

HUMANISTIC APPROACH TO LEARNING TO DEVELOP STUDENT POTENTIAL

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Abstract : The humanistic approach is one of the learning approaches that emphasizes the holistic development of human potential. This approach places students as the center of the learning process while considering intellectual, emotional, social, and moral development. The purpose of this article is to review the humanistic approach in learning, including its description, advantages, disadvantages, and comparisons with other learning approaches. The method used in this article is a literature review by analyzing various relevant scientific sources. The results show that the humanistic approach can improve students' motivation, participation, creativity, and social skills. However, this approach also has several limitations such as requiring more time, demanding high teacher competence, and being difficult to apply in large classrooms. Therefore, proper planning is necessary so that the implementation of the humanistic approach can achieve optimal learning outcomes.

Keywords: humanistic approach, learning, student developmen.

INTRODUCTION

Education is essentially a process aimed at optimally developing human potential. In the educational process, learning not only aims to transfer knowledge to students, but also to shape character, attitudes, and social skills necessary for life. Therefore, the learning approach used by teachers plays a crucial role in determining the success of the educational process. In the development of modern education, various learning approaches have been developed to improve the quality of learning in schools. One approach widely used in education is the humanistic approach. This approach focuses on developing human potential holistically by considering the needs, interests, and characteristics of students.

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As 21st-century education demands more student-centered learning, the humanistic approach has become increasingly relevant for implementation in the learning process. Therefore, studying the humanistic approach to learning is crucial for understanding its concepts, advantages, disadvantages, and comparisons with other learning approaches.

THE CONCEPT OF HUMANISTIC APPROACH IN LEARNING

Sari et al. (2024) state that the humanistic approach in education positions students as the main focus of the learning process. This approach highlights the importance of student-centered learning, where learners are not only passive receivers of information from teachers but are actively involved in various learning activities that promote direct participation. The humanistic perspective is grounded in the belief that each individual has inherent potential that can grow when supported by appropriate opportunities and a conducive learning environment. Consequently, learning should be structured in a way that enables students to fully develop their skills, interests, and talents. In addition, Saputri (2022) emphasizes that this approach values individual differences among students, allowing instruction to be adapted to meet each learner's unique characteristics and needs. The relationship between teachers and students is a key element of the humanistic approach. A positive interaction between them can foster a learning environment that is comfortable, open, and built on trust. In such conditions, students are more confident in expressing their ideas, asking questions, and actively participating in the learning process (Pertiwi & Maulana, 2025).

The humanistic approach emphasizes the holistic development of students. Hidayat et al. (2025) explain that learning within this approach does not only focus on cognitive aspects, but also on students' emotional, social, and moral growth. This shows that the objective of education is not merely to enhance intellectual abilities, but also to

develop positive character.

In its implementation, teachers have an important role as facilitators. Katmani and Sudarsono (2025) state that teachers are responsible for guiding students and creating a learning environment that supports independent and active learning. In addition, teachers need to provide opportunities for students to express their ideas, share opinions, and reflect on their learning experiences.

THE ROLE OF THE HUMANISTIC APPROACH IN DEVELOPING STUDENT POTENTIAL

The humanistic approach has a significant role in fostering the optimal development of students' potential. It recognizes learners as individuals who possess diverse abilities, interests, and talents; therefore, the learning process should be designed to provide equal opportunities for each student to grow according to their potential. Hidayat et al. (2025) state that humanistic learning aims to support students in achieving comprehensive personal development through meaningful learning experiences.

One of the contributions of the humanistic approach in enhancing student potential is by encouraging active participation in learning activities. Within this framework, students are not merely passive recipients of information but are actively involved in constructing their own understanding. Sari et al. (2024) explain that student-centered learning enables learners to develop their abilities through various activities such as discussions, collaborative work, and problem-solving tasks.

Furthermore, the humanistic approach also helps students recognize their potential and abilities. In this approach, teachers act as facilitators, providing guidance and support so students can develop their talents and interests. Saputri (2022) explains that a learning environment that respects individual differences can help students develop greater confidence in developing their abilities.

The humanistic approach also plays a role in developing student creativity. Through learning that provides freedom of thought and expression, students can develop innovative ideas and concepts. Katmani and Sudarsono (2025) state that the learning freedom provided in the humanistic approach can encourage students to think critically

and develop creative abilities in solving various problems.

In addition to intellectual aspects, the humanistic approach also plays a role in developing students' emotional and social potential. Positive interpersonal relationships between teachers and students can help students build self-confidence, empathy, and the ability to collaborate with others. Pertiwi and Maulana (2025) explain that a conducive learning environment can help students develop not only academically but also socially and emotionally.

Thus, the humanistic approach plays a crucial role in developing students' holistic potential. This approach focuses not only on academic achievement but also on developing students' personality, creativity, and social skills, enabling them to develop optimally.

ADVANTAGES OF THE HUMANISTIC APPROACH

The humanistic approach offers several benefits that can positively influence the learning process. One of its primary advantages is its role in enhancing students' learning motivation. Saputri (2022) explains that this approach allows learners to study based on their interests and individual needs, which in turn increases their enthusiasm and willingness to engage in learning activities.

In addition to boosting motivation, the humanistic approach also promotes greater active participation among students. Sari et al. (2024) state that student-centered learning encourages learners to take part directly in various activities such as discussions, group collaboration, presentations, and knowledge exploration.

The humanistic approach also plays a role in developing students' social skills. Pertiwi and Maulana (2025) explain that learning that emphasizes interaction and cooperation between students can help students develop communication skills, empathy, and mutual respect. These social skills are crucial for students navigating social life.

Another advantage of the humanistic approach is its ability to enhance student creativity. Katmani and Sudarsono (2025) explain that this approach gives students the freedom to explore various ideas and concepts, thereby developing creative and innovative thinking skills.

Furthermore, a humanistic approach can also create a more enjoyable learning

environment. Hidayat, Wijaya, Rahmatsyah, and Ramadhani (2025) explain that a conducive and respectful learning atmosphere can increase students' self-confidence and interest in learning. A positive learning environment can also help students feel more comfortable participating in the learning process.

With these various advantages, the humanistic approach can make a significant contribution to improving the quality of learning and the overall development of students.

DISADVANTAGES OF THE HUMANISTIC APPROACH

Although the humanistic approach offers many benefits, it also presents several challenges when implemented in classroom settings. One of the main limitations is that it requires a relatively longer learning time. Wibowo and Salfadilah (2025) explain that because this approach emphasizes discussion, reflection, and experiential learning, the teaching and learning process often takes more time compared to traditional teacher-centered methods.

In addition, the humanistic approach requires a high level of teacher competence in managing classroom learning. Saputri (2022) states that teachers need to have strong communication skills, empathy toward students, and the ability to understand individual differences among learners. Without these competencies, the implementation of a humanistic learning approach may not run effectively.

Moreover, the humanistic approach often faces difficulties when implemented in classrooms with a large number of students. Rusni, Nurhayati, and Haeruddin (2025) explain that because this approach requires attention to each student's individual needs, it is more suitable and effective in smaller class settings.

Another challenge lies in the assessment process. Alya and Neni (2025) state that evaluation in a humanistic approach does not only measure cognitive achievement, but also considers the development of students' attitudes, values, and emotional aspects. As a result, the evaluation process becomes more complex, since not all aspects of student development can be measured numerically.

In addition, if not properly planned, the humanistic approach may lead to a lack of learning focus. Wibowo and Salfadilah (2025) explain that the freedom given to students in learning must be accompanied by clear guidance and direction from the teacher to ensure that learning objectives are still achieved.

COMPARISON OF THE HUMANISTIC APPROACH WITH OTHER APPROACHES

The humanistic approach differs from other learning approaches developed in education. Saputri (2022) explains that the behavioristic approach places greater emphasis on behavioral change through stimulus and response. In this approach, learning focuses more on reinforcing desired behavior through rewards or punishments. In contrast to the behaviorist approach, the humanistic approach places greater emphasis on developing the individual's overall potential. Learning aims not only to change behavior but also to help students understand themselves and develop their potential.

The humanistic approach also differs from traditional, teacher-centered learning approaches. Sari, Satrisno, Yurmani, and Fitri (2024) explain that in the traditional approach, the teacher is the primary source of knowledge, while students merely act as recipients of information. In contrast, the humanistic approach positions students as the primary subjects in the learning process.

Furthermore, the humanistic approach differs from the cognitive approach, which places greater emphasis on the thinking process in learning. Katmani and Sudarsono (2025) explain that the cognitive approach focuses on how students process information and understand concepts. Meanwhile, the humanistic approach focuses not only on cognitive aspects but also on students' emotional and social development. The humanistic approach also differs from the mechanistic approach, which assesses learning success solely based on academic results. Hidayat, Wijaya, Rahmatsyah, and Ramadhani (2025) explain that the humanistic approach assesses learning success based on the overall development of students' potential, encompassing knowledge, attitudes, and skills.

CONCLUSION

Based on the discussion above, the humanistic approach to learning positions students as the central focus of the educational process and highlights the importance of developing learners' potential in a holistic manner. This approach considers students as unique individuals with different needs and capacities, thereby providing opportunities for active learning through meaningful and experience-based activities. Moreover, the humanistic approach plays an important role in optimizing students' potential development. Through

learning that encourages freedom of expression, appreciation of individual differences, and positive relationships between teachers and students, learners are able to develop their intellectual, emotional, social, and creative abilities more effectively. In terms of its benefits, this approach can enhance students' learning motivation, active involvement, creativity, and social skills. It also helps create a more comfortable and supportive learning atmosphere, making students feel valued and more confident during the learning process. However, the humanistic approach also presents several challenges, including the need for longer instructional time, high teacher competency, and difficulties in managing large classes. In addition, the evaluation process is more complicated because it assesses not only cognitive outcomes but also students' attitudes and emotional development. Compared to other learning approaches such as behaviorism, cognitive learning, and traditional methods, the humanistic approach places stronger emphasis on the holistic development of students. Therefore, its implementation must be carefully designed to ensure optimal benefits for both academic achievement and personality development.

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