

Metamemory: A Brief Review of the Construct and Research Studies

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Abstract

Given the huge accumulation of research and the information gained about the various memory processes, researchers have now turned towards investigating how individuals monitor and control these processes and what beliefs and knowledge do people have regarding their own memory. This is what metamemory entails. The influence of judgements about one's own memory on actual memory performance across different ages and clinical groups is another arena that is being investigated in metamemory research. The present report is an attempt to briefly outline the basic concepts underlying metamemory; how the concept of metamemory came into existence; the early models explaining the various metamemory processes. The different research approaches and the tools most frequently used in metamemory research have also been reviewed. Finally, the practical utilities of studying metamemory have been pointed out along with the potential gaps in this specialised metacognitive field that warrant further research.

Keywords: Metamemory, concepts, models, research.