

## FORGETTING

### Forgetting

“Forgetting is the loss, permanent or temporary of the ability to recall or recognizing something learned earlier” Munn (1967).

### Types of Forgetting

It may be broadly classified as natural and morbid forgetting. In natural forgetting, forgetting occurs with the laps of time in a quite normal way without any intention of forgetting on the part of the individual while in morbid or abnormal forgetting one deliberately tries to forget something.

According to another view, forgetting may be classified as general or specific. In general forgetfulness, one suffers a total loss in one's recall or some previous learning while in specific forgetfulness the individual forgets only one or the other specific parts of his earlier learning.

### Curve of Forgetting

Studies done by the psychologist Ebbinghaus (1885) represents the earliest systematic work in studying the phenomenon of forgetting. He himself worked as a subject for these studies and described his results by plotting a curve for forgetting. He memorized a list of non-sense syllabus and then tested himself at intervals varying from 20 minutes to a month to see how much of the list he remembered. The result in terms of the percentage of material forgotten with the lapse of time were as follows :

| Time elapsed    | Amount forgotten |
|-----------------|------------------|
| 20 minutes      | 47 %             |
| One day         | 66 %             |
| Two days        | 72 %             |
| Six day         | 75 %             |
| Thirty one days | 79 %             |



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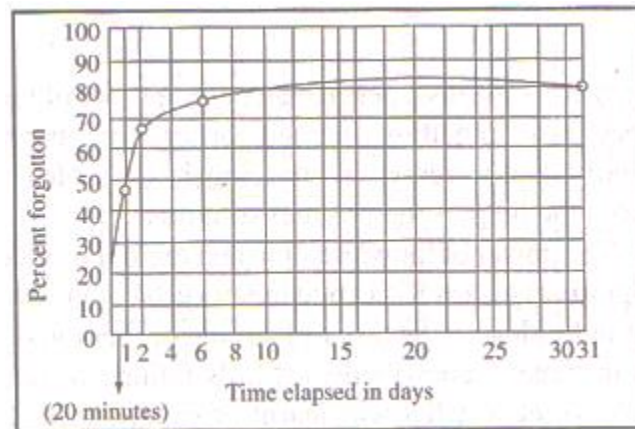
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He plotted the data as a graph as shown below -



Ebbinghaus concluded that (a) The amount learnt material forgotten depends upon the time lapsed after learning. And (b) The rate of forgetting is very rapid at first and then gradually diminishes proportionately as the interval lengthens.

