

# Memory Disorders among Students

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## Introduction

Memory disorders are the result of damage to neuroanatomical structures that hinders the storage, retention and recollection of memories. In fact, memory comprises a number of sub skills, sub systems or sub-functions working together. Memory disorders can be progressive including Alzheimer's disease or they can be immediate including disorders resulting from head injury.

There are three types of memory that are essential to process information:

## Short-term Memory

Short-term memory is the place data is prepared. It is accepted that short-term memory can hold just around seven pieces of data one after another. Further, short-term memory can hold the recollections for not exactly a moment before they are either lost or moved to long haul memory.

Auditory processing disorders, language handling issue, dyscalculia, and dyslexia are instances of taking in issues that originate from short-term memory issues.

## Working Memory

Working memory is identified with short-term memory yet comprises just of the pieces of data that are held long enough to complete a prompt idea or errand. Working memory is important to comprehend what you are perusing since understudies need to recollect every one of the words, they have perused long enough to string them together to frame a sentence. It is additionally

fundamental for calculations since mental math requires your understudies to recollect numbers. For multi-step issues, working memory is important to recall which steps they have finished.

Working memory is most firmly corresponded with proportions of subjective capacity, conceivably on the grounds that working memory consolidates segments of both stockpiling and dynamic handling. Therefore, many accept that proportions of acumen and working memory are identified with an individual's capacity to concentrate.

## Long-term Memory

Long-term memory gives off an impression of being boundless with respect to both limit and the time span that data can be put away. A few perspectives that are identified with the exchange of data from present moment to long-term memory incorporate redundancy, inspiration, and associations with earlier information. As data is put away in long-term memory, it makes physical changes the nerve cells in the cerebrum.

## Ways of Understanding Memory

The working memory model of Baddeley and Hitch sub-divides memory into three main types depending both on time based and conceptual differences. The first system sensory memory in a brief and rather literal trace that results from a visual auditory or other sensory event, probably lasting no longer than a quarter of a second. This is the system; we use to make sense of moving pictures.

The second system, working memory is considered to have two main components or functions. The first of these is short term or immediate memory which lasts for several seconds. This period of time can be extended to several minutes, if the person is rehearsing or concentrating or the particular information. Unlike sensory memory, information in working memory has already undergone substantial cognitive analysis, so it is typically represented in meaningful chunks such as words or numbers.

The second component of working memory is a central executive that can be conceived of as an organizer, controller or allocator of resources. This component enables us to both drive a car and take to our passenger at the same time. Sufficient resources are allocated to each of these tasks and if a demanding or unusual situation occurs on the road, we stop talking while all our resources are required to deal with the unexpected situation.

The third system in the Baddeley and Hitch model is long term memory which encodes information in a reasonably robust form and can last for decades. Although these are differences in memory for things that happened 10 minutes ago and things happened 10 years ago, the differences are less clear cut those between sensory (quarter of second) and immediate (a few seconds) memory systems. Memory disorders are a severe problem in human life. This disease can remove by yogic exercise.