field or process .

The central item of this process is mainly the learner . In fact, the latter may face some obstacles that may limit his /her skills and as a result influence his/her learning achievement.

There are several factors that govern the learning process , some of them are psychological and others are biological . In this vein , students who are struggling with those problems , their performances are so negatively affected. The issue has been of great interest to the researcher whose main aim was to help the students for a better educational future in order to provide some solutions as a remediation . Teachers also are under the focus of this inquiry since they are the closest persons to their students .

Thus , two research questions can be formulated :

- a. How can psychological and biological changes affect the learners' achievement?
- b. What is the teachers reaction towards these changes ?

The research questions are put forward into the following hypotheses:

- Students affected by psychological problems (discrimination, poverty, stress...) and the biological changes that touch their bodies govern their behavior.
- The teacher can help their students ,control their disciplines and be a friend to them .

To examine whether these hypotheses are valid or not , the research paper is divided into two chapters .The first one deals with the literature review which contains some definitions of the key terms and concepts .The second chapter , the researcher planned an inquiry where the findings were analyzed qualitatively and quantitatively .

Two types of research instruments were used questionnaire and interview .As for the sample population , it is composed of 16 students from 1st year and 3rd year secondary school and two teachers .The students were given questionnaires and the teachers were given an interview . Results of the research are briefly discussed and in the next pages some suggestions and solutions were added.

Chapter One:
Literature
Review

Chapter One: Literature Review

1.1. Introduction

1.2. The Teaching and Learning Process

1.2.1 Learning

1.2.1.1 The Concept of Learning

1.2.1.2 The Types of Learning

1.2.1.3 The Factors that Affect Learning.

1.2.2 Teaching

1.2.2.1 The Teaching Approach

1.2.2.2 The Teaching Approach in the Curriculum

1.2.2.3. The Teaching Process Methods.

1.3 The Psychological Changes of Student

1.3.1 The Definition of Psychology

1.3.2 The Psychological Issues

1.3.2.1 Social and Emotional Loneliness

1.3.2.2 The Teacher Attitude Behavior

1.3.2.3 Acculturation Stress

1.3.3 The Impact of Psychological Problems on the Student's Outcomes

1.4 The Biological Changes of The Student

1.4.1. The Definition & The Characteristics of Biology

1.4.2.The Biological Mechanism

1.4.2.1 The Genetic Predisposition

1.4.2.2 The Embedding of Experience

1.4.2.3 Gender

1.4.3 The Impact of Biology on the Learning Process

1.5 Conclusion

Chapter One: Literature Review

1.1. Introduction

The main concern of this chapter is to shed light on the key elements of the teaching and learning process concerning the psychological and the biological framework relevant to the present study. It, first, points up learning and its types and the main factors that affect it. Then we move to discuss the teaching process. The next section highlights the psychological changes indicates the psychological problem that are the teachers behavioral, the social and emotional loneliness and the acculturation stress in which the researchers tend to show how it can affect the students' achievements in his/her studies specifying the interest of the research . Last but not least, we move to deal with biology and its characteristics, and express the biological mechanisms that are the genetic predisposition , the embedding of experience and gender, by providing definitions and examples to give more illustration about the research.

1.2 The Teaching and Learning Process

Teaching and learning process is an important step in every person's life that gives the green light to many opportunities which make his/her life much easier.

1.2.1 Learning

Learning is fulfilled under different circumstances by the presence of the stakeholders (teachers and learners) .

Within the field of psychology ,the term learning is actually a specific term.Learning in its long term means the activity or the process of gaining knowledge or skill by studying or practicing or being taught .However, learning is the process by which the individual acquires knowledge and skills that are necessary to meet the needs of life .Psychological definition emphasize that learning involves a change in behavior.According to Crow and Crow (1963) :Learning is the acquisition of habits , knowledge , and attitudes . It involves new ways of doing things in order to overcome obstacles on to adjust to new situation . It enables the person to satisfy interest to attain goals.

Learning is a changing behavior influenced by the previous behavior, as stated above : the skills, habits, knowledge, attitude ... are results of learning. Every one is different from one another in acquiring skills, means every one has different speed of learning.

Chapter One: Literature Review

Person's learning experience is affected by environment, learning ability, motivation, teachers capacity.

1.2.1.1 Types of Learning :

The First type is the motor learning . It refers to the daily activities that every person practice it including:walking,running,swimmingand climbing... etc. All these activitiesinvolvemuscular coordination. The second one is the verbal learning . It involves the language use to speak, the communication methods that can be used to accomplish the process of communication by the uses of such tools as words , signs , symbols and so one. The third learning type is the conceptual learning. In this form of learning, the learner's requires higher order mental processes like thinking, reasoning and intelligence.

1.2.1.2 Factors Affecting Learning :

Learning is a very interesting task that is affected by some variables which are divided into three categories. The first category is related to the learner and his/her interest towards the subject of the study. That is to say , the learner's motivation , attention and efficiency or mental health are very important factors that must be taken into consideration before undergoing in the process. The second category is linked with teachers. It includes theteacher command over the subject , teacher way of communicating, teacher personality and attitude toward the learner, and teacher behavior with the students.The third factor category is related to the learning environment and the human resources . It's main focus is on the structure and the size of the classroom, availability of the appropriate subject materials and also the home environment of the learner . These factors determine the success and the failure of the process of learning and any disequilibrium may consider as a barrier.

1.2.2 Teaching

Teachers truly are the backbone of society , provide guidance and dedication and give young people the power of education .

1.2.2.1 The Teaching Approach

Teaching approach is a set of principles, beliefs, or ideas about the natural of

Chapter One: Literature Review

learning, which is translated to a classroom.

1.2.2.2 Teaching Approach in the Curriculum :

A curriculum includes everything that is part of the plan for instruction , including scope and sequence , instructional units, lesson plan , resources , teaching strategies and more .Being a teacher requires the implementation of creative and innovative teaching strategies in order to meet student's individual needs.

Therefore, the teaching approach in the curriculum goes through nine effective strategies which can be stated as follows , starting with learners' corner, teaching enables life-long learning and independent problem solving .That is to say, the learner is the center of the teaching activities , that is every question asked in the classroom would depend on the learners' achievement and his/her experiences inside and outside the classroom .

Moving to the second which is the inclusive , education for all not for just a rich or a white kid no , everyone and every learner is included even though student's with special needs , no one is left out everyone should be educated . Choosing the appropriate developmentally like tasks which are within the developmental stage,that is to say ,when giving homework , assignments or tasks to students that are within someone who's just in first grade , that means the tasks should not be too easy , not too hard , it should be equal with the learners knowledge .

The teaching must be responsive and relevant, that is to say teaching is meaningful when it is related to student's life, because he or she can relate on it and it is responsive because it answers the challenges or the needs that a student is facing currently in his life.Teaching should have the cultural sensitive, respect cultures, that means that he/she should be respectful of other peoples culture.Moving to contextualization and globalization that it is the exerting effort beyond the classroom, nowadays, it's actually real-time communication that's happening , so when saying contextualized,and global this means it should not just be within the four corner of the classroom , it should be making the students become globally competitive , whatever concept is , it should be competent with those that are being taught in other countries .

Chapter One: Literature Review

Teachers think over his / her teaching, thinking about what happened in his/her teaching. And the uses of teamwork and workers in the partnership.

1.2.2.3 The Teaching Process Methods:

In any field of study, the use of the appropriate method is an essential task and an integral component. Indeed, all teachers are aware of this and they are circumspect to choose the most useful method that helps them and facilitates the work. Those methods are as follows.

First, lecture is a traditional method that everyone is familiar with. The lecture method is used when a teacher doesn't have enough time in review centers. Teachers would be just giving lectures who just be talking nonstop. Then discussion which includes sharing ideas with one another, discussing things, talk about serious things, theories, concepts, topics. Next, reporting, in this case the students are the ones who are giving the lecture. Also, demonstration where the teacher would usually show the students how to do things, how things are done, that is the demonstration where the student is just an observer. Moreover, the investigator in which the students will be giving the chance to investigate a certain topic.

To sum up, the methods mentioned previously are not the only methods used by teachers. There are other useful methods such as the direct, indirect, deductive and inductive method...etc. Hence, it is the role of the teacher to choose the most suitable one to accomplish the teaching-learning process.

1.3 The Psychological Changes of Student

During the teaching and learning process, students are facing several changes that may affect their education, one of these changes are related to psychology.

1.3.1 Definition of Psychology

Psychology is the science of mind and human behavior. It aims to understand our underlying mental function. Physiological and biological process and internal mechanisms things that determine the action and behaviour asking how and why he/she thinks, feels

Chapter One: Literature Review

and acts. It uses experimentation to investigate perceptions intelligence ,personality, cognition and motivation .

Psychology lies at the heart of he/she efforts to grasp what is meant to be a human. Its insight and form every other academic discipline. However, Studying the mind helps the researcher to interpret his/her own actions and understand the figures of history made the decisions they did it offers insights into the working of the economy and makes it easier to chart the actions of the media and the impact of the low.Though psychology has been a distinct discipline for only about 150years , the effort to understand human nature began millennia ago. Hippocrates Plato and Aristotle addressed the working of the mind as early as the 4th century BC .While in China the philosophy of Lao TzuandConfucius added to the foundation of understanding while he has always wondered about the workings of the brains .

Psychology itself came of age only in 1879 with the foundation of the first laboratory dedicated to psychological research in Leipzig . Many different schools of thought rose as the discipline gained ground some of these approaches quickly became absolute but others still form part of the basis of the current understanding of the mind.

Sigmund Freud'sthe interpretation of dreams introduced the revolutionary concept the unconscious as well as the controversial theory of the Oedipus Complex a child's unspoken desire for one parent and sense of rivalry, with the other three essays on the theory of sexuality discus child development in relation to sexuality and perversion , but the experiment on rats conducted by the radical behaviorist Bt Skinner led him to counter that the main drivers of behaviour are really positive and negative reinforcement reward and punishment in effect .And Alan Turing best known for breaking the Enigma code looked beyond humanity to consider artificial intelligence asking questions such as : Can machines think and contemplating whether or not humans really should consider themselves different ?.

Psychology has taken giant step in the last two centuries Even Pavlov's lectures on conditioned reflexes laid the basis for our understanding of classical Pavlovian conditioning the idea that behavior can be understood in-terms of stimulus and respond.

Chapter One: Literature Review

The radical empiricist William James examines streams of consciousness emotion habits and will in his ground breaking the principles of psychology. Psychology helps to grasp not only what humans are , but also what they are capable of both good and bad .

1.3.2 The Psychological Problems :

These psychological problems are stated as follow:

1.3.2.1 Social and Emotional Loneliness

According to Allport Gordon (the father of social psychology) in his classic definition, Social Psychology is the scientific attempt to explain how the thoughts, feelings, and behaviors of individuals are influenced by the actual imagined , or implied presence of other human beings(1954). This definition has been influential and instructive for the researchers at many stages of its development, in which its summarize a significant portion of current work , including cognitive models of attitude change , social emotional , social loneliness...

Social emotional loneliness is the national feeling of lacking special contacts. It is a state of being off from normal social contacts networks ,,a distressing feeling of being alone or separated that occurs when a person's social relationships are perceived by that person to be less in quantity , and quality. Weiss,1973 stated that: «Social loneliness originates from the absence of a broader group of contacts or an engaging social network . Emotional loneliness originates from the absence of an intimate figure or a close emotional attachment.»

.Social and emotional loneliness happen to somebody, people do not seek loneliness voluntarily , This has been the most widely used conceptualization of loneliness in research . Most researchers have agreed on the concept of social and emotional loneliness an unacceptable and negatively experienced discrepancy between realized and desired interpersonal relationship .

However, a good way to look at it , is that a person can be surrounded by friends and his classmates , but can still feel lonely . Anyone can feel lonely and it's much more common than we think . Although as student the feeling loneliness can increase, which can be for a number of reasons certain life events ,such a loss of loved one ,poor physical or a mental health , loss of mobility , lack of confidence

Chapter One: Literature Review

Eventually ,it can affect their health both physically and mentally ,it can cause him to become more anxious and stressed and reduce their self_esteem , which can somehow lead to depression . It can also stops them from feeling motivated and end up with them having bad marks .Which can affect their physical appearance .It may make their diet worse or stopping their desires for exercises .All of these can increase the risk of developing health conditions in the future .

1.3.2.2 The Teacher Attitude Behavior

Actually, attitude is a learned tendency , we can equate both of these words to :It is a learned tendency to evaluate things in a certain way , so either people issues objects/ events. Attitude can be broke up into three component

First ,Affective Component deals with feels / having emotions towards an object .

EX: he is scared of having bad marks in the exams.

Scared: this word indicates a feeling which is an attitude towards Having bad marks in the exams .Second, Behavioral component is an act or behave in a certain way towards a certain topic /object. EX: he will work hard to avoid bad marks.Work hard : these words indicates a certain behavioral. Third ,Cognitive component refers to a knowledge about a certain topic or object , which will form an attitude .EX: He believe having bad marks will leads him to fail in his studies . So here he probably experienced or observed this attitude that caused him to believe that having a bad mark will affect him negatively so he needs to avoid it.

When it comes to teaching , teachers are expected to indicates an ethical standards of the teaching professioncy where they are driven by a shared purpose which is providing inclusive and learning environment that meet all the learners needs.Thus,, they share a collective vision of the profession that adhere to strive to embody the ethical standards that convey the professional responsibilities and commitments which helped to solidify the trusts of the students , parents as well as the number of the communities places in them .

Chapter One: Literature Review

Daling Hmoud from his article about the teaching professiony, What the science of learning and development tells is that teachers need to create learning environment , which allow for strong long-term relationship for the learners to become attached to their learning environment and to the adults in it. In the same vein ,Contour also stated that when children have experiences of closeness and consistency and trust,Oxytocin is released.That is to say : Oxytocin has many positive affect on the development of the brain, so when you think about a relationship ,you are not just talking about being nice to the learner , you are talking about a child having an experience of atonement and trust , strong enough to release the hormone Oxytocin .

For more illustration ,The purpose of the morning greeting is to build a connection between the teacher and the learner and to just make sure that their is a respect between the two , that makes that bond .So when a student or a learner knows that the teacher cares about him , this academic performance in the class goes to be more better . In other word : Emotion and learning are completely connected , that is if the learner is in a positive emotional space, if he feels good about the teacher , that actually opens up the opportunity for more learning .

1.3.2.3 Acculturation Stress

In the aim of understanding why a person becomes stressed, Dr Harry Barry explains psychological aspects of stress and anxiety in terms of reactions experienced from the flow of information between the emotional brain or the limb system (in the middle of the brain)and the logical brain (in the prefrontal cortex) . Hence, reactions to what people do in their daily life are derided between emotional and logical brain . That is to say , emotions affect logic. Undoubtedly , before making any decision emotions guide the flow of things . Thus, the symptoms of fear about taking wrong step starts.

Stress is something that happens to every person in this world .Its a reaction of the body toward something that happened or is happening now . So,tress is a common and normal act that helps people avoid danger. No one can consider this national phenomenon as a negative thing since even positive life changes like marriage or graduation..etc can cause stress in person's life . Thus , too much of a thing bring about its downfall . That is to say , the chronic or server stress is a different situation and a danger one . Moreover, people who live with this kind of stress can feel like it is dogging

Chapter One: Literature Review

them in every single step and through every decision . Indeed, this type of anxiety can cause serious physical, mental and emotional issues .

Acculturation, is a very complicated process that has different convoluted (sophisticated) factors which lead to acculturation stress . The later is defined as the process of two variant cultures coming into contact . The stress is initiated from realization that cultural beliefs and behaviors might differ from their culture or origin . Differences may derive from ethnicity or from regional differences. Acculturation stress is most prevalent with ethnic minorities , but can involve and ethnicity or cultural group. It its considered as a reduction in health status of individuals who are facing acculturation. This phenomenon spread in this world and you might see it in various stretch under different circumstances including «Educational institutions» . It is a problematic controllable phenomenon that can be surmountable .

There are many ways in which stress manifest including Discrimination stress and communication stress.

Discrimination is caused by the lack of spiritual vision . Because people don't know their real spiritual identity , they look at others with their materials eyes only . So that the term discrimination can be defined as the unjust and unfair treatment of a group of people against someone differences on the grounds of race , nation , origins , color , social status , faith ,,,,etc. Discrimination has become a danger and extensive phenomenon that indicates schools . Undoubtedly , each children is free to express his or her view. This means that no one can stop discrimination and prejudice happening in schools .

Racism in the learning environment must be stopped because it affects the way students learn and it is considered as an obstacle that face their success. That is why ,it has been created a mass all over the world, and many writers, journalists ,,, raised their voices up to eliminate this prejudicial treatments. Warensaid that Racial Dix in public education is unconstitutional.... All provisions of federal , state or local law requiring or permitting such discrimination must yield to this principle . Not only performed by one individual but by great and big organization . This treatment may take different forms For example: when teachers care for some students more than the others because of

Chapter One: Literature Review

having higher standards .

Also, in some countries as United States discrimination seen in the act of segregating schools in ways in which white , black and low income students may be isolated from and higher income students . The former had less efficient education than thing that may affect their achievement and their educational career .Unfortunately , this type of discrimination still occurs today's life .

Communication is the act of sharing ideas, thought emotions knowledge , understanding and desires between two persons or more . It can also happen with the persons inner self . In the same view, Newman and summersee that communication is exchange of facts, ideas, opinion or emotions by two or more persons .Communication is the cornerstone of every successful relationship . Each time you convey information to another person , whether its a family member, a friend , you use communication .

Communication skills , by definition , are the ability to convey or share ideas and feelings efficiently and effectively .

In its most basic form , communication is composed of talking and listening . Its point is to send physical , cognitive and /or affective information from one person to another either to meet the need of the person receiving the information or to stimulate a response from the receiver to meet a need in the sender .

The level of trust or distrust , profoundly impacts the manner in which the messages are sent and received . The degree of openness between the sender and the receiver alternate as the communication flows. The capacity of each to understand and engage in a scrutinizing process for the meaning of the messages and feedback on how a message is received determines the accuracy and fidelity of the communication . A good communicator will possess good verbal , non-verbal and written communication skills. To be an effective leader or executive you need to be fluent in all three forms of communication ..and here where stress appears . So stress may affect the communication skills of the person . Its results can be appear in his/her behavior . That is to say, people

Chapter One: Literature Review

who are feeling stressed out may become easily frustrated or angry and a person in heightened sense of emotion can have trouble choosing their words carefully or in an appropriate manner. . In other words, he/she resort to pull away from people and has the desire to isolate themselves and to draw withing themselves. This kind of stress can be considered as a barrier of the process of communication . Thus, persons who are struggling with communication . stress mainly have faced some personal and social physiological barriers. Therefore, when facing thins kind of stress, the person may pursue a heavy discipline which is known by verbal aggression .The later is defined as attacks on the partner's self-concept that are intended to cause physiological pain can include teasing , ridicule , swearing, and criticism of the partners appearance or personality, and is often delivered with feelings of contempt of anger.

In sums, any person can handle stressful situations but because of the pressure , it interferes with his/her mind. So that the way of thinking and talking will change automatically . Thus , when dealing with communicative situation the right words don't come to mind easily since there is a obstacle in the mind that the smooth of the exact experience. Indeed, the usual calm self may show in the persons voice so that it may become scratchy or it may show in the person's speech , thus he/she will use words that are not a usual part of his / her vocabulary .Also , communication stress might be summarized in the person's reflection on hew he/she feel when stressed . So that people may worry that they are unable to control their feelings .That is ti say , they care more about other's opinion fearing of having or gaining a reputation for being intolerant or impatient as a result people wont have them around.

1.3.3 The Impact of Psychological Problems on the student's Outcomes

These problems impacts on student's outcomes are as follow :

Loneliness happens when the social connections people want don't match the actual experience of their relationship with others . It is a subjective and emotional response that he/she need to better understand its emotional impact on individuals.

To address how social emotional loneliness can affect how people and learners think and feel , he/she need to better look at how he/she can use approaches from psychology.

Chapter One: Literature Review

It can often feel like a downward spiral , but using psychological techniques could reverse this and catalyze an up ward spiral out of loneliness.By building on this knowledge we can help to improve support for people who are lonely , group activities and one-to one support can all make a differences . Even though , it might be hard to pin down exactly how common loneliness is .

There is actually quite a lot of evidence that it is linked to a number of health problems, its been associated with higher levels of the stress hormone cortisol, higher blood pressure and increased risk of heart diseases , its also been linked to lower activity in genes that reduce inflammation , and even to dementia . It can also mean that the things we normally do to protect our health are less effective .For example:it can predict poorer sleep and make the learners less likely to exercise. And yes. There is even some evidence that loneliness is linked to dying sooner.

Researchers says that loneliness is affecting the learners bodies with cardiovascular functioning and even cellular aging .besides , loneliness is hazardous to his /her health. Researchers shown that people with social connection had 50% lower risk of dying early compared to people who didn't have a strong social circles .By understanding the psychological of social loneliness , the learner have better chance of reducing the loneliness millions of other learners are facing everyday .

In fact being a teacher is an honest road to walk in life. Teaching requires love . the teacher is going to love dozens and dozens of young people , but love is messy and it is painful but there can be no such thing as a broken relationship with the teacher , no matter what that youngest learner does, the teacher must always take them back . That is to say whatever the teacher do and say with his/her learners is indelible . Its permanently imprinted on who they are . The teacher got the ability to form this learner where he can deform them , based on how he treats them . So, never forgets the awesome influence that the teacher has to imprint things on their heart that are indelible .

The teacher have to remind him self at the start of the school year that he/she has been entrusted by the parents with the single most precious thing that they have and that is the future success and life happiness and vibrancy of their young son or their young daughter , it is urgent that he honor that trust and that the future success and happiness of that young person is a dear to him as it is for that young person's parents .

Chapter One: Literature Review

These learners are the start of their life's journey so they are guided by their idealism and that's a great thing to be part of , he/she get to keep their out look on life each year , that is why through the course of teaching career can be a little bit more physically demanding too, because the teacher aging whereas his student don't . But teachers do have the greatest job in the world , he/she got to learn , laugh , make memories, and get to love ,,etc. Individual lessons that the teacher gives to his students will slip through their fingers but the life experience that he give to them will stay with them forever , students must have an emotional connection to their teacher that is the single greatest factor in determining their success , his/ her attitude towards materials is everything. The teacher job is to give the opportunities , the encouragement and the resources to improve themselves it will take his /her blood sweat into, he/she will go home each day with very little of himself left . If he/she is going to do the job right he/she has to leave nothing on the table everyday . So that every day when he/she comes home the gas tank will be empty but if he called to it , if its really in his/her blood and guts this mission in life , his/ her gas tank will fill up that night again and he/she will go back in the morning with renewed energy and renewed determination to keep going and to try again but the wonderful miracle of being a teacher he/she can never know where his /her influence on a young learners .

Many surface , it may come when they are in their 20s or 30s so that really is the great miracle of teaching because it touch the future ,which is not for everyone bit it is for the teacher .

Acculturation stress as it defined, is a state on mental /emotional strain or tension resulting from adverse or demanding circumstances. Stress is a feeling all learners experience when they are challenged whether in school ,life situation,,,,,or overwhelmed , but not than just an emotion , It is a hardwired physical response that travels throughout his/her entire body . In short term , stress can be advantageous , but when activated too often or too long , his/her primitive fight or flight stress response not only changes his/her brain , but also damages many of the other organs and cells throughout his/her body . His/ her adrenal grand releases the stress hormones cortisol, epinephrine also known as adrenaline , and more epinephrine .

As these hormones travels through his/her blood stream , they easily reach his /her

Chapter One: Literature Review

blood vessels and heart . Adrenaline causes the heart to beat faster and raises the blood pressure over time causing hypertension. When the brain senses stress it activates the autonomic nervous system, throughout this network of nerve connections , the brain communicates stress to the enteric or intestinal system .Besides ,causing butterflies in the stomach , it can disturb the natural system contractions that move food through the gut , leading to irritable bowel syndrome and increase the gut sensitivity to acid making it likely to feel heart burnt. Acculturation stress has even more ways it can sabotage the health including acne, hair loss, sexual dis-function,headaches , stomachs , muscle tension , difficulty concentrating , fatigue,,,

However, student are feeling more stressed now than ever before . As student level increase the amount of absences due to illness increases also, Not only does that inhabit learning but it also prevents learners from gaining the necessary skills that will make them competitive in the college application process which undermines the very foundation upon which that stress is built . Although ,little bit of stress can be really good sometimes , it can motivate he/she as student to do the best he/she can do, become best people he/she can be .

Having a little pressure put on his/her shoulder can push the learner out of hid /her comfort zone . It can make him/her experience something he/she never would have even imagined, but too much that's when he /she gets burnout and loss of motivation .A student experiencing burnout will be forced into uncomfortable positions that ultimately hinder performance, generally lacks a driving force within that used to propel.Learners life will always be filled with stressful situations , but what matters to his/her brain and his/her entire body is how he/she responses to that stress . If he/she can view those situations as challenges he/she may control and master rather than as threats that are insurmountable , he/she will perform better in the short run and keep healthy in the long run .

1.4 The Biological Changes of the Students

Life has a set of properties that an organism has to follow to be called living.And a wonderful discipline of science studies life in great detail it is called Biology .Simply put, anything which interacts with its environment energy and reproduce are known as

Chapter One: Literature Review

living things .Example : Humans eat foods to get energy , feel and respond to our environment and reproduce to make more of ourselves. Many living things like insects, birds, animals, have the same properties like us . So they are all living organisms.

1.4.1 Definition and the Characteristics of Biology :

Biology is the scientific study of life . It is a natural science with a broad scope but has several unifying themes that tie together as a single, coherent field .For instant , all organisms are made up of cells that process hereditary information encoded in genes , which can be transmitted to future generation.

All living organisms share several key properties such as order , reproduction , growth and development , energy processing , response to the environment , regulation , evolutionary adaptation . Thus , If the human being examines a rose from near he will notice it is very ordered , the petals are folded around each others with the center-bearing seeds, which illustrate the highly ordered structure that typifies life. Then organisms reproduce their own kind ,ex:a mother panda will always give birth to a panda not a horse.

Also, inherited in the form of DNA controls the pattern of growth and the development of all organisms .In addition, all the organisms responses to the environment directly and indirectly making a reaction or a response to it .Ex: when a human is tickled , he/she response by laughing. Moreover, many types of mechanisms regulate an organism's internal environment keeping it within limits that sustain life.

A lunar sunbathes to help raises the animals body temperature on cold morning . Besides, lions use camouflages to blend in with the savanna so they can easily hunt down an animal.All of these properties are the main characteristics of biology.

To sum up, biology is a complicated science that may be understood throughout its different characteristics.

1.4.2 The Biological Mechanisms :

At the aim of closing the gaps in achievement levels among children, many scholar interventions prominent. In fact , the early intervention didn't eliminate a person differences in population .Thus, the biological factors may help to determine why the

Chapter One: Literature Review

previous intervention do not eliminate achievement gaps. Which is the scope of biological mechanisms that support the interplay between the embedding of experience and the genetic predisposition . Previously , biology gained more interests and intention from researchers ,especially genetics in the of analyzing human behavior .

1.4.2.1 The Genetic Predisposition :

A genetic predisposition is a genetic characteristic which influences the possible phenotype development of an individual organism within species or population under the influence of the environmental conditions .Example : in Medicine genetic susceptibility to a disease refers to a genetic predisposition to a health problem which may eventually be triggered by particular environmental or lifestyle factors such as tobacco or diet .Genetic testing is able to identify individuals who are genetically predisposed to certain diseases. Predisposition is the capacity we are born with to learn things such as language and concept of self .

Negative environmental influences may block the predisposition ability , behavior is displayed by animals can be influenced by genetic predisposition . Genetic predisposition towards certain human behaviors is scientifically investigated by attempts to identify patterns of human behavior that seen to be invariant over long period of time and in very different cultures. Example : Daniel Dennett has proposed that humans are genetically predisposed to have a theory of mind because there has been evolutionary selection for the human ability to adopt the intentional stance. The intentional stance is useful behavioral strategy by which humans assume that others have minds like their own , this assumptions allows the human to predict the behavior of others based on personal knowledge of what he /she would do . Wilsonsbook on sociolect-biology and his book con cilium discuss the idea of genetic predisposition to behaviors. The field of evolutionary psychology explores the idea that certain behaviors have been selected for during the course of evolution the genetic information non -discrimination act which was signed by so many residents , probabilities discrimination in employment and insurance based on genetic information .

Chapter One: Literature Review

1.4.2.2 The Embedding of Experience :

For many years , researchers have divided their understanding of what makes all humans different into genetic and environment . However, there is an interplay between the genes and the environment as Clyde spoke about it in his books in (1963).

The person's genes are actually listening to the environment and the experience that he/she are chancing ,as Bruce said :the way our genes are, expressing our functioning .For many years ago Clyde and his colleagues as an epidemiologist , had realized that there was a biological embedding of experience . And as Bruce have mentioned : if you have early experiences an act of abuse , neglect ,,,,this gives you a much higher chances , even if this happens only early in life to have health risks .And so on average kids are put on a developmental path or development trajectory and it's towards health wellness , social functioning and it is influencing by what happens to them early on . It's also important what happens later but those early years are very critical.

Humans want to know how to prevent these early experiences often associated with low socioeconomic status and they reflect the gradient and health .So what is particularly interesting lately ,is that there are individual differences in this response. Thus, some individuals will be highly affected by this and others not, but overall there are differences when the child had this adverse early experience in neural and endocrine responses to stress as Bruce have mentioned in brain development . And also it functions ans the immune system and even the «the gut microbe». Tom Boyce and Bruce Ellice put forward this idea that our children when born could be more dandelion child if there is stress that they experience , they will be fine. Whereas the orchid child needs to be watered and growing the right humidity and then they will flourish . And to find out whether the kid is dandelion or orchid just put really woolly socks on him and the orchid kid runs around and screams it's too itchy .

However, we need to know both about the genetic architecture and the environment and there's an interplay and this is what we mean by interaction .Here is an example by Micheal Meaney & Moshe Ziff : Let's take a rat mom which licks her pups a lot Vs a rat mom which licks her pup little bit . So if we cross foster them and then ask question : what happens with this guys when they have a biological mum that licks a lot but their experience is with mom who licks a little bit ? Do they end up being mothers that have to do with their biological background or their experience or some combination

Chapter One: Literature Review

of both ? And what they shown is that is it is the foster mum that matters for so , for the glucocorticoid receptor , it can be seen how much of the genes is expressed and what matters is a foster mom , so her there is a biological mom first and the second is the foster mum and you can see when the foster mom is a high liquor and groomer of her pups and so its the opposite is true for the foster mom that's a low liquor and groomer so somehow this parenting has been inherited in this means .

The consequences of This is that the mom's behavior social context affect the life long health of the infants via later stress reactivity the mom's behavior transfer to the pups in an epigenetic manner .It's as though epigenetics is mechanism for nurture ,changes to the epigenome are really a cellular memory of an environmental event.

1.4.2.3 Gender :

In the science of biology , a mechanism is a system of casually interacting parts and processes that produce one or more effects . However, Education systems have made great strides to close gender gaps and tackles racism , but their are lessons to draw from taking a closer look at student behavior and performance , which can helps reduce discrimination , including to when it comes to choosing a career.However,the processes in school of may shape gendered identities of lades and females in arranges ways.

Firstly, the peer groups interactions in school : we have seen how peer grips can shape social classes identity but some of the research and peer groups indicates that our pupils peer may also influence their gender identity as well.

Second way schools could shape gender identities is through teacher pupil interactions especially interaction with teachers of the same sex.

Third, though the acceptance or rejection of the identities that students possess outside schools . schools have a tendency to reinforce traditional gender roles and this can cause clashes with some students .Fourth, through expectation and behaviors of the different genders and a final way is through subject choices and imagery and having the traditional values of masculine and feminine domains can reinforce what students see is being part of their identity for their gender.

Chapter One: Literature Review

1.4.3 The Impact of Biology on Learning :

The thing that came to the mind when thinking about changes that happen during puberty , is the changes that happen to the body . Things like the development of secondary sex characteristics or changes in height or an increase in body hair ,, , but those aren't the only changes that happen . There are actually a lot of changes that happen to the brain as well . This is what you would see if you looked at the side of the brain . Thus puberty gets with it several changes in the person . Which mainly focuses on mental , emotional , and psychological changes.

1.5 Conclusion

In the review of this research so much difficulties has been revealed . These difficulties affect this scope of study and face the learner in his/ her learning process from psychological changes to biological changes which has been shown to be the most challenging changes a learner may faces. In this context , students find themselves in a hurry and panic during circumstances. That is why,much interest is put on analyzing person's psychological and biological health in relation to the learner. putting a scrutiny on two important variables, which are teachers and students for the goal of finding recommendation to this dilemma. Then, remediation is suggested both from the side of student and teacher only to involve them in investigation for the subsequent chapter.

Chapter Two: Data Collection and Analysis

Chapter Two: Data Collection and

- 2.1. Introduction**
- 2.2. Research Methodology**
- 2.3. Aim of the Study**
- 2.4. Sample Population**
 - 2.4.1. Students' Profile**
 - 2.4.2. Teachers' Profile**
- 2.5. Data Collection Design and Analyse of the Students**
 - 2.5.1. Questionnaire Design**
 - 2.5.2. Questionnaire Result**
- 2.6. Data collection Design and Analyse of the Teacher**
 - 2.6.1 Interview Design**
 - 2.6.2 Interview Result**
- 2.7 Discussion of the Data**
- 2.8 Suggestion and Recommendation**
- 2.9 Conclusion**

Chapter Two: Data Collection and

2.1. Introduction

One of the fundamental principles of research is to give rise to new valid knowledge trying to perform answers to the research questions to approve or disapprove the hypotheses. This chapter discusses the methodology structure of this study and its aim. This part is devoted to the analysis and interpretation of the data, thus the discussion of the leading results. Then, providing some suggestions and recommendation for the topic and finishing up with a conclusion.

2.2. Research Methodology

Researchers consider a variety of factors in choosing the best methodology for their study. In order to come up with a proper research design, an appropriate research methodology has to be followed, to achieve the reliable knowledge researchers are seeking for. It is the theoretical position of doing the research, viewed as the body of knowledge which attempts to explain or understand how research is done using quantitative and qualitative data.

According to Kothari (2004): When conducting a research, following a certain methodology is a *sine qua non* condition. The latter sharpens and organizes the work of the researcher in a recognized framework. This research is a kind of investigation. The latter allows mutual relationship between the analyses, using triangulation between research instruments.

2.3. Aim of the Study

This study draws on two main research questions. The first one is set out to measure the psychological and the biological factors that affect the learners' educational achievements. Using a questionnaire for students and noticing their reactions. The second questionnaire attempts to examine the teachers' strategies that are likely to reduce students' difficulties and improving the teaching and the learning process.

2.4. Sample Population

The first step of every statistical analysis a researcher would be performed, is to make sure that the data dealing with, are sampling. However, the sample is a subset of the population and the number obtained when working with a sample are called statistics. One's sample population consists of students, teachers. It allows the researcher to have a strong foundation and results that are both representative and precise

2.4.1. Students' Profile

The sample population consisted of 16 students from a secondary school ,students from third level and the other students from first year during the academic year “2022/2023”. Their average age was thirteen ; the oldest student was fifteen and the youngest was ten years old . the female students were 5girls form first year and 5 girls form third years , whereas the number of males from first year was 4boys and 2boys from the third year . The participants, in this work, were chosen randomly.

2.4.2. Teachers' Profile

Only two teachers, one teaches first year is a female and the other is a male who is teaching third year pupils were part of the data-gathering process. A female teacher is 35years old and the male teacher is 40years old . Their teaching experience varies from 6 to 13years.

2.5. Data Collection

Kothari defines the primary data as “those, which are collected afresh and for the first time, and thus happen to be original in character” (2004: 95).

After planning the research design, the research primary data must be collected. The data gathered by the researcher at first has to be rich . There are some qualities and characteristics the researcher must be in him such as being open-minded and must adopt a critical way of thinking , he also should be capable of gathering accurate and in-depth information from the respondents. Therefor the later tend to use different tools to collect data such as observation, interview, and focus group.. to have qualitative and quantitative data . While qualitative according to Pathak et al. , 2013: «qualitative research methodology involves collecting and analyzing non-numerical data , such as language to interpret subjects' beliefs, experiences, and behaviors ».It includes interviews, focusing group , and case studies . In the other hand , quantitative research methodology « involve the collection and analysis of numerical data to discover patterns , test relationships , and make predictions» Bhandari (2021). It includes surveys , and experiments and a systematic observation can be used to obtain data .

For the appropriate work , the researcher chose to combine both qualitative and quantitative data . Two questionnaires were used as a method for the research . The questionnaire in the context of this research can be viewed as part of a survey operation ,

the two questionnaires examine the same changes but with two categories of informants . they both make a scrutiny on psychological and biological impacts on students achievements. However, one questionnaire is meant for the students and the other hand teachers teachers were given interviews.

2.5.1 Students' Questionnaire

In order to gather strong and reliable data , the researcher is obliged to chose research instruments that help him/her and facilitate the work. One of these research tools is the questionnaire which is defined as a set of questions addressed to a group of people who will answer them. In this vein ; Kothari (2004 :100) , posits: “A questionnaire consists of a number of questions printed or typed in a definite order on a form or set of forms”.The researcher gains more time and efforts since he/she will generate the results of the sample .Moreover , it is free from biased questions as in orally distributed questions.The questionnaire was addressed to sixteen students. who were chosen randomly from Hennaya secondary school. This structured questionnaire contains different types of questions which are close-ended multiple choice and open-ended questions.

2.5.1.1. Design of the Questionnaire

The questionnaire was rightly designed to collect data at three levels , in accordance to the covered rubrics .For going deeper in this investigation , three rubrics were designed to know the learner status with the surrounding : teacher , classmates, society .

Rubric one : General Information

This section tackles the general information about the participants . It consists of the background information such as age, gender, level parents' situation are needed for the research. Additionally, other questions are added about learners' characteristics and personality . This scale is appropriate for the research in order to measure exactly student's educational level.

Rubric Two : The learner and Psychology

After knowing the basic information about each student . The following questions must be specific and related to the topic . Thus , a series of question were formed in the aim of gathering strong and reliable information that can be very useful and helpful to

understand the psychology of the learner and the main factors that influenced his/her learning achievements .

Rubric three: The learner and biology

This part is mainly concerned with the physical problems that may make the students a shame of it . Then it focuses also on the changes that appear on their bodies in order to determine the relationship with these variables and education in general and students' achievement in specific .

Yes /No questions and open-ended questions and multiple questions were put forward.

2.5.1.2 Results of the Questionnaire

This part reports the analysis of the findings, gathered from the learners' responses in accordance to the three rubrics .

Rubric One: General Information

Firstly, this section provided background information about first (50%) and third (50%) year students . The results reveal that they are 62.5% (10) females and (6) 37.5% males. Their ages between 10 to 15 years old.

Secondly, more additional questions were delivered , one of them is concerned with learners' grades and the remaining to get data about students impressions about their teachers.

The designed questions are yes/no questions and multiple choice questions. However, the first three question are little bit personal and they are as follow :

□ Q1: What is the parents' situation ?

The results showed that 62.5% their parents are married ,and the minority affirmed that their parents are separated whether they are divorced or died (18.8%).

As it is illustrated in the following chart :

what is the parents situation

16 responses

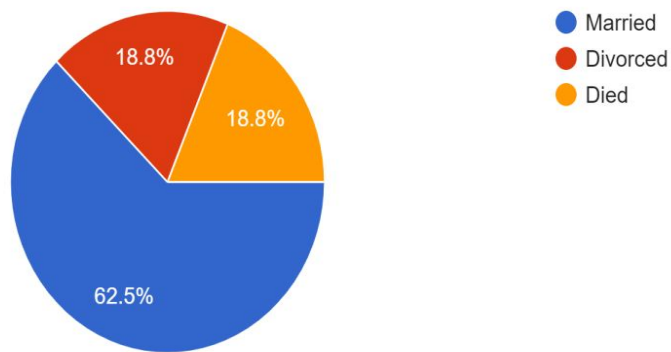


Figure 1 : Parents' situation

- Q2: Do you repeat the year ?
- Q5:How are your grades ?

These two questions were mentioned to have a clear idea about the learners' level and their educational achievement which is the core of this study . Thus,68.8% are repetitive and 31.3% are not .

To provide a clear illustration of the results . This bar graph summarized the findings of the fifth question:

How are your grades ?

16 responses

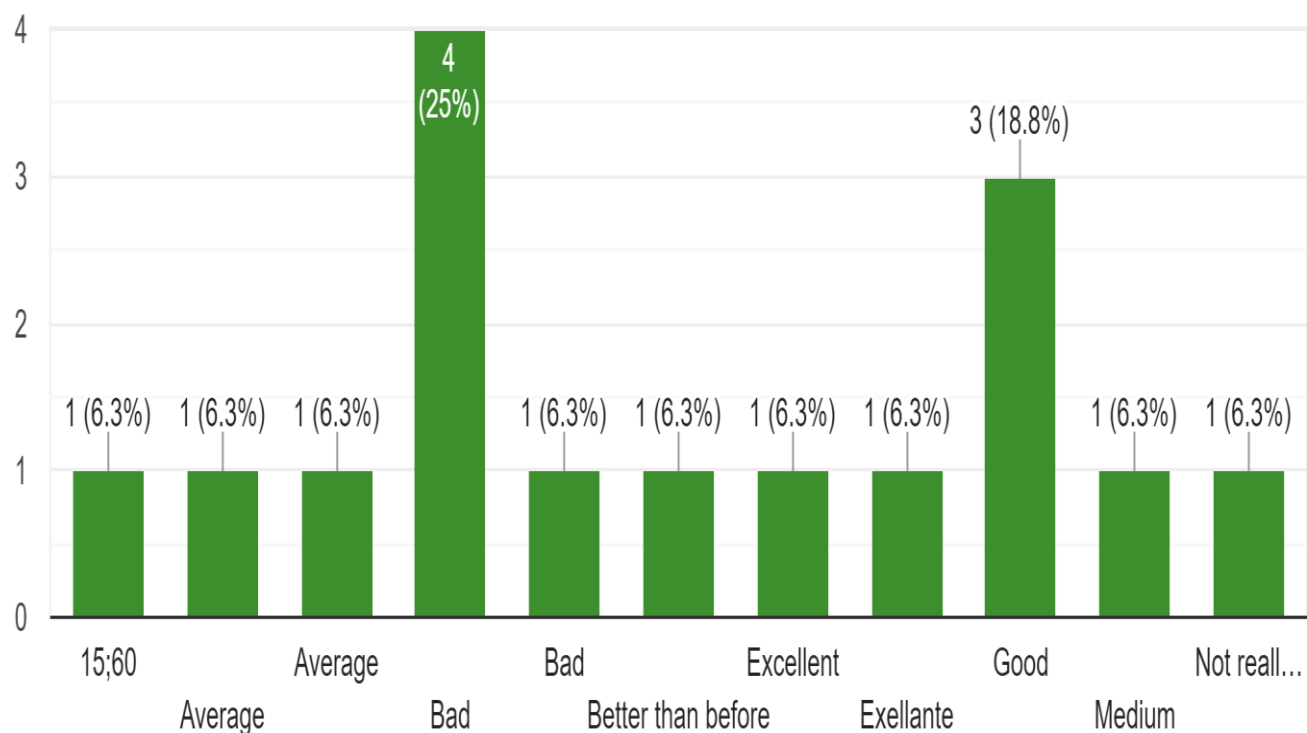


Figure 2 : Grades

As you can see, the highest percentage went to the answer bad 25% . Then, few students stated that their level are good 18.8% . The rest evaluated their grades by choosing different words like : average , medium , ,,etc

□ Q3:Do you like your teacher ?

□ Q4: How is your relation with them ?

These two questions were directly asked to the students in order to know what extent teachers are close to their learners and to determine the relationship between those two central elements of the teaching and learning process .

The results demonstrate that 68.8% liked their teachers and 31.3% do not . Also , the same students who answered with yes to the previous question stated that their relation

with their teachers is good or normal and the other said that they had one .

As it is illustrated in the following chart :

Do you like your teachers ?

16 responses

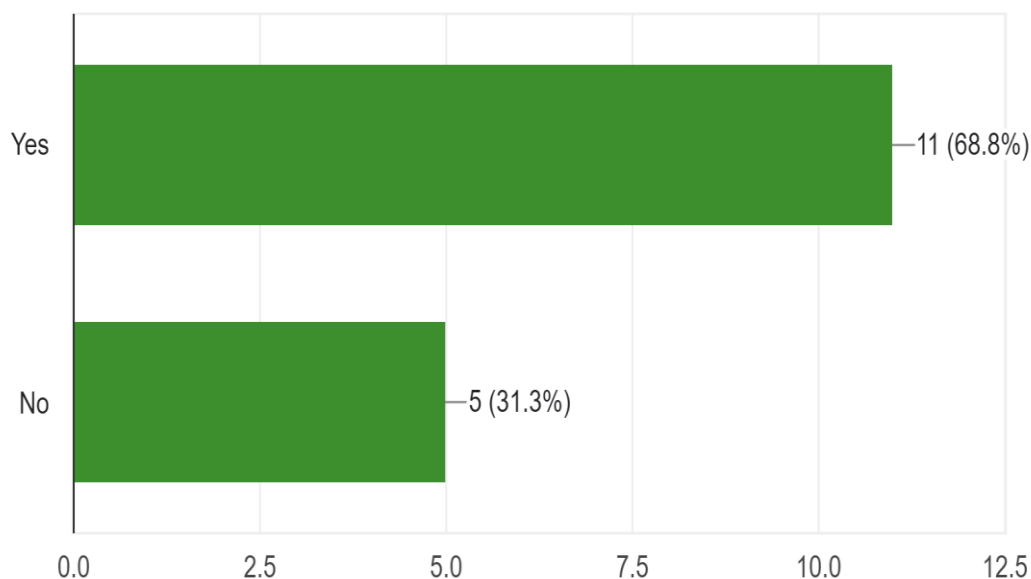


Figure3 : Students Love to their Teachers

Rubric Two: The learner and psychology .

To know the major elements that influence the teaching and learning process in relation to psychology , a set of question were designed to insure or reject the hypotheses given at the beginning of the research.The informants responded to 8 questions that are well organized . Three of them are about students' ability to communication and if they face any difficulties during this process .

□ Do you have any difficulties when interacting with your teachers and your classmates?

It is a yes/no question which allows us to analyze the learners personality and highlight

his/her interesting problem . The results ensured that 56.3% had the difficulty of expressing themselves inside the class .So that , they had no problem and they could communicate easily at any time .

Do you have any difficulties when interacting with your teacher and your classmates ?

16 responses

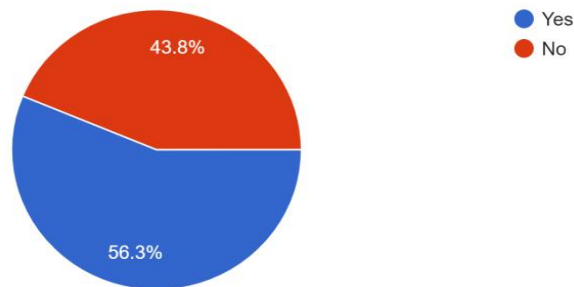


Figure4 : The Difficulties when Interacting with Teachers.

Moving to the third and the seventh questions . These questions support the same idea have the aim of gathering more information about students' speaking skills inside the classroom .

□ Do you feel stressed when speaking in the class ?

The key term of this question is the word «stressed» . It has the aim of knowing if stress affects the students or not .

The following chart summarized the findings :

Do you get stressed when participating in class ?

16 responses

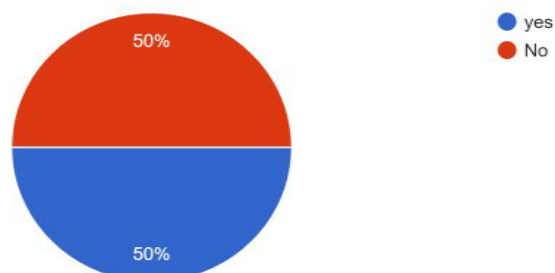


Figure 5 : Class Stress Feelings

Hence , 50% are getting stressed and 50% are not .

□ Q3 :How can you evaluate your communication skills in the classroom ?

This question is a combination of both 1st and 3rd question .

The answer of the learners showed that some students liked the act of sharing their ideas and their speaking skills are good and they had no troubles but others said that they had an average level which might be an obstacles and a barrier for them .It remains four others essential questions . Two of them is about a bad experience rarely «discrimination» .The two others questions are about four learners and society .

□ Q4 :Did you face any discrimination treatment inside the class ?

□ Q5 :If yes , describe your feeling and how you dealt with it ?

Most of the students were suffered from discrimination (68.8%) and the rest of the learners stated that they were never faced this unjust and anti humanity act. The informants who answered with yes declared that they felt bad and so sad . Also, that experience provided many psychological and healthy problems (loneliness, and lack of confidence.....)

□ Q6 :What was your teacher reaction towards this unjust and unfair act ?

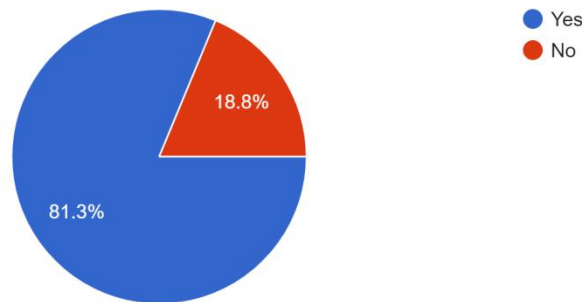
In fact , the answer were very confused . Some of those replays were positive and the students appreciated their teachers and thank them for their fair reaction and for their help. However, other students were totally depressed because of teachers indifference and carelessness.

□ Two more questions were addressed to indicates the relation ship between the learners and their society in order to determine whether the society is an affective factor or not .

□ Q2: Do you have friends ?

The answer was as this chart show:

Do you have Friends ?
16 responses



Figures 6: Friendship.

□ Q8 : Can you trust any person from your society and makes him /her a friend ?

The responses to this question were shown that the students can't trust to any person and make him/her a friend in a short time . Few of them said «No» .Obviously , those are the students who said that they had no friend.

Rubric three : the learner and biology

The main focus of this part is to shed the lights on the healthy problems that students suffer from . The designed questions are meant to provide a deep understanding of what is going on the student body in order to build the relation between the impact of biology and the students' learning process .

□ Do you feel shy of your physical appearance ?

□ Please state why .

The result was as follow :

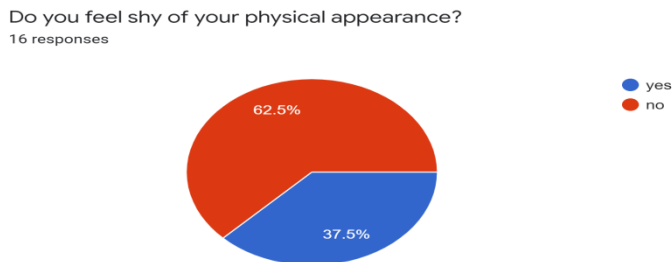


Figure 7: Physical Appearance

So , the results show that 62.5% said they don't , whereas 37.5% said that they were facing discrimination on their looks and they admitted they were shy and were suffering from the sarcasm of their friends and they refer this to the composition that were made among them .

Do you have any health problem ?

If yes , what is it ?

This question highlight the diseases that hinder the learning process . In this vein, students were asked to mention the main healthy problems that disturb them .

Do you have any healthy problems ?
16 responses

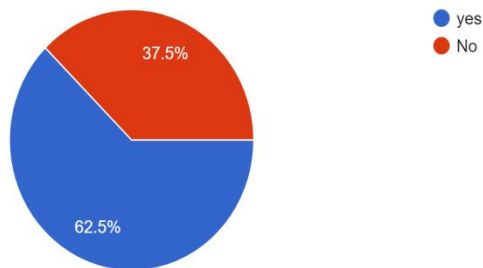


Figure 8: Healthy Problems

The results showed that 67.5% were suffering from illnesses related to visual , obesity , diabetes, . In the other hand 37.5% asserted that they are enjoying a healthy life .

Yes/ No question was added to make sure that biology affect students' learning :

Do you think that those problems affect your learning process ?

And the answers was as follow :

Do you think that those problems affect your learning process ?
16 responses

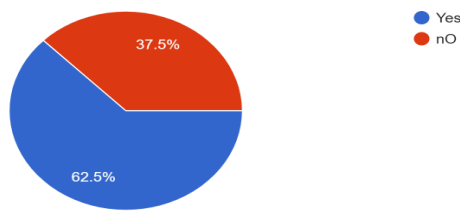


Figure 9 :Healthy Problems Affect on Learning

As it is viewed in this chart The 62.5% of students who declared that these problems affect their learning process in various way are the one having these problems for sure . obviously , any sickness has an affect whether on the learner itself or the surrounded learners .In the other hand , the remaining students 37.5% who answered by no are the healthy ones .

The last question of this part is and open_ended question and it is as follow :

□ How can you evaluate your learning achievement from first stage till now ?

For this question many different answers were collected .

The most of the students said that their levels were in decline .The first year students stated that the study in the primary school was much more easy than the secondary school .

2.7.1 Teachers' Interview :

This interview was addressed to two teachers one is the first year teacher and the other one is a third year teacher ,to collect a detailed data about psychological and biological changes impact on student learning process.All under one aim that is providing a complete scrutiny on these variables' impacts . Teachers were administered a structured interview. The latter type of interview has an already organized plan. The informants are expected to respond only to 5 questions .

The first two question are close ended . However, these questions were distributed to know the relation of the teacher with his/her students ,in order to pave the way to other questions to gather the last needed and necessary information to fill up the work in hands and support the previous ones highlighted in the precedent instruments.

Finally ,the rest of the questions are open ended questions ,aim at identifying the

impact of the teacher on their learners and to know whether the teachers' personality and attitude affects the teaching learning process or not .In which ,they are expected to provide their strategies to defeat these impacts facing their students .

2.7.2.Result of the interview :

□ Q1: Do you care about the personal situation of your student ?

Both of the teachers said that it is the most important step before any teaching process.

□ Q2: Did you notice any strange case in students' behavior inside the class?

The chart result is as shown above :

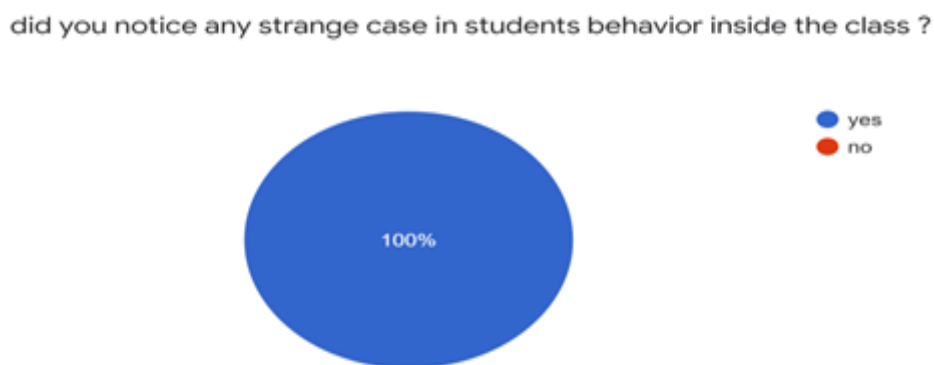


Figure 10: Teachers'Notice to their Students'Changes

This figure clearly states that both of the teachers are responsible when it comes to their students.

□ Q3: Is there a progress in your student performance during the last months?

Since there is a lot of students not only one , results will be miscellaneous.

Teachers have clearly demonstrate that some students are in progress whereas the rest are not .

□ Q4: how do you deal with students that are facing psychological &biological changes ?

Almost all the respondents admit to transmit their worries to the student who is facing these changes. Being teacher, is a big duty,they are the individuals that draw whether the success or failure of their offspring . Here they said they are really trying to

solve and help their students by giving them advice avoid this changes that automatically impacts students.

- Q5: Do you think there is a relation between the impact of psychological and biological changes and the students' performance ?

In this respect, teachers showed that there is a huge connection between the two. In which both of them agreed on the existence of this relation.

- Q6: explanation

Teachers are like second parents, they know their student better than anyone. It is for this reason they have responded in diverse ways. One said that a student having these changes will be affected for sure, especially for first year students, first experiencing this challenge some of them will manage this issue whereas others will stuck in this situation.

2.6. Discussion of the Main Results

The research was made to set out an overall understanding of the impacts of the changes on students educational performance. It also tries to highlight teachers' intervention in helping them to manage these concussions during the educational year.

To examine the effectiveness of the hypotheses, two different research instruments were used, a questionnaire was addressed to two different sample populations so as to gather data that approve or disapprove the hypotheses, whereas the second instrument (interview) investigated the sample population (teachers) in order to confirm the results obtained from the previous research instrument.

The first research question, the researcher considers that students are facing a real problem that threaten their educational career. As a matter of evidence, students were being under several questions (check Students questionnaire). However, in teachers interviews, question 5, all teachers who were part of the work agreed that their students are affected by these changes. On the other side, teachers provided some evidence that prove that their students educational level is decreasing (see Teachers interview, question 6). Additionally, all students face irritate problems during the educational year. These problems are psychological & biological which generate in them stress, lack of motivation Henceforth, the first hypothesis is wholly confirmed.

Concerning the second research question which highlights how the problems can be resolved. The researcher suggested that teachers could act as key element in reducing the impact of these problems. When it comes to help students in learning, the teacher is always at the prominent position of the list. Therefore, it is no wonder that this individual plays a major role in helping students to overshoot the difficulties they have been facing. Thus ,few students claimed that their teachers help and care, increase their self confident rather than worsen their case (see Students questionnaire, rubric 2 question 5 ,6).

Whereas the others said they are not having any support from their teachers which making it hard for them to adapt with the situation .

Teachers also state that they do offer help to their students to raise their self-esteem. When teachers avoid discrimination and try not to hurt the students feeling by using frustrating words, it procures in students a moral release (see Students questionnaires , question3). Teachers also provide helpful advice as they are acquainted with the changes according to the previous years experience of teaching (see Teachers questionnaire, question 5). All in all, the results do approve the researcher's hypothesis

2.8 Suggestions and Recommendations

As already stated, the purpose of the present study is to provide solutions to the psychological and biological problem that the first year and the third year learners' encounter. To be able to do that, the researcher has tried to search for their impacts o the later achievements in and out the classroom and then try to suggest remediation and solutions. In this way, the findings as well as the previous literature review are considered to be sources of this problem solving.

2.8.1 Role of the Teachers

The results show that the relationship between the gathered literature view and what is happening in the real situation do not deaffer from each other which are likely to be connected . So ,The teacher attitude behavior plays a major role in controlling the learner achievements .However, such involvement may be unprompted and impulsive.

Moreover, to reside a strong teacher-learner relationship and set a high level of learners' performance, it is the teacher's attitude that matter as (Emmer & Evenson, 1981: 342) stated that they : "produce high levels of student involvement

in classroom activities, minimal amounts of student behaviours that interfere with the teacher's or students' work, and efficient use of instructional time .

In this vein, Kearney et al. Said: “what messages do teachers use to encourage students to comply with their demands” (1985: 20). that is to say, that is in the teachers’ hand to form the learner and deform him/her. When teachers use positive language this encourage his / her learner to perform better .In this context, the teachers Provide collaboration and socialization opportunities. Focus on the learners retention ,Be positive,Be self-confident. Trust the accomplished work.....However, those students who have close, positive and supportive relationships with their teachers will attain higher levels of achievement than those students with more conflict in their relationships.

3.1.1. Role of learners

On one hand, they have a long programme to cover and on the other, they have to attend school lectures. Therefore, they may find them selves in panic and hurry which can causes them extreme fatigue and mental inconvenience and end up with them failing in their studies .Fortunately, learners conjoint a advantageous techniques and strategies, besides the teachers’ advice regarding their psychological and biological problems.

So all what they have to do is: they have to know how in manage their time and plan it well .Try to work regularly and revise the programme gradually .Apply positive self-talking and watch motivational videos or movies . Accept their self the way are .none is perfect.and have faith. . Last but not least , to be self-confident and trust the accomplished work.

3. Conclusion :

To sum up , the researcher has spread knowledge concerning the followed methodology of the data collection . Then the results were submitted in order to confirm or reject the hypotheses . In accordance to the investigation , the researcher has shut up that these factors (psychology & biology) go hand in had with the learning process . What is more , the researcher has looked for suggestion and

recommendations . For this reason , students as well as teachers were taken as a part of the investigation .Thus , to satisfy the learners' needs ,the research work has shown that there is an intimate touch of every one who is affected by the course (students , teachers , society , parents) on the learners' performance , starting with the teachers for their major role in delivering the knowledge, moving to the students themselves .

General Conclusion

General Conclusion

Every year, students' educational and career future is on the edge of danger. It can not go without condemn the effects that happens to the learners. During any academic year, students face divert problems which worsen their educational level.

Researchers agreed that these effects should be well studied for the safety of the future generation. Studies done in the EFL classroom preparation show that teachers as leader of classroom can control their students response to the impacts of the psychological & biological changes which will supply a big realization . Based on the first assumption, the researcher tend to study these changes and its impacts on students. Then, the research aimed to survey how the teacher can reduce and offer help as supported by the second assumption.

For the planning of this research , the dissertation consists of two chapters. The first chapter which deals with the basis of the literature view that highlights the study of the impacts of the psychological & biological changes on the learners achievement. Then, the second chapter deals with the practical part that collect and analyze data . Besides, this results throw the light on solution gathered from the informants' responses.

In hand, this research shed the light on two hypothesis that have been well confirmed, about the impacts of these changes and the role of the teacher in getting rid of it by using two research instruments the questionnaire which was addressed to sample population whom are first year students and third year students to know how exactly these changes impacts the learning performance . In the other hand , the second research tool was the interview that was addressed to the second sample population the teachers who answered and literally collaborated , to know how they can reduce it as well as the strategies used by them , in order to pave the way to find the suggestions and the recommendation.

In this vein, the results confirmed that the impacts of the psychological & biological changes goes hand in had with the learning process. However, it is important to mention that the students are really affected by these problems . On the other hand, it comes to light that teachers' collaboration with his/her students manage to cross this dilemma . Even more, their uses to several strategies shows they really care about their students and that they doing the job perfectly.

At the end, the researcher has faced some barriers. As for the sample size, the researcher was not able to gather specific data. Second, there was so much information that if being mentioned they will make the research too long , besides to the lack of time , different opinions were gathered. Therefore, the reviewed literature may represent a mismatch to the empirical section. Finally, the studied issue involves too much variables which may cause a misinterpretation of the obtained results.

Bibliography

Allport Gordon .(1954) .N.P . Social psychology .

Bhandari .(2021).NP

Crow & Crow, D. (1963). *How to study : To learn better ,pass examination , get better grades* , Macmillan Pub Co .

Cassady, J. C., & Johnson, R. E. (1976). Cognitive Test Anxiety and Academic Performance. *Contemporary Educational Psychology* (27), 270–295.

Cantor . (2018) . *The Power of positive relationship : A primer for Teachers and Mentor*. <https://turnaroundusa.org/the-power-of-positive-relationships-a-primer-for-teachers-and-mentors>

Clyde . (2011) . *The genes Environment interaction* .(8).

Darling-Hammond Linda , Maria E. Hyler, and Madelyn Gardner, Dennett, Daniel, 1969, *Content and Consciousness*, London: Routledge & Kegan Paul .

Edward,O,Wilson. (1980) . *Sociobiology* . Abridge .Belknap press of Harvard university Micheal Meany & Moshe Ziff . The study of behavior ,genes, and environment .

Evenson , (1981 : 342)

Kothari, C. (2004). *Research Methodology: Methods and Techniques* (2nd ed ed.). Jaipur: New Age International (P) Ltd., Publishers.

Kearney (1985 : 20)

Marina Coren. (2013) . *B.F Skinner The man who taught Pigeons to play ping-pong and Rats to Pull levers*. The Atlantic . 5363946. <https://www.smithsonianmag.com/>.

Pathak et a, l,(2013) NP.

Psychology, 79, 643–661, doi:10.1348/000709909X426130. *British Journal of Educational Psychology* (79), 641-661.

William James . (1890) . *The principles of Psychology* . English.

America.[https://en.wikipedia.org/wiki/The Principles of Psychology](https://en.wikipedia.org/wiki/The_Principles_of_Psychology) .

Weiss, R.S. (1973) . *Loneliness :the experience of emotional and social isolation* .The mit press.

Various. (2016). *The Oedipus Complex - A selection of Classic Articles on Sigmund Freuds' Psychoanalytical Theory*. English .Wolfenden Press.27_67.

Appendices

Appendix A:

Questionnaire to Students

Dear learners , you are kindly invited to answer the following questions which aim at understanding the main factors that affect your learning achievements

Rubric One: General Information

Age:

- 10/11
- 13/14
- 15

Gender:

- Females
- males

Educational level :

- First year secondary school
- Third year secondary school

Q1: What is your parents' situation ?

Married

Divorced

Q2: Do you repeat the year ?

Yes

No

Q3: Do you like your teacher ?

Yes

No

Q4 : How is your relation with them ?

.....

Q5 : How are your grades ?

.....

Rubric Two: The learner and Psychology .

Q1 : Do you have any difficulties when

interacting with your classmates and teacher?

Yes

No

Q2: Do you have friends ?

Yes

No

Q3 : Do you feel stressed when participating in the classroom ?

Yes

No

.....
Q4: Did you face any discrimination treatment inside the classroom?
.....
.....

Yes

No

Q5 : If yes please describe your feeling and how you dealt with it ?

.....

Q6: What was your teacher reaction against this unjust and unfair act ?

.....

Q7 :How can you evaluate your communication skills in the classroom ?

.....

Q8: Can you trust any person from the society and makes him a friend ?

.....

.....
Rubric Three: The learner and biology .

Q1 : Do you feel shy of your physical appearance?

Yes

No

Q2: Please state why ?

.....

Q3: Do you have any healthy problems?

Yes

No

Q4: If yes please mention them in the following lines .

.....
Q5: Do you think those problems affect your learning process ?

Yes

No

Q6: Justify your answer please .
.....

Q7 : How can you evaluate your educational achievements from first stage till now ?
.....

Appendix B: interview to Teachers

Dear Teacher

. You are kindly called to answer the questions. Please note that your full response is needed and thank you for your cooperation.

1. Do you care about your learners personal situation ?

Yes

No

2. Did you notice any strange case in students behavior in the xlassroom *?

Yes

No

I

3. Is there a progress in your student performance during the last months??

Yes

No

4.How do you deal with student who are having a psychological & biological problems
?.....

.....
.....
.....

5. Do you think there is a relation between the impact of the psychological and
biological changes and the students performance ?

6. Please states how ?

.....
.....
.....
.....
.....
.....

The summary

In English:

The purpose of this study is first , to give a deep understanding about the main factors and variables that may affect students learning achievement, in relation to psychology and biology. Also, the inquiry has the aim of highlighting the social problems that influence the learner . Then, it tries to suggest some solutions and remediation to overcome this dilemma and for a better educational future for the dearest students . The research took the form of a mixed methods case study of both first and third year secondary students in addition to their English teachers. Therefore, two main research tools were used in this investigation . The first one is the questionnaire which was administered to the students . It consists of different questions which were analyzed both quantitatively and qualitatively . Last but not least , the second research instrument is the interview . The latter was made with two teachers . It was very useful, helpful and served a lot in supporting the gathered data from the learners , which show that students' achievement are affected by some psychological and biological factors . Finally , moving to provide some suggestions and recommendation that helps to reduce this dilemma, in which both of the research informants are taking a key position . Both of their role is demonstrated to make it all clear.

In French:

Le but de cette étude est d'abord de donner une compréhension approfondie des principaux facteurs et variables qui peuvent affecter les résultats d'apprentissage des élèves, en relation avec la psychologie et la biologie. Aussi, l'enquête a pour but de mettre en évidence les problèmes sociaux qui influencent l'apprenant. Ensuite, il essaie de proposer des solutions et des remédiations pour surmonter ce dilemme et pour un meilleur avenir éducatif pour les élèves les plus chers. La recherche a pris la forme d'une étude de cas à méthodes mixtes d'étudiants de première et de troisième année du secondaire en plus de leurs professeurs d'anglais. Par conséquent, deux principaux outils de recherche ont été utilisés dans cette enquête. Le premier est le questionnaire qui a été administré aux étudiants. . Il se compose de différentes questions qui ont été analysées à la fois quantitativement et qualitativement . Enfin, le deuxième instrument de recherche est l'entretien. Ce dernier a été réalisé avec deux professeurs. Il a été très utile, utile et a beaucoup servi pour étayer les données recueillies

auprès des apprenants, qui montrent que la réussite des élèves est affectée par certains facteurs psychologiques et biologiques. Enfin, nous proposons de fournir des suggestions et des recommandations qui aident à réduire ce dilemme, dans lequel les deux informateurs de recherche occupent une position clé. Leur rôle est démontré pour que tout soit clair

In Arabic :

الغرض من هذه الدراسة هو أولاً ، إعطاء فهم عميق للعوامل والمتغيرات الرئيسية التي قد تؤثر على تحصيل الطلاب في التعلم ، فيما يتعلق بعلم النفس وعلم الأحياء . كما يهدف الاستفسار إلى تسليط الضوء على المشكلات الاجتماعية التي تؤثر على المتعلم. ثم يحاول اقتراح بعض الحلول والمعالجات للتغلب على هذه المعضلة ومن أجل مستقبل تعليمي أفضل لأعز الطلاب. اتخذ البحث شكل دراسة حالة طرق مختلطة لطلاب الصفين الأول والثالث ثانوي بالإضافة إلى معلمي اللغة الإنجليزية ، لذلك تم استخدام أداتين بحثيتين رئيسيتين في هذا التحقيق ، الأولى هي الاستبيان الذي تم توزيعه على الطلاب. . يتكون من أسئلة مختلفة تم تحليلها من الناحيتين الكمية والنوعية. أخيراً وليس آخراً ، أداة البحث الثانية هي المقابلة. هذا الأخير كان مع اثنين من المعلمين. لقد كان مفيداً جداً ومفيداً وخاط كثيراً في دعم البيانات التي تم جمعها من المتعلمين ، والتي تظهر أن تحصيل الطلاب يتأثر ببعض العوامل النفسية والبيولوجية. أخيراً ، الانتقال إلى تقديم بعض الاقتراحات والتوصيات التي تساعد على تقليل هذه المعضلة ، حيث يتخذ كل من المخبرين البحثيين موقعاً رئيسياً. ++