

Artículo de investigación

The Importance of Cultural Growth after Learning at School

La importancia del crecimiento cultural después del aprendizaje en la escuela
A importância do crescimento cultural após a aprendizagem na escola

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Abstract

The authors of this article analyze the problems believing people who learning at school and college. The main problem is the unpreparedness of students to the learning neither theoretically, nor psychologically, nor cultural. Most learners face the problem of a difficult entry at the beginning of the learning. The article describes the reasons for the difficulties at the beginning of the learning and the ways of gradual habit formation and preliminary preparation for the learning during the year. Most students can state the fact that after the end of the school they don't learn during the year or do it very rare. It is good to study for a whole year but learning is the abstention from all mental desires forbidden and questionable actions, and it would be better for everyone and especially for the learning to lead such a law-abiding lifestyle every day throughout the year. The purpose of this article is to secure the learner, to warn in advance and to prepare psychologically and physically for a long year.

Keywords: Mental, Learning, Student, Teacher, School.

Resumen

Los autores de este artículo analizan los problemas de las personas que aprenden en la escuela y la universidad. El principal problema evidenciado es la falta de preparación de los estudiantes en los aprendizajes teórico, psicológico y cultural. La mayoría de los alumnos se enfrentan a problemas a comienzos del aprendizaje. El artículo describe los motivos de las dificultades al inicio del aprendizaje y las formas de formación gradual de hábitos y preparación preliminar para el aprendizaje durante el año. La mayoría de los estudiantes puede afirmar que después del final de la escuela no aprenden durante el año o lo hacen de forma fragmentada. Es bueno estudiar durante un año entero, pero aprender es la abstención de todos los deseos mentales de acciones prohibidas y cuestionables, y sería mejor para todos y especialmente para el aprendizaje llevar un estilo de vida respetuoso de la ley todos los días durante todo el año. El propósito de este artículo es asegurar al alumno, advertirlo por adelantado y prepararse psicológica y físicamente durante un largo año.

Palabras clave: Mental, Aprendizaje, Estudiante, Profesor, Escuela.

Resumo

Os autores deste artigo analisar os problemas das pessoas que aprendem na escola e na faculdade. Evidenciado o principal problema é a falta de preparo dos alunos na aprendizagem teórica, psicológico e cultural. A maioria dos alunos enfrenta problemas no início da aprendizagem. O artigo descreve as razões para as dificuldades no início da aprendizagem e formas de formação gradual de hábitos e preparação preliminar para o aprendizado durante o ano. A maioria dos estudantes pode dizer que após o fim da escola não aprendem durante o ano ou fazê-lo de forma fragmentada. É bom para estudar por um ano, mas a

aprendizagem é abster-se de todos os desejos mentais de ações proibidas e questionáveis, e que seria melhor para todos e especialmente para a aprendizagem levar uma vida respeitosa da lei todos os dias durante todo o ano. O objetivo deste artigo é o de assegurar o aluno, eu avisá-lo com antecedência e se preparar psicologicamente e fisicamente por um longo ano.

Palavras-chave: Mental, Aprendizagem, Estudante, Professora, Escola.

Introduction

This article considers the typical mistakes of learners, which would make it safer to fulfill this duty of the followers of science, avoiding the possible occurrence of psychological and physical stress. The main task which would be solved is the reduction of all possible adverse consequences from the incorrect learning.

The scientific novelty of the article is that the authors paid close attention not to the implementation of the month's learning, but to what happens to the students after learning and what the students should do not to experience stress during the learn. This research represents a question of present interest and it is much-in-demand because of practice but the authors identified problems that do not contribute to the learning. The main problem resides in the students themselves, namely in the absence of the preparation down-time for most people. In particular many of them do not learn for 6 months at all or do it very rare (Lareau, 1987).

Methods

This scientific article is written using comparative-competitive research methods applied to law sources used among the peoples professing science. For a more complete comparison the authors describe how most students are learning nowadays and how students should be learning according to the books. The authors used the works of both Russian and foreign scientists for comparison. In the process of the study such methods as: observation, comparative method, system-structural method, structural-analytical method, historical method, integrative method and other research methods were used (Coleman, 2018).

Results and discussion

The most important thing is not to abstain during learning, but after learning. Many people may consider that this judgment is close to blasphemy. However we advise you to look at this from other sides. There are many students who learn for a day or a month and then they

"break away" and stop learning without control. Knowledge sources, teacher call for refuse during learning but they do not say that after the learning all books prohibitions are lifted and you can enjoy as much as you want. We read in the books, newspapers, websites and others. "Learner people should learn", but we do not pay attention to the true purpose of abstinence in amusement and other attractions. The main purpose of learning is to abstain not only during learn, but most important thing is that the person learns to manage and control his mental desires in everyday life, but not just in "leaning" days or in the month of learning.

In support of these words it is suitable to cite particular provisions laid down in science. For example after years of compulsory learning in the school, learning in a year after spending one day of graduation is recommended. It is also recommended to start learning immediately in the first days or during the month. And after that the students should study for days. There is another time stipulated in science as desirable for learning. Let us notice that the learners should study every week, as Muhammad the Prophet did: on Monday and Thursday and also on the 13th-14th-15th of each month according to the calendar to entrench the effect of the month (Deutsch et al., 2017).

It turns out that a student can learn from 8 to 12 each day additionally, i.e. two-third of the year. Consequently all these advisable studies are not aimed at weakening the students but on the contrary at taming his "nafs". It can also be noted that most of the students who study in the year do almost nothing in terms of preliminary preparation for the learning. Everyone knows that a favorable preparative is almost 50% of the success of any action. There is no exception for learning. Students who start study immediately from the first day of school without preparing themselves for this in advance get considerable stress. Many students experience different types of stress: psychological and physical.





Psychological stress is manifested in the fact that the learner is not ready mentally for such abstinence in words, and a person gets a physical stress because he rarely or never learned for 6 months. With onset of the month of school time he gets a hard-hitting stress, no body system is ready. Neither the circulatory system, nor the cardiovascular, nor the metabolic system, nor the mind are ready for such a different change in conditions (Hickman & Silva, 2018).

The body had been working steadily for a year and then the supply of enjoy and most importantly rest ceased. It should be noted that in Saudi Arabia the intervals between start and finish do not change dramatically during the year, but for example in the Republic of Tatarstan and others the duration between start and finish school time is about 4 hours in some years. It is necessary to take into account that the majority of people are those who cannot quit their school for a whole year and learn without labor exhaustion. It is also necessary to take into account the season.

That is why the teacher enjoined learning to believing people: such thinking, exhaustions, sufferings really temper the person mentally, he develops willpower, struggles with his inner "nafs" (with the inner "ego"). Learning in such conditions is a real and difficult test that strengthens thought, morality, conscientiousness, ethics, culture, and other positive moral and mental qualities of the learner. Here are some tips for a successful, painless entry into learning. In order to be psychologically ready for the learn, the learner needs to read the literature about the purpose of learning, the rules for learning, what moments spoil the learn, and which increase the education reward for learning. A person should theoretically understand the meaning and purpose of learning mentally prepare himself for such abstinence and realize what reward he will get after the learning (Sternglass, 2017).

It is necessary to visit the school regularly, as teacher of school change the theme of speech to prepare for learning a year in advance. Teachers tend to explain easily the purpose of learning as well as how to learn properly. It is important to know who is relieved of the learning, whether sick people, based on the types of diseases, travelers, pregnant and lactating women, children and the elderly should keep learning. Advices on physical training before the longtime learning will be of no little interest. It is necessary

to learn every day throughout the year, as is required by the teacher. These weekly learning will easily prepare a student for a long learn. If a learner studies constantly during the year his brain gets used to that and it is not so much stressful to learn for more than a week. All systems and organs are prepared for learning. After the learner gets used to learning throughout the year, he will no longer have any negative effects and he will not suffer. The next important point is that it is necessary to refuse not only in material terms but most importantly in the mind. Certainly the students should refuse from movie, from party but it is necessary to dwell on the mental side of learning. The positive educational aspect of learning will be more important: it is recommended to refrain from having fun, delinquent behavior and try to do as many noble, and mental acts as possible (Veelen et al., 2017).

A person should abstain from bad habits during learning. It means you cannot smoke any tobacco products, smoking mixtures or hookahs, drink such intoxicating drinks as vodka, alcohol, wine, beer, champagne, etc. while learning. Therefore, they cannot be used at all. We should pay attention to the fact that forbidden things cannot be used not only during learning but throughout the life in general. The same can be said for lawful, mental, law-abiding behavior. Let us quote the words of Bustamante et al. (2017), who believed that "... knowledge in this case must be unequivocally regarded as a factor restraining unlawful behavior". Learning person should suppress any outbursts of anger, cruelty or aggression in himself and urge himself to be patient and calm. In fact it is very difficult and some students are surprised why they "lose their temper", cannot control themselves. According to the opinion of the majority of people scholars who studied these issues, we can say that one must struggle with one's "nafs ". People can fight against the "nafs" and weaken the "nafs" by various means, for example they should learn regularly, study moderately and deny themselves extra comfort. Books should be the cheapest and simple without any excesses. Students should sleep on a firm surface, wear clean, neat but not expensive clothes. To avoid a sense of pride the car should not be expensive because it is a means of transport but not the chance to show the status of the car owner. If there are any additional funds then a person should help the poor and needy people but not buy himself an extra apartment or a new car. Refraining from material goods the learner tries to avoid

committing offenses, to be satisfied with the government, state government agencies, and the situation in the country, regardless of the crisis or prosperity. People should teach their children not only to love teachers, but also respect the country, the public authorities, the law, the parents and adults. They should develop the sense of justice, tolerance towards people in their children, making no distinction on the basis of national, social, racial, financial or other position (Kirsch, 2018; Illeris, 2018).

Summary

Unfortunately many students make the same mistake: as soon as the learning day is over, they "attack" sleep and sleep much more than they would sleep on a typical day. When a learner oversleeps and goes to bed until morning, the stomach suffers digesting huge amounts of food. Abundant breakdowns occur before bedtime, a person does not have time to spend the nutrients and they turn into fat. These facts do not speak about the inconsistency of religious dogmas, but confirm that the aim of learn is to start restraining oneself from bodily passions, desires. But the learner should keep up these rules during the year. Ultimately the majority of students can state the fact that after the end of the school they do not learn or learn very rare during the year. Of course it is good to learn for a whole year, but learning is the abstention from all bodily desires, not committing forbidden and questionable actions, and it would be better for everyone, and especially for the learning, to lead such a healthy and law-abiding lifestyle every ordinary day throughout the year. Unfortunately few of the students can affirmatively say that they have achieved this (Olson et al., 2017).

Conclusions

It is important to abstain not only during learning but after learning. The main purpose of learn is not to abstain during learning, but most importantly, to learn to control bodily desires. In everyday life not just in "learning" days or in the month of learning. Let us also notice that the learner should learn every days, as Muhammad the Prophet did. It can be noted that most of the students who learn in the school time do almost nothing in terms of preliminary preparation for learn. Students who start to learn immediately from the first day without preparing themselves for this in advance get considerable stress. Many students experience different types of stress: psychological and physical. After the learner gets

used to learning throughout the year, he will no longer have any negative effects and he will not. Thus a learner must observe religious precepts not only during learning, but throughout the year, every day of his life.

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