



Philosophical, Psychological, Sociological and Scientific (PPSS) Basis of Teaching for University Health Sciences Students

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Introduction

Teachers (educators) are highly valuable and respected members of society. A person who provides education is an educator (teacher or professor). Education involves knowledge, learning, and experience. Thus, students can acquire knowledge, experience, and skills in educational organizations through teachers [1]. Though the job nature of teachers is the same at all levels of education (primary, secondary, etc.), while teaching at the university level (tertiary level), teachers have to handle some creative methods concerning age, mood, learning ability, and the social status of students. The teaching methods should conform to philosophical, psychological, scientific, and sociological (PPSS) parameters for a successful education. All sectors of education (technical, agricultural, arts, humanities, mathematics, linguistics, etc.) are important, but students of the health sector (medicine, dental, pharmacy, nursing, allied health, etc.), are dealing with human beings or human samples and hence they have to be handled in a more sensitive way. In turn, students of the health sector should also be serious in learning their courses to become good professionals in this modern society. Though we are on the computer or technological world, still we are in the "Age of Health Care".

Teaching should be student-centered and not based on other issues. Students are the priority for teaching professionals, and hence, it is the teachers' responsibility to fulfill the dreams of their students. No doubt, teachers are knowledgeable in their respective subjects, but they need to have other skills to become good teachers. A good teacher will have many qualities needed to provide basic education - a pleasing personality, good language proficiency, orating ability, psychological skills, humorous nature, ability to report past and current events (like storytelling), good mental and physical health, sincerity, leadership ability, socially adequate behavior, etc. A necessary skill for a teacher is to attract students to their lectures. The teachers should be able to read (understand) their students from different angles. That is, for a teacher, a 3D analysis of students is required to teach at the university level.

The Philosophical Basis of Teaching

The purpose of education is to impart knowledge. A teacher is also a role model for the students. Many experts are of the opinion that we need to treat students as guests or customers. Many universities and colleges treat their students as important customers [2]. In any case, the teacher's main goal is to make his or her lecture more predictive at the end of the session. If we follow this principle, our teaching will be efficient, and it is the philosophy behind the direct contact classes. As we are aware, a pleasant and attractive teaching method will always be successful in this society [3]. Teaching is like a metabolic process. Teaching is like catabolism, and learning is like anabolism. The teacher

should make complex things into simpler ones, and students should build their knowledge and skills through the learning process. Simple language and concise demonstration (concise slides/notes with required information) will always be reliable for the students. "If you can't explain it simply, you don't understand it well enough-Albert Einstein".

The Psychological Basis of Teaching

When people have good knowledge of psychology, they will become good teachers. Psychology is also a subject for the candidates who undergo teaching training programs. But one can learn psychology not only through studying psychology or related courses but also through one's own experiences. All teachers are none other than old students; hence, we can understand the mood and mentality of the students concerning to our past experiences.

Teachers need to understand the basic psychology of the whole group of students in a class and also individual students. We are in the era of personalized medicine, so we know the learning capability differs from one individual to another. Also, the mood of students, as a group, varies with the season, climate, time, sessions, etc., so teachers should understand this basic philosophy. Seasonal affective disorder (SAD) is characterized by depression. It mostly occurs in the winter season. Low temperatures and short daylight will make people inactive and unhappy [4]. Usually in the festival seasons, the strength of the class (number of students) will be decreased. Students will be in the festive mood, and their concentration on class lectures will be meager. Teachers should understand these changes and handle classes accordingly. Moreover, in this kind of situation, teaching simple or interesting topics will be ideal for the students. The students' attitude may also change before and after lunch breaks and before and after weekends or vacation. Food and energy also have an influence on students' general behavioral activities. Teachers should also know about the general behavioral attitude of individual students. Thus, teachers have to handle classes to the students through this psychological tool. Motivation and periodical counseling to students will provide effective results.

The Sociological Basis of Teaching

Understanding of students on social perspectives is essential in our society. We have different societies, regions, and cultures. Although there are differences between the teaching styles practiced in developed countries versus developing countries, teaching fundamentals are the same. Teachers need to determine, either directly or indirectly, the social status of their students. Some students work part-time; students may be from different backgrounds (poor, rural or remote areas, etc.). The social status of a student has an impact on his

or her education. Although there are differences between the teaching styles practiced in developed countries versus developing countries, teaching fundamentals are the same. Teachers need to determine, either directly or indirectly, the social status of their students. Some students work part-time; students may be from different backgrounds (poor, rural or remote areas, etc.). The social status of a student has an impact on his or her education. The social status of a teacher is also very important. Teachers are role models for students, and hence, in order to be successful, teachers should always maintain their social status. Good interactions and relations with the students are always helpful for successful education [5].

The Scientific Basis of Teaching

From a scientific point of view, audio-visual methods of teaching are always interesting for students. For certain topics, e.g., embryogenesis, DNA synthesis, surgical procedures, etc., demonstrations that use video clips are beneficial to students. Good power point presentations, legible and with colors that are easy on the eyes, can enhance students' understanding. If the lecture's duration is two or more hours, timely breaks are important. In general, attention declines as time pass [6]. If it is a two-hour class, taking a break at the end of 50 minutes should benefit students, from a physiological point of view. Unhealthy students (diabetes, anemia, etc.) always need timely intervals. Beyond that, they will be tired and also teaching is ineffective. Students will also face dehydration for sitting or listening for a long time. There is also a common saying that tired learners will be easily dehydrated. Research shows that dehydration leads to drowsiness, and lack of ability to learn in the classroom [7,8].

In conclusion, a teacher is like an architect who builds the future of students. For successful, quality education, a teacher should handle all the methods that help students have a proper education to lead a prosperous life. The author of this editorial report that the PPSS

method of teaching will be useful for successful education. This method will apply to other sectors of education. Health sciences students build the health of our society in the future, and they should also utilize their teachers for their successful professional life.

[The author has broad experience in teaching medical students (US Curriculum) and pharmacy and applied medical sciences students. He taught many health sciences subjects (more than five) to students of different origin / regions. The author has also completed a PhD as a regular student besides having many years of experience as a fellow. Based on all the experiences, in addition to the long-term survey on students, the author has adapted this PPSS method. The author is further investigating this approach to have more information].

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