



<b>Subject</b>	<b>PSYCHOLOGY</b>
<b>PaperNo.andTitle</b>	<b>II- FUNDAMENTALS OF PSYCHOLOGY</b>
<b>ModuleNo.andTitle</b>	<b>1 . MEMORY – DEFINITION, PROCESS AND STAGES.</b>
<b>ModuleTag</b>	<b>DAYA_PSY_PII-MI</b>

**By,**  
**Dr. S. D. Patankar**  
**Assistant Professor (Psychology)**  
**D.B.F. Dayanand college of**  
**arts and Science, Solapur**

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<b>Psychology</b>	<b>MODULE No. : 1 ( MEMORY-DEFINITION ,PROCESS AND STAGES)</b>

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## 1.LearningOutcomes

In this module,

- You will get the knowledge about concept of memory from the psychological point of view.
- You will learn the definition of memory
- You will understand the process of memory .
- You will get information about “ Information processing model” of memory through which you will get knowledge about three stages of memory .
- You will understand how overlearning helps you to remember better.

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## 2.Introduction: Memory.

All the time information is knocking at the doors of our senses. Even for the best of brains ,it would be impossible to Store all of it. So the brain must decide what information has to be allowed to enter the “safe deposit vault” of long -term

Memory and what must be discarded into the “dust bin” of forgetfulness.

**Memory-** Memory is merely the process of remembering what has been learned . Something can be remembered if the Impressions introduced by learning have been retained? Two common ways of testing retention are recall and recognition.

Since retention ,recall and recognition depend upon learning ,the term “memory” stands all the four processes- learning, Retention ,recall and recognition .

We need to know not only what memory is ,but also what its determinants are. The determinants of memory are those Factors which enables us to learn well ,retain, and better and recall or recognize correctly .

Memory is the active mental system that receives information from the senses ,puts that information into a usable form ,Organizes it as it stores it away ,and then retrieves the information from storage.

Memory is the mental or cognitive process.

## 3.Definitionand process of memory

**Definition of memory –**

**“ Memory is the process of encoding, storage and retrieval”**

Through this definition we can understand that memory is the process and it includes three steps – Encoding , Storage and Retrieval .

**1 . Encoding –** The first step in the process of memory is to get sensory information (sight, sound etc) into a form that the brain can use. This is called encoding. Translating the sensory information into neural form and to send it brain is called encoding.

**2. Storage-** The next step in memory process is to hold the information for some period of times in a process Called storage. The period of time will actually be different lengths ,depending on the system of memory ,people hold on to information just long enough to work with it ,about 20 seconds or so . In another system of memory people hold on to information more or permanently.

**3 . Retrieval-** The biggest problem many people have is retrieval ,that is getting the information they know the have out of storage . Retrieval refers to bring out information ( remembering) the information from long term memory store.

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#### 4. Information processing model – Three stages of memory

Atkinson & Shiffrin model of memory is otherwise called as Information Processing Model or stage model of Memory . According to this model there are three stages of memory through which information is passed . These Stages are – Sensory memory , Short-term memory and Long term memory. First information enter into sensory Memory from there if is not decay it is passed to short term memory, if it gets rehearsal in short term memory it is Passed to long term memory. And when necessary information is retrieved from long term memory.

##### Stages of memory –

**1 . Sensory memory** – Each sense organ acquires information and passes it on to the brain . Even after the information Has passed to the brain the sense organ stores ( or retains) information for short time. This storage function of sense Organs is called sensory memory. Sensory memory of eyes is called iconic memory. Sensory memory of ears is called Echoic memory. In sensory memory those items are attended which are passed to short term memory.

**2. Short-term memory**- Some times we here a person’s name or look at a number in the mobile contact list and forget it Within a few seconds . on the other occasion ,our memory seems to have no such a limits .we are able to recall a Name , or a face ,or even a phone number ,after years. Why does the material vanish so fast sometimes and last On other occasions ? The answer lies in the fact that we have two memories- short-term memory and long- term memory. Peterson and Peterson Conducted research on duration period of the STM. According to their research duration of STM is 20 to 30 sec.it means The short term memory holds the information for only 20-30 seconds. Further Miller conducted research on capacity of STM

the capacity of short term memory is seven Plus or minus two. rehearsal is an important process that occur in the short term memory. Those items which get adequate rehearsal will be transferred to the long term memory. Rehearsal is of two types – maintenance rehearsal and elaborative rehearsal .

STM is also called as working memory. Model of working memory is proposed by Alan Baddeley.(1992)

**3. Long Term Memory**- No one knows the exact capacity of long term memory. But it must be very vast. Also ,long term memories could last for days ,months or life time. We retrieve different kind of information from LTM. According to that

Tulving proposed three types of long term memory- Semantic memory, Episodic memory, Procedural memory.

- Semantic memory is the memory for knowledge involving language
- Episodic memory is the memory of events or episodes of your life.
- Procedural memory is the memory for motor skills . for eg. Driving, cycling , swimming etc.

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## 5.Summary

1. Memory is the mental process.
2. Memory process includes three steps- encoding, storage, retrieval
3. Atkinson & Shiffrin model of memory is called information processing model of memory or stage model of memory.
4. Stage model of memory explains how information is processed through three stages in memory system .
5. Stage model of memory includes three stages- sensory memory, short-term memory, long term memory.
6. Types of LTM- Semantic memory, Episodic memory, Procedural Memory.

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## Power Point Presentation :

<https://drive.google.com/file/d/1oxiMweDJg2UaYg1H9pJHuHI7C6iyK5mV/view?usp=sharing>



## Assignment: Test yourself.

<https://forms.gle/aGbANwK7CTPuPd26A>

## Know more: open sources.

1) <https://nobaproject.com/modules/memory-encoding-storage-retrieval#:~:text=Psychologists%20distinguish%20between%20three%20necessary,information%20when%20you%20need%20it>

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## SYLLABUS LINK BARCODE-



### Reference books –

1. Atkinson and Hilgard: Introduction to psychology(2003) international student edition
  2. Ciccarelli and Meyer : Psychology- south Asian Ed.(2012) 5<sup>th</sup> impression , Pearson Education
- Robert Baron: Psychology (2011) 5<sup>th</sup> Ed, Pearson Education

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