



## PSYCHOLOGICAL FOUNDATIONS OF MEMORY AND PRACTICAL RECOMMENDATIONS FOR ITS ENHANCEMENT

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**ANNOTATION:** *This article analyzes the psychological foundations of human memory, its structure, and mechanisms of functioning. The main types of memory—short-term, long-term, working, voluntary, and involuntary—are examined based on scientific sources. The factors influencing the formation, retention, and retrieval of memory, age-related characteristics, emotional states, and the role of motivation are also discussed. Modern psychological methods for memory development are reviewed and practical recommendations are provided. The findings contribute to a deeper understanding of memory processes and offer strategies for their effective enhancement*

**KEYWORDS:** *Memory, encoding, storage, retrieval, short-term memory, long-term memory, working memory, attention, emotional state, motivation, stress, sleep quality, cognitive process, associative recall, visual memory, semantic memory, memory exercises.*

### INTRODUCTION

Memory is one of the central cognitive processes of the human psyche, forming the foundation of knowledge acquisition, experience accumulation, problem-solving, personal development, and social adaptation. Research on memory processes has a long history; classical studies conducted by G. Ebbinghaus, W. Wundt, and A. R. Luria played a significant role in identifying the fundamental laws of memory.

In the modern era, the development of neuropsychology, cognitive

psychology, and neurobiology has enabled a deeper understanding of the physiological bases of memory within brain structures. Memory consists of three stages—encoding, storage, and retrieval—and the effectiveness of each stage depends on various psychological and physiological factors.

Different types of memory—short-term, long-term, working memory, visual, auditory, motor, and semantic memory—have been widely studied in scientific literature. However, factors affecting memory development, particularly



emotional state, attentional stability, sleep quality, stress level, motivation, and age-related characteristics, remain pressing issues in contemporary research.

The main purpose of this study is to analyze the psychological foundations of memory processes, identify factors influencing their efficiency, and develop scientifically grounded recommendations for memory improvement. The research emphasizes the practical significance of understanding the role of memory in education, individual differences in learning, and cognitive development.

A complex of scientific methods was employed to analyze the psychological characteristics of memory.

**Research Methods :** To ensure reliability and accuracy, the following methods were applied:

**Observation:** Participants' processes of receiving, processing, and recalling information during daily activities were systematically observed. Observations conducted in different conditions (classes, leisure time, stress situations) helped identify variations in memory performance.

**Experimental Methods** Several specialized tests were used to assess memory types:

Ebbinghaus nonsense syllable test – for evaluating mechanical memory.

Digit span test (Miller Test) – for assessing short-term memory capacity.

Associative recall test – for examining semantic and logical memory.

Visual memory test – for analyzing memory through images.

**Questionnaires and Interviews** Participants provided information about psychological state, learning motivation, stress level, sleep hygiene, emotional background, and attention stability. Their subjective experiences were explored through interviews.

**Psychometric Assessment** Correlation analyses were used to determine the degree of association between memory indicators and psychological factors. Statistical processing, including regression analysis, quantified the influence of each factor.

**Theoretical Analysis** Scientific literature, psychological theories, and neurobiological research were reviewed, allowing the formation of a general theoretical model. The results were compared with previous studies to identify similarities and differences.

**Results and Discussion** the results of the study revealed that memory efficiency is closely linked to numerous psychological, physiological, and social factors.

**Attention and Memory** a strong relationship was found between attention stability and memory performance. Participants with higher levels of attention recalled texts, images, and numerical information 30–40% faster and more accurately.

**Emotional State** positive emotional background and strong motivation significantly improved memory performance. High stress and anxiety levels slowed the encoding process.



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