

Self-Directed Constructive Learning: A Buddhist Approach

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Abstract

Self-directed constructive learning is the learning approach which is practiced by the learner who engages in the learning process by himself or herself without intervention of a facilitator. In this leaning style, the learner takes the initiation for learning since he is a genius or a gifted learner with a high intellectual capacity. Though the western educational context discussed about a teacher guided constructive learning approach lavishly, the Buddhist approach practices these two constructive learning approaches: self-directed and the teacher guided. In the Buddhist educational context, self-directed constructive learning is highly appreciated and students are motivated to follow this self-directed approach as much as possible. Even the *Gotama Bodhisatta* illustrated how the self-directed learning approach could be practiced to reach the learning outcomes unaided and successfully. *Gotama Bodhisatta* was so self-directed in exploring the truth. He himself explained it in his own word. The main aim of this paper was to conduct an analytical study on self-directed constructive learning approach which was practiced in Buddhist education. The content analysis method which comes under qualitative research approach has been used as the research method and *Suttapita*, *Vinayapitaka*, commentaries, and relevant Buddhist books have been used as primary sources to collect information. Research papers, articles and books written later periods regarding the Buddhist constructive learning approach and the western constructive learning have been examined as the secondary sources to elaborate and analyze research findings comparatively. The self-directed constructive learning approach in Buddhist education has provided some lessons to the present general education system in Sri Lanka to deepen the learner centered education system precisely.

Keywords: Gotama Bodhisatta, self-directed constructive learning, Buddhist approach, western educational context

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