

## Education and Learning in Indonesia to Refer to the Democratic and Humanistic Learning System in Finland

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**Abstract :** Learning is a process attempts person to obtain a new behavior changes as a whole, as a result of his own experience in the interaction with the environment. Learning involves our brain to think, while the ability of the brain to each student's performance is different. To obtain optimal learning results then need time to learn the exact hour that the brain's performance is not too heavy. Referring to the learning system in Finland which apply 45 minutes to learn and a 15-minute break is expected to be the brain work better, with the rest of the brain, the brain will be more focused and lessons can be absorbed well. It can be concluded that learning in this way students learn with brain always fresh and the best possible use of the time, but it can make students not saturated in a lesson.

**Keywords :** learning, working hours brain, time efficient learning, working hours in the brain receive stimulus.

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