Spirituality and Learning

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Learning has been an important aspect of human behavior, and humans have continued to learn since the day the first human was born. It is a continuous procedure, which consists of acquiring new or making modifications in the already existing knowledge, behaviors, skills, values or preferences. The ability to learn is possessed primarily by humans and then animals. Some plants and machines have also shown the specific traits of this ability.

A human goes through various stages of learning throughout his or her life. Different kinds of approaches are implied on diverse learning perspectives at every level or every age. If one technique is fruitful in making a person learn something at a specific period of time, it may not be that much beneficial at the other stage or at any phase of his or her life. To explain these patterns of learning at various stages of life, multiple researchers and scientists have contributed their pieces of research to the field. Numerous theories of learning and various learning approaches have been put forward to understand the type of learning strategy that will be suitable for individuals of every age.

The link of spirituality and learning has long been established, and experts are substantially of the opinion that learning is positively connected to the learning process. One of the notable studies conducted in this purpose is the study conducted over Adult Learning Theories by Sharan B, Merriam in 2017 (Merriam, 2017). Merriam explains that spirituality does not only comprise of religion, although as per common perception, religion only comprises of religious beliefs and practices. Spirituality refers to the methods with which people gather knowledge and extract meaning from various concepts and events. I agree with the notion presented by Merriam. In my opinion, spirituality plays a significant role in the learning carried on by a person at various stages of his or her life, and it impacts the perception of that individual.

**References**

Merriam, Sharan (2018), "Adult Learning Theory: Evolution and Future Directions." *Contemporary Theories of Learning*, Illeris, K, Pearson.