

## **What is Psychological Mindedness? Why Do We Need a Psychologically Minded Teacher?**

Although psychological mindedness is a poorly demarcated subject it has begun to be widely used within psychology and other fields (Krupp et al. 2020; Uzun et al., 2020; Kadra-Scalzo et al., 2021; Kassim et al., 2021). According to Applebaum, 1973, Psychological mindedness (PM) is “a person’s ability to see relationships among thoughts, feelings and actions, with the goal of learning the meanings and causes of his experience and behavior” (p.36). It can be assumed that the psychologically-minded individual has the capacity to understand the psychological processes and inner motives of the self as well as others that results in better social relations in life (Hall, 1992). Therefore, “extraversion, openness, agreeableness, and conscientiousness and a negative correlation with neuroticism” as well as “problem-focused coping strategies” (Nyklicek, I., Poot, J. C., & Van Opstal, 2010, p.34) are the few positive traits that the psychologically-minded individual carries. In addition, PM as a term has been associated with “psychodynamic thinking” (Applebaum, 1973; Bagby, Parker & Taylor, 1994) which can be defined as “the awareness of one’s psychological states and processes as well as others” (Hall, 1992). Therefore, it can be regarded as an opportunity to develop positive relations both with the self and with others. Moreover, an awareness of one’s own emotions as well as the emotions and psychological processes of others can be interpreted as a really valuable feature when considering the modern world. It is argued that the development of psychological mindedness helped the individuals not only to prepare themselves mentally but also physically for social life as it promotes physical and mental well-being (Le Boutillier & Barry, 2018). It can be claimed that adaptation into the realities of the new global changes requires a certain amount of awareness, especially for a teacher, both for herself and for her students as it is not easy to control our feelings in such an ambiguous world. However, if a teacher can be aware of the inner needs of oneself and her students’ a better learning environment can be established. It is at this point the crucial question arises: “Why do we need a psychologically-minded teacher?”.

Today’s teachers not only have to deal with various obstacles including online education, preparing a new curriculum for the new system but also the effects of the pandemic; societal factors, the anxiety of parents and the last but by no means the least, stress. When considering the COVID-19 pandemic, the well-being of a teacher has gained greater importance and since 2020, several studies have focused upon teacher burn-out as one of the prominent problems of the instructors (Asbury & Kim 2020; Chang, 2020; Meidani et al., 2020; Ghasemi,

2021; Madigan & Kim, 2021). In addition, various studies focus upon the effects of COVID-19 on education (Ellis, Steadman, & Mao, 2020; Hammond & Hyler, 2020; Hadar et al., 2020) which underline the psychological and Professional obstacles that teachers have faced. It becomes patent that psychology has stood at the center of human life and a psychologically-minded teacher will not only have the potential to become aware of the present-day realities and current experiences (Ryan & Brown, 2003) but also will have the power to overcome them.

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1. According to Applebaum (1973), psychological mindedness refers to:
  - a) An individual's ability to understand psychological processes
  - b) An individual's capacity for problem-solving
  - c) An individual's extraversion and openness to new experiences
  - d) An individual's awareness of their physical and mental well-being
  
2. Which of the following traits is positively correlated with psychological mindedness?
  - a) Neuroticism
  - b) Agreeableness
  - c) Problem-focused coping strategies
  - d) Closed-mindedness
  
3. Psychodynamic thinking, associated with psychological mindedness, is defined as:
  - a) Understanding psychological states and processes of oneself and others
  - b) A person's ability to learn from their experiences and behaviors
  - c) The capacity to see relationships between thoughts, feelings, and actions
  - d) Promoting physical and mental well-being through self-awareness
  
4. The main reason why a psychologically-minded teacher is needed is because:
  - a) They can establish a better learning environment for their students
  - b) They can effectively deal with the challenges of online education
  - c) They can overcome the effects of the COVID-19 pandemic on education

- d) They can reduce the anxiety of parents and societal factors
5. Which of the following statements is NOT supported by the text?
- a) Psychological mindedness promotes better social relations in life.
  - b) Psychological mindedness is associated with problem-focused coping strategies.
  - c) Teachers have faced increased burnout due to the COVID-19 pandemic.
  - d) Psychological mindedness is negatively correlated with extraversion.

Answers:

- 1. An individual's ability to understand psychological processes
- 2. Agreeableness
- 3. Understanding psychological states and processes of oneself and others
- 4. They can establish a better learning environment for their students
- 5. Psychological mindedness is negatively correlated with extraversion.