On Teachers’ Educational Emotion and Its Cultivation

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Educational emotion is an essential and important content in the process of teacher education, which is of great significance to promote the all-round development of students and the professional development of teachers. However, under the influence of today’s “score-only theory”, the meaning of educational emotion is constantly losing, which leads to the serious consequences of “examination machine, high score but low ability, and score conclusion”. As the contemporary teacher must cultivate the positive education emotion: holds to the student “the love faith”, develops “the healthy love” and constructs the harmonious “the teacher and student love”, and so on.

Keywords: teachers’ educational emotion, culture, teacher professional development

Introduction

Under the influence of media hype and the determinism of college entrance examination, “Only score theory” has been deeply rooted in people’s minds. Schools and society have formed a general consensus that “high scores, to elite schools”. Under the influence of this concept, the exploration and innovation of education and teaching focus too much on teaching methods and teaching methods, in which educational emotion is constantly lost. In class, teachers often pay attention to the key points of the exam, explain the difficult points, and explain how to get high scores. There is almost no emotional communication between teachers and students, especially in middle and high schools. This kind of education does not really focus on “educating”, the most important goal of cultivating students. As a result, the phenomenon of students’ high scores and low abilities, the tactics of making massive testing exercises, and the examination machine has emerged. In fact, many teachers are still in the stage of “teaching scholars”. In the process of education and teaching, teachers explain the topic and explain the knowledge point one-by-one by using various teaching methods and means. The whole class is the teacher speaking the whole time and the students listening the whole time. Teachers fulfill their obligations. Students continue to do exercise, practice the problems, gradually lost the initiative to learn the negative mood to be the machine of doing exercise, this lack of emotional education gradually evolved teacher-student conflict, teacher-student relationship tension, and students tired of learning, more serious is the student jumped off the building suicide. In the face of these problems, we want education to be filled with emotion. Teachers are one of the people who have the most contact with students, which determine that teachers have a subtle and profound and lasting impact on all aspects of students. Therefore, it is very important to cultivate teachers’ educational emotion.
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The Connotation of Teachers’ Educational Emotion

Emotion is an individual’s attitude and experience of whether objective things meet their needs. Emotion has a tendency to motivate and restrain people’s behaviors.

Human beings are social animals, which determine that human life is full of emotion. Therefore, educational emotion should be carried out in the education of human beings, and teachers should use educational emotion to penetrate into all aspects of teaching activities. In the process of teaching, teachers create a teaching environment that is conducive to students’ learning and harmonious between teachers and students. Teachers and students interact frequently. Teachers and students exchange emotion and discuss knowledge in question and answer. Under the guidance of teachers, students’ emotions are enriched and developed, and their enthusiasm for active learning is stimulated. The passion of students to participate in teaching activities is demonstrated. From this, we can draw a conclusion that the essence of educational emotion is teachers’ love for students and the educational career they are engaged in according to Liu Qingchang, “Educational emotion is the emotion of educators, the emotion in education and the emotion of education” (2004, p. 238). This shows that teachers are the leaders in the process of education and teaching, and they are the originators of educational emotion. Teachers’ educational emotion is oriented towards students as well as education. Educational emotion must be generated in the interaction between teachers and students, is the simplest, the most natural, the most real emotion, full of teachers’ ardent expectations for students. The education emotion is the teacher from the heart to the student’s care. Teachers cares for the student’s body and mind development, respects the student’s self-individuality, has the pertinence according to the student’s situation to the student to guide. In order to foster more talented people, promoting the students’ healthy growth development should become the social responsibility. At the same time, this kind of emotion is not blind, doting but after the rational processing of the educational significance of the emotion.

The Significance of Teachers’ Educational Emotion

According to different objects, teachers’ educational emotion can be divided into two aspects: meaning to students and meaning to teachers.

Promote the All-Round Development of Students

Education emotion has a very important relationship with the moral, intellectual, physical, and aesthetic development of students, which determines that it is very important in the education work. British psychologist Galton believes that there are many factors that can influence people’s intellectual activities, “Enthusiasm” is definitely an important factor, enthusiasm is a strong, stable, and lasting positive emotion. According to a study conducted by American psychologist Terman, which tracked the development of more than 1,000 middle school students, people who can achieve great achievements all have the same emotional characteristics: enthusiasm, self-confidence, and other positive emotions. Japanese psychologist Takehisa, Takizawa has a similar view: “Emotions become intertwined in the human mind, either as stimuli or as obstacles. He has proved with a large number of experiments that once students lose emotion to learning, their cognitive functions, such as thinking, understanding, and memory will be suppressed, and no matter how abstract thinking is, it cannot be carried out without emotion” (Wang, Zhao, & He, 2000, pp. 200-201). People themselves are social animals, this nature has decided that we need emotion, in education should have educational emotion. Teachers are one of the people who come into contact with students the most. Teachers’ words and actions and subtle emotional
attitudes can have a profound and lasting impact on students. Because the teacher himself is “a book”, a book for the students to observe and study every day. The more excellent the teacher, the more approachable, amiable, often keep a smile on the face filled with a smile, to the students, patient teaching, so as to pass the teacher’s positive emotion to the students, and then help students to develop the enthusiasm for learning. Psychological research has found that every student is very concerned about the teacher’s evaluation and attitude. Therefore, this kind of teachers can often open the hearts of students, let students feel the teacher’s love and expectations for their own, students’ learning enthusiasm, learning enthusiasm will increase. In recent years, more and more psychological scientific experiments show that emotions can regulate the process of cognition and human behavior, which is helpful to promote human cognitive development. In teaching, it is shown that under the influence of positive emotions, students will have a sense of desire and expectation for learning, and try to adjust their own state and put themselves into learning. Cognitive activities, such as knowledge perception, learning efficiency, and memory depth are greatly improved. Human brain research shows that only when the two hemispheres of the brain are in harmony, people’s potential can be fully developed, and emotional education can improve the coordination between the two hemispheres, thus realizing the purpose of developing human potential (Tian, 2016, p. 6). Every teacher wants his/her students to be pillars, in the process of education in order to make students get good grades, and go to great lengths to explain difficult point. Therefore, the students try to make massive problems and become totally passive, persecuted study appeared the phenomenon of “high score low-energy”, which means the potential of students has not been effective development.

In addition, as a contemporary teacher, not only to “teach”, but also “educate”. The most important is that “education” is to train students into a moral person, the second is “teaching”. In the comprehensive development of students’ “moral, intellectual, physical, beauty, and labor”, the first place in the moral character is enough to explain its importance. Good morals can guide students to try our best to a good interpersonal relationship, establish friendly classmates’ relationship of cooperation, promote the formation of students’ social concept, and the formation of students’ social ability. Also, it can teach the students learn to care about other people helping each other, learn to polite keep promise, learn to cooperation and competition, learn to abide by the code of conduct, and learn to consciously safeguard the interests of the collective. The formation of good character depends on emotion. Emotion and morality are closely linked, complement each other, each other inside and outside, morality only with emotion can make a person become a real gentleman. In our education, it is often excessive pursuit of knowledge, moral education and neglect of emotional education, thus forming the dual character of some people. In addition, students are highly imitative and sensitive to teachers’ behaviors and emotional attitudes. Therefore, teachers should guide students with love and positive emotions in the process of education.

**Promote the Professional Development of Teachers**

Teachers’ emotion and attitude in the process of education determine the atmosphere of teachers’ and students’ educational life. Teachers with the love for students into the education career to go, his emotional attitude and students’ study and life state is closely related. Therefore, teacher-student relationship is the core relationship of educational emotion, and the essence of love teacher-student relationship (Parker, 2005, p. 98). In the current teacher education and teacher training, the focus is on the improvement of teachers’ skills and teaching knowledge, and the focus is on how teachers should teach students, ignoring the
cultivation of educational emotional quality. Only by fully excavating teachers’ educational emotion can
teachers’ educational consciousness, educational creativity, and educational ability be stimulated, so as to love
education career from the heart, look forward to education career and fight for it all one’s life. Teachers’
attaching importance to the emotion of education can promote teachers’ self-realization, and thus, promote
teachers’ professional development. Let the teacher grow from the novice teacher to the learner, researcher,
and expert teacher. Teachers only with feelings from the heart to a career in education, in order to further
education of found that all kinds of problems of education, and through the analysis of their own
education practice experience to solve the problem, according to the comprehension of oneself put forward the
point of view, after studying the domestic and foreign education expert opinions about this problem
further study, it is likely to become a scholar, researchers, and expert teachers. Therefore, educational emotion
can make teachers return to the most essential real education, to shape human nature. On the other hand, in
today’s education, many teachers are essentially stuck in the stage of “teacher-scholar”. Teachers have no
sense of belonging and responsibility for education, and only teach textbook knowledge to fulfill basic
obligations. The root cause is lack of educational emotion. Therefore, efforts should be made to cultivate and
standardize teachers’ educational emotion, so that teachers can shape and cultivate people from the heart with
emotion.

The Cultivation of Teachers’ Educational Emotion

American scholar Parker Palmer said, “Good teaching comes from the teacher’s own identity and integrity,
not from teaching technology. The techniques that work are designed to be guided by self-knowledge” (2005).
Teachers’ educational work is always accompanied by educational emotion. To improve teachers’ professional
level, it is necessary to open and cultivate teachers’ educational emotion: uphold the “faith of love”, develop
“healthy love”, and jointly build “love between teachers and students”.

Keep “Faith in Love”

Education is not only “preaching, teaching, and solving problems”, but also an educational activity full of
feelings. Students are very sensitive and emotional. Educational practice shows that every student has an
evaluation on the teacher who has taught him a lesson, that is, the students may like or dislike a teacher.
Students who love the teacher are more willing to listen to the teacher, more committed to learning his lessons,
more guilty of making mistakes, and more willing to talk with the teacher to exchange feelings. Therefore, the
teacher’s requirements are more likely to become students’ self-requirements. On the other hand, if students do
not like a teacher or even hate the teacher, then the teacher’s words to students will go in one ear and out the
other or even work against the teacher, at which time the teacher’s educational function will be declared invalid.
Love is mutual. It is the result of mutual action. Students love teachers with their own love, not from the heart
of the most real emotional investment, blindly stressed that “I do this is for your own good, you do not listen to
my words now later will certainly suffer...”, and so on. Educational emotion does not doting or preference, but
is sincere and simple educational emotion and is different from the general emotion in life lies in its educational
which proves the teachers’ love is purposeful, strategic, and directed. It is the regulation and rational processing
of real emotion. The professional development of teachers needs the motivation of rational goals as well as the
promotion of emotion. A teacher full of love, driven by a strong sense of responsibility and passion, is more
likely to find all kinds of problems existing in professional development, and more willing to solve them, so as
to constantly improve my professional level. On the contrary, may appear to be overwhelmed, physically, and mentally exhausted, difficult to achieve their own breakthrough.

**Develop “Healthy Love”**

Teachers love students, in essence, is a kind of unrequited, selfless, from the heart of love is a kind of love. Once students realize the love of teachers, they will “be close to their teachers, trust their teachers” and “believe their way” to achieve the purpose of education. Teachers shoulder the expectations of students and parents, but also shoulder the responsibility of cultivating the next generation for the society and the country. Teachers should not only correct the homework and manage the class, but also care about all aspects of students. Now, many people do not want to enter for the examination of normal colleges and universities is that teachers to achieve success, physical and mental will pay a great physical and mental price. However, this concept is wrong. There are very few people who love teaching so much and devote themselves to it. We see in some excellent teachers that work performance and physical health can be harmonized. They in the long-term education practice, the child changed the heart, beautified the heart, and purified the heart always has a child as young heart. Resist secular pollution is always noble and pure. Long-term sincere love from the heart of students and students contact will be infected by children’s innocence will be for their growth and progress and from the heart of comfort. In such an environment full of love, teachers are more likely to make friends with students, so as to have a deeper understanding of education, discover all kinds of problems in education and their own shortcomings, find the opportunity of teachers’ own professional development and constantly improve their professional standards to become expert teachers. At the same time, give people rose, hand has lingering fragrance. The relationship between teachers and students is also like this; teachers give students care, love, and help students grow. Students can let the teacher’s heart always keep young, fresh, sensitive, and good, and give teachers respect and trust. When teachers give love to students, students also give love to teachers. This state is when a person’s body and mind are at their healthiest, their emotions are comfortable, their emotional experience is rich, and their immunity is enhanced. The most important thing is that the spirit is satisfied and can feel more happiness and joy, such as the joy of playing games with students, the joy of discussing problems with students, the joy of cooperating with students, the joy of students’ progress, the joy of students’ growth, and so on. All of these joys can improve the mental health of students.

**Build “Love Between Teachers and Students”**

Educational life is not always harmonious and positive. The emotional state of teachers and students is complex and changeable, not always positive. It is very normal for teachers and students to have negative emotions in the process of getting along. Negative emotions cannot be completely eliminated or eliminated. Instead, they should be properly expressed and not overheated, which may lead to conflicts between teachers and students or even conflicts. Teachers may produce negative emotions because of their students’ frequent mistakes, excessive playfulness, lack of discipline, naughty behavior, poor academic performance, confrontations with themselves, and even some more serious mistakes. Students may also dislike a teacher because of a criticism or behavior. When teachers love to face these tests, teachers should keep more rational cannot appear emotional out of control, the consequences of teachers’ emotional out of control is irreversible. Students need to grow up, teachers love students, most students do not feel at the beginning. Therefore, teachers need to wait for students to change. Sometimes the source of the problem may not be in love, but love is not real enough, not deep enough, expression needs to be optimized, only to understand this, teachers can
develop a real deep teacher love. Deep and continuous sincere teacher love from the heart, in return for the healthy growth of students, harmonious relationship between teachers and students, so into a virtuous circle. To this realm, teachers do not have to deliberately express love, because every word and deed has contained the infiltration of teacher love, students can also feel.

**Conclusion**

Classroom teaching not only shows the teacher’s knowledge, talents, and teaching ability, but also the direct expression of teachers’ education emotions. Educational emotion is not only necessary for the professional growth of teachers, but also a guarantee to optimize the effectiveness of education; it not only highlights the personality charm of teachers, but also the cornerstone of education to achieve its educational function; the essence of educational tasks is to stimulate life through the positive interaction between teachers and students. Enriching life makes young life more meaningful. The profession of teachers is sacred and lofty. To fulfill their duties well, teachers in the new era must cultivate positive educational emotions.

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