


## Criterion III – Research and Outreach activities

### Key Indicator – 3.2 Research Publications

Metric No. 3.2.1 – Average number of research papers / articles per teacher published in Journals notified on UGC website during the last five years

First page of the article / journals with seal and signature of the Principal

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

### About Journal

Our Heritage Journal (ISSN 0474-9030) has been Discontinued as per UGC notification from Feb 2020

### Journal Description

Our Heritage Journal (ISSN 0474-9030) has been Discontinued as per UGC notification from Feb 2020

### Current Issue

Vol. 67 No. 9 (2019) GRCF Dubai International Conference on "Sustainability and Innovation in Higher Education, Engineering Technology, Science, Management and Humanities"

#### Name of Conference

*"GRCF Dubai International Conference on Sustainability And Innovation in Higher Education, Engineering Technology, Science, Management and Humanities"*

Theme: Sustainable Business Growth, Challenges, Measures and Solutions in Global Scenario

Organized by: Global Research Conference Forum, Pune, India

Held on: 23 and 24 November 2019

#### Venue :

Park Regis Kris Kin Hotel, Sheikh Khalifa Bin Zayed St, Opp Burjuman Center, Bur Dubai (UAE).

#### Our Principal Academic Partners:

D Y Patil Institute of Management. & Entrepreneur Development,

Savitribai Phule Pune University, Pune


#### Editorial Board Members:

1. Dr. Prakash Divakaran (MBA, M.Phil, PhD)
2. Dr. Prakash Karmadkar (MMS, PhD)
3. Dr. Ratikanta Ray (MBA, MCom, LLB, M.Phil, PhD)
4. Prof. N.P Gandhi (Msc, MSW, PGPM, Mps, Mphil)

Month of Publication: December 2019

Published: Dec 20, 2019

### Articles

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

**Integrating Gender Violence Prevention Using Technologies**

**N.Jayavardhini**

**Research Scholar,**

**VISTAS, Pallavaram, Chennai.**

**Dr.R.Jayaprabha**

**Director, School of Education**

**VISTAS, Pallavaram, Chennai.**

**Abstract**

*Violence may be a world downside that crosses cultural and socioeconomic boundaries. From collective to social to self-inflicted violence, its impact on health is substantial. Violence is one in every of the leading causes of death worldwide for individuals between fifteen and forty four years aged (WHO, 2002). However, the particular price and extent to that violence happens is troublesome to live. Countless violent acts happen out of public read in offices, homes, or maybe public establishments. Violence will be prevented, and this assertion has been tested true inside the sphere of public health. Action to stop violence has been undertaken at numerous levels, from the native and community level to the SI. Methods have ranged from primary prevention, aiming to prevent a violent act before it occurs, to the tertiary level, which encompasses approaches that focus on long-term care. This paper discusses about the various preventive measures through technologies to create awareness among women.*

**Key Words:**Self-inflicted violence, Primary prevention, Technologies.

**Introduction**

The goal of this background paper is to supply a quick introduction to the present and potential role that Technologies will play within the reduction and hindrance of violence. This paper by no means offers an extensive study on the intersection of Technologies and

Login
Q SEARCH

Our Heritage
Current
Archives
About ▾
Login

Home / Archives / Vol. 68 No. 1 (2020): Vol.68 Issue-1-January-2020 / Articles

### Section Articles

➤ J. Lizzie

➤ M.P. Rama Priya

## Role of Teachers In Promoting Gender Awareness In The Classroom

Download

PDF

### Abstract

*The best academic environments area unit those who area unit honest to all or any students, male or feminine. But in several places round the world, feminine and male students dont forever have a similar probabillites for a decent education. As young kids begin to note the variations in social expectations for gender roles, the approach the academics act with students stand to own an excellent impact on their ability to participate in their education. These interactions additionally produce durable effects in alternative areas of their lives, every now and then limiting their self-image and their perception of the opportunities that area unit offered or applicable for them.*

**PRINCIPAL**  
**INDHYRA COLLEGE OF EDUCATION**  
**PANDUR, TIRUVALLUR-631 203**

Our Heritage Journal (ISSN 0474-9030) has been Discontinued as per UGC notification from Feb 2020

Login
Q SEARCH

Our Heritage
Current
Archives
About
Login

Home / Archives / Vol. 08 No. 1 (2020) / Vol-08-Issue-1-January-2020 / Articles

### Section Articles

## Awareness on Women's Education Among Prospective Teacher's

**MRS. D. JAYAKUMARI**

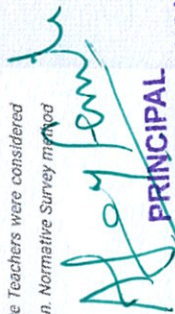
**Dr. R. JAYAPRABHA**

Download

PDF

### Abstract

*Women's education awareness vary from individual to individual. Despite much that is being spoken and done for women, opinions differ among both men and women. Some are conservative in views and others are not. Gender based prejudices still exists today and education could be meant for women's too. Hence, this paper is an attempt to study the Awareness on women's Education. 300 B.Ed. Prospective Teachers were considered as the sample for the study. Self-constructed tool was used for the data collection. Normative Survey method was used for the study.*



**PRINCIPAL**  
**INDHIRA COLLEGE OF EDUCATION**  
**PANDUR, TIRUVALLUR-631 203**

Our Heritage Journal (ISSN 0474-9030) has been Discontinued as per UGC notification from Feb 2020

1 of 2

15-03-2024, 12:57

## **Attitude of Prospective Teachers Towards Women Empowerment**

**A. JAYAPPAUL**  
Research Scholar  
VISTAS, Pallavaram, Chennai

**Dr. P. FELVIA SHANTHI**  
Professor & Head, School of Education  
VISTAS, Pallavaram, Chennai

### **Abstract**

*Empowerment refers broadly to the expansion of freedom of choice and action to shape one's life. It implies control over resources and decisions. For women, that freedom is curtailed by their voicelessness and powerlessness in relation particularly to the state and markets. There are important gender inequalities, including within the household, since powerlessness is embedded in a cultural of unequal institutional relations. This disparity urged the investigator to investigate on women empowerment among prospective teachers. The data was collected from hundred samples and Normative Survey method was used. Statistical analysis revealed that only gender is influenced by the Attitude towards Women Empowerment.*

*Key words: Empowerment, Prospective Teachers, disparity.*

### **INTRODUCTION**

Empowerment refers to enabling people to take charge of their own lives. For women empowerment emphasizes the importance of increasing their power and taking control over decision and issues that shape their live. Women's empowerment addresses power and relationships in society intertwined with gender, class, race, ethnicity, age, culture and history. Power is identified with equity and equality for women and men in access to resources, participation in decision making and control over distribution of resources and benefits. Gender equality is addressed at these levels with the aim of increasing equality between men and women, and achieving women's empowerment. Access to resources refers to both the means and the right to obtain services, products or commodities. Gender gaps in

## Apps and Tools To Prevent Gender Based Violence

N.MOHANA KANNAN

Research Scholar

VISTAS, Pallavaram, Chennai

Dr. R. JAYAPRABHA

Director, School of Education

VISTAS, Pallavaram, Chennai

### Abstract

New technologies area unit paving the approach for artistic approaches to battle violence against girls and regulatory offense, and as mobile phones are getting additional and additional common and accessible in even the foremost remote locations, these solutions can give support, data, facilitate and protection to girls and women across countries, cultures and socio-economic categories. While several of those apps area unit presently accessible just for good phones, that limits their handiness to girls and women World Health Organization don't have access to good phones or a mobile net association – like girls and women living in economic condition – technology is continually catching up with desires and girls across socio-economic categories, and many of these services also can support and defend girls through terribly easy and basic SMS-services that don't need a sensible phone, or maybe a web association.

**Key Words:** Violence against women (VAW), Technology, Mobile phones

### INTRODUCTION

In the age of the “information society”, info and communication technologies (ICTs) and also the web play an enormous role within the battle against sex crime and violence against ladies, both as tools to curb such violence, however sometimes additionally as new areas for harassment and abuse. While ICTs and web will cause a risk to ladies and women, they'll



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## Prevention and Safety Measures on Gender Issues

**Mrs. A. Nancy Rajathi**

**Assistant Professor**

**Indhira college of education**

### Abstract:

*Gender based violence (GBV) is a human rights violation, public challenge, and a barrier to civic, social, political, and economic participation. Prevention should start early in life, by educating and working with young boys and girls promoting respectful relationships and gender equality. 57th session of the commission on the status of women (CSW) that placed a strong focus on prevention through the promotion of gender equality, women's empowerment and enjoyment of human rights. Women safety could be a vital facet of any society. However, girl's safety is in danger thanks to increasing molestation publically places in our society. Despite strict laws enacted more, gender based violence continues to kill torture women, and harm- physically, psychologically, sexually and economically by denying women and girls' equality, security, dignity, self worth under right to enjoy fundamental freedoms. Social safety for ladies plays essential role in advancement of girls and Society.*

### Key words:

Gender based violence, Gender equality, human rights, women's empowerment, status of women.

### Women development (WAD) and gender and development (GAD):

Internationally, the women's movement has given birth to a number of Non-governmental organizations (NGOs) and Groups that continue to challenge many of the implied and stator assumption of the traditional feminist movement these NGOs and group of indigenous approaches to solving women's problems in the particular environment. Initiatives to improve women's economic situation demonstrate the solution to women's problems. Nancy Barry, President of women's World banking, remarked, 'what has become very clear is that what women need is access, not subsidies. Opportunities, not paternalism' (Howells 1993).



# Purakala

ISSN 0971-2143

(UGC Care Journal)

Send papers for review to

[editor@purakala.com](mailto:editor@purakala.com)

Published By : Rock Art Society of India, India



*A Jayaraj*

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION,  
PANDUR, TIRUVALLUR-631 203

**Influence of Self-Governing Online Education for College Goers on Lockdown**

**Dr.R.Jayaprabha ,N.Jayavardhini**

**Director, School of Education Research Scholar,**

**VISTAS, Pallavaram, Chennai.VISTAS, Pallavaram, Chennai.**

**Abstract**

*Being a Higher Secondary School or College student these days is a very resilient position. Teachers are trouncing with liabilities on top of daily lectures and assignments. Keeping track of all these things isn't manageable. Working on the students whilst managing other things and making sure to submit before the target time is also a very exigent duty. All of this makes the life of a median student is very rigid. The educational apps are the latest technological evolution by products that promote the importance of videos and pictures more than texts and descriptions in the realm of cognition and education in colleges. The merit and column of the educational apps is a significant attribute in the progressing world of technology, and it can add a great touch of value to the mentees. Moreover, it's not hidden from anyone that our brain stores equally of data within the sort of images and not within the sort of texts. So thanks to apps and technology, we have collected a bunch of cool and productive apps which will help to manage the hectic life greater.*

**Key words:** resilient, trouncing, liabilities, exigent, realm, caliber, mentees.

**Introduction**

Over the past decade, online education has moved from a next option for those trying to return to higher studies a critical component of just about every major universities scholastic programming. Jointly with non-degree seeking students, certifications, and thus the expansion of online courses like Massive Open Online Courses or online camp learning experiences, there is a trend for online education in most major academic profession. Online education allows variety of pros that modern students find attractive. It offers considerable flexibility, as well as the ability to go other place, to study anytime and anywhere. For many students, the recent encompassing of online courses in education programs has made college achievable. In addition, online colleges have had an absurd impact on education as an entire.

## Mental Health and Physical Health on Lockdown

Dr.R.Jayaprabha ,N.Jayavardhini

Director, School of Education Research Scholar,

VISTAS, Pallavaram, Chennai. VISTAS, Pallavaram, Chennai.

### Abstract

*The pandemic has reached its tentacles into almost every area of life at now. Faraway from wreaking just medical havoc, it's also affected many other realms-the economy, likely for a few time to return, and psychological state , as many have felt already. For those that have lost their jobs, the psychological devastation is clear. For people who are simply stuck indoors, the results could even be less severe, but not insignificant-particularly if mental state problems already existed. With billions of individuals across the planet still in lockdown as a results of the continued COVID-19 pandemic, a behavioral expert has warned of the risks these measures could present to their physical and psychological state. The worldwide Covid-19 pandemic, and efforts to contain it, represent a singular threat, which we must recognize the pandemic which can quickly follow it- that of mental and behavioral illness -and implement the steps needed to mitigate it.*

### Key words:

Wreaking, Medical Havoc, Realms, Psychological Devastation.Mitigate

### Introduction

Months under lockdown the coronavirus pandemic could have a 'devastating' impact on our mental state, a replacement study warns. Spending time in isolation and following social distancing measures may slow the spread of the disease, but it's going to even be linked to a rise in depression, anxiety, drug and alcoholic abuse, violence, and maltreatment. The impact of lockdown on our physical health and mental wellbeing is unlikely to disappear the instant to allow outside of the house again. This has brought unprecedented efforts to institute the practice of physical distance in countries everywhere the planet, leading to changes in behavioral patterns and shutdowns of usual day-to-day functioning. 'While these steps could also be critical to mitigate the spread of this disease, they're going to undoubtedly have consequences for psychological state and physical health in both the short and future. The COVID-19 pandemic has affected people mentally, also as physically, says a study published in Psychiatry Research.

## Life in Lockdown

**Dr. R. JAYAPRABHA**  
**DIRECTOR, SCHOOL OF EDUCATION**  
**VISTAS, PALLAVARAM, CHENNAI.**

**MRS. D. JAYAKUMARI**  
**Ph.D RESEARCH SCHOLAR**  
**VISTAS, PALLAVARAM, CHENNAI.**

### ABSTRACT

*This article deals with measures that help us to lead the life in lockdown period. The therapeutic values one can find in the new lifestyle followed in the lockdown time are pointed out in detail. It prescribes solutions for the problems that are mostly psychological. All the possible ways of making most of the life in lockdown time are described to change the way one look at oneself and life. If takes optimistic views about the life that is believed to and have been crippled in lockdown time. Our attention is drawn toward the blessings lie hidden in the regimented life which we are compelled to live. This articles suggestion that we should consider the benefits of the life in lockdown is the primary subject matter of the article.*

**Key words : Lock down, boon, bane and realisations.**

### INTRODUCTION

This essay focuses on the boons and benefits granted by Lockdown period. This period has thrown the normal life out of gear and hampered the transactions of many business establishments with essential services to meet the demands of our day today life and the availability to essential commodities for price a little over the actual price, Life seems to be bleak and dreary. Wherever we go, we hear only one question, “When will the ban on the public transportation, the function of business establishments and educational institutions be lifted up? Covid-19 is an invincible enemy of mankind to plague the nations and its subjects or how it is viewed by the scholars and scientists. Atheists would explain this disaster scientifically. They view this as nature taking its own course of balancing its function by carrying off people in millions. Theist believes that it is surely God’s wrath on the transgressions of humanbeings and a severe warning for humans to mend their ways. Powerful nations blaming each other for the spread of corona and people dying of it without any efficacious medicine are the usual happenings reported in news. We have to agree that this pandemic has caused havoc to the economy of countries. This economical downfall has impacted even on per capita income of citizens.

## The Best Online Teaching For Covid19

**Dr. R. JAYAPRABHA**  
**DIRECTOR, SCHOOL OF EDUCATION**  
**VISTAS, PALLAVARAM, CHENNAI.**

**MRS. D. JAYAKUMARI**  
**Ph.D RESEARCH SCHOLAR**  
**VISTAS, PALLAVARAM, CHENNAI.**

### ABSTRACT

This research paper discusses some methodologies that are in line with other best methods for online teaching during this pandemic time. It expounds the benefits and features of Google class room. Some important advantages to encourage you tube have been listed out in this article. It also answers the question about replacing teachers with computers in classroom. A total seven e-learning platforms have been given for the benefit of both the learners as well as educators. Finally, it introduces and explains the prominence of our own website that meets the needs and objectives of learners and teachers.

### INTRODUCTION

Ever since the possibilities for distance learning with advanced information and communication technology have been made almost impossible, questions are raised on how this mode for learning and teaching would affect students' control over their learning.

Online learning doesn't need to be limited to video lectures, quizzes, and written assignments. With a bit out-of-the box thinking, professors can construct activities that stimulate students' minds and keep them interested. Pools of ideas are required to design online educational activities. A teacher can try the net Teaching Activity Index from the Illinois Online Network. The website suggests 49 activities that may be employed in either online or hybrid courses, including some creative activities like Internet Scavenger Hunt, Concept Mapping, Fishbowl, and Socratic Dialogue. Each activity includes an outline, examples, appropriate content categories, goals & objectives, prerequisites, materials and resources, lesson procedures, and more.

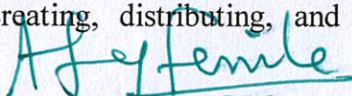
There are 5 Strategies to boost Your Online Teaching: 1. Engage along with your Learners Online, 2. Engage along with your Learners Online, 3. Using a mixture Of Learning Tools For Better Engagement, 4. Providing On-going Feedback, 5. Making eLearning Content Mobile.

### ONLINE TEACHING 2020

Many institutions already use Microsoft Systems like Office 365 or Google Apps like Google Classroom, zoom app, of which are free for educational settings and may be downloaded or founded to use quickly and simply. Institutions that already use these systems don't have to rush to new technology. In fact, now's the time to stay things simple and utilise the tools already embedded in your institute. In light of the coronavirus, companies like Microsoft and Google have unfolded the provision of their remote learning tools to colleges and colleges are offering support to teachers and students to assist them use their resources.

### GOOGLE CLASSROOM

Google Classroom could be a free web service, developed by Google for schools and colleges that aim's to simplify creating, distributing, and grading assignments in an

  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## Potential Benefits of Online Teaching and Learning

<sup>1</sup>Dr. P. Felvia Shanthi <sup>2</sup>A.Jayapaul

<sup>1</sup>Professor & Head, School of Education, <sup>2</sup>Research Scholar

<sup>1&2</sup>Vels Institute of Science Technology and advanced Studies

### Abstract

*Online education may be a sort of educational instruction that's delivered via the web to students using their home computers. Online Education provides professionals with the pliability to enhance and update their skill set while working simultaneously. This helps them in staying updated about the prevailing advancements and technologies. Online education serves to be a time saving and cost effective procedure for any career. It is certainly the more effective option for students, but it's also better for the environment. The future of education, therefore, lies in all institutions at all levels of learning embracing online learning and online courses. This paper discusses about few online platforms for teaching and learning. It also includes the advantages and demerits of online learning.*

**Key words:** online education, internet, skill set and online learning.

### Introduction

Every new technology comes with both positive and negative effects, and it is up to us as a society to decide if the positives outweigh the negatives. The internet has had many impacts on education, including making the likelihood of a totally accredited online degree possible. It has provided students with the makings for both their success and their demise with online and hybrid classes. The biggest impact though, though, has been a positive one, and it outweighs all the negative ones. That impact is choice. The internet has allowed students to select their path from quite the two options of old. Allowing students to settle on the education path that's right for them has been an important change in our society. Students demand is one among the many factors contributing to the growth of online learning. Students also are seeking the opportunities for flexibility of scheduling and price efficiency that online studies offers.

### Technologies to be used in Online Education

Distance learning uses a good sort of technologies and differing types of media. Most distance learning is Web-based and takes place through an "online campus" internet site . These sites are sometimes called "learning management systems" and "virtual learning environments," but they're mostly just sites that you simply sign into to receive information

  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## Revolution of Information and Communication Technology in Education

**Dr. R. JAYAPRABHA**  
Director, School of Education  
VISTAS, Pallavaram, Chennai

**N. MOHANA KANNAN**  
Research Scholar  
VISTAS, Pallavaram, Chennai

### Abstract

*Information and Communication Technologies have transformed the way the planet lives and thinks. Education, especially, Distance Education is no different. While the technologies intrinsically are a crucial factor, the social milieus during which these technologies are implemented are equally important. Technological convergence within the Indian context surely has got to account for "Old Generation Technologies" on their platform the maximum amount as new technologies. The vibrant interface between social and technological issues within the tutorial field may be a crucial area of discourse. The current paper discusses these and many more issues in ample detail.*

**Keywords:** Communication Technology, Technology and Distance Education in India, Convergence of technologies.

### INTRODUCTION

ICT is short for information and communications technology. It refers to a broad field encompassing computers, communications equipment and the services associated with them. It includes the telephone, cellular networks, satellite communication, broadcasting media and other forms of communication.

The digital and ICT revolutions are twin revolutions to understand their relationship. Today, voice is translated into data packets, sent over networks to remote locations, sometimes thousands of kilometers away and upon receipt translated back to voice. Even television is not immune to digitization. In the near future, television signals and television sets will be digital. It will also be possible to use the television to surf the internet. The digital TV will allow people from different locations to chat with each other while watching a program. With everything becoming digital, television, voice telephony and the internet can use similar networks. The

## Value Based Teaching and Learning

**Dr. R. JAYAPRABHA**  
Director, School of Education  
VISTAS, Pallavaram, Chennai

**N. MOHANA KANNAN**  
Research Scholar  
VISTAS, Pallavaram, Chennai

### *Abstract*

*The much needed honesty and efficiency cannot be inculcated & developed without value based teacher education programme. It is usually pronounced that the development of India as a nation is restricted, minimized and eaten by the corruption and so its development with full speed is possible only if it produces efficient, dedicated and honest personnel. Psychology reveals that for moral development the adolescence period is most crucial. A team of honest & dedicated teachers can inculcate more values among learners at adolescence stage, but this needs a value oriented teacher education programme for production of such desired teachers. Value cannot be injected rather it can be inculcated and hence value oriented or value based teacher education is an essential element for social and national development.*

**Key Words:** Value based Education, Adolescence and Teacher Education

### INTRODUCTION

Value-based Education is an approach to teaching that works with values. It creates a robust learning environment that enhances academic achievement and develops students' social and relationship skills that last throughout their lives.

The positive learning environment is achieved through the positive values modeled by staff throughout the varsity. It quickly liberates teachers and students from the stress of confrontational relationships, which frees up substantial teaching and learning time.

It also provides social capacity to students, equipping them with social and relationship skills, intelligences and attitudes to succeed at college and throughout their lives.

Value-based education aims at training the scholar to face the outer world with the proper attitude and values. It is a process of overall personality development of a student. It includes character development, personality development, citizenship development, and spiritual development.



## **Perception of Prospective Teachers on their Institutional climate in Tiruvallur District - A survey**

**Mrs. M.P. Rama Priya**, Assistant Professor,  
Indhira College of Education, Tiruvallur.

### **Introduction**

India has one of the world's largest teacher education systems. Teacher education is provided by university departments of education and affiliated colleges, government and government-aided institutions, private and self-financing colleges, and open universities, in addition to university departments of education and affiliated colleges. Despite the fact that most teacher education programmes are practically identical, the quality varies amongst institutions and universities. In certain locations, the supply of instructors considerably outnumbers the need, while in others, qualified teachers are in short supply, resulting in the hiring of under qualified and unqualified individuals. Teacher education programmes are primarily institution-based in the situation where manpower planning becomes a necessity. Their pupils need to be exposed to the reality of school and community more and more. Internships, teaching practise, practical activities, and supplementary educational activities all require greater planning and organisation. Teacher Education programmes' curriculum, pedagogy, and evaluation need to be made more objective and complete. The current teacher education system needs to be more sensitive to both educational and social circumstances.

### **Institutional Climate**

The organisational climate is the result of the relationships that have been built between the principal and the instructors, as well as between the teachers themselves. Within the organisation, it also includes task achievement and need-satisfaction dimensions. As a result, corporate atmosphere plays an important role in supporting and accomplishing organisational goals, including student academic successes. A particular organisational climate can be stimulating, supporting, neutral, antagonistic, or detrimental to students' academic success, job satisfaction, and motivation to work in the educational organisation due to its unique interactions with individual features and personalities. It's defined as a set of quantitative work environment attributes based on the collective perception of the people who live and work there, and shown to impact their motivation and behaviour. It is a common term that expresses how it feels to work at a company. According to Mohanty (2009), organisational climate refers to the work environment as well as group interaction and leadership traits that exist between teacher and teacher, headmaster and teacher, headmaster and pupils, and teacher and pupils.

Personality, according to Halpin and Croft (1963), is to the individual what organisational climate is to the organisation. Organizational climate, according to Sharma et al. (1973), is the interaction that occurs between organisational members in order for them to fulfil their specified responsibilities while also meeting their own requirements. He also stated that it is the consequence or arising conditions of social interaction among the teachers and between the teachers and the principal within the school or any other organisation. Climate, according to

## A STUDY ON ACADEMIC BUOYANCY OF GOVERNMENT HIGHER SECONDARY STUDENTS - A SURVEY

**M.P.Rama Priya<sup>1</sup>, Dr.D.Hemalatha Kalaimathi<sup>2</sup>**

<sup>1</sup>Ph.D Research Scholar, Lady Willingdon Institute of Advanced Study in Education.

<sup>2</sup>Assistant Professor, Lady Willingdon Institute of Advanced Study in Education, Chennai -5.

### ABSTRACT

*Academic buoyancy refers to how an individual responds to and attempts to deal with everyday challenges. The present study focussed to study the Academic buoyancy of Government Higher Secondary Students. Tool developed by the investigator was used to collect data from 112 Higher Secondary Students belonging to Government Schools. Data was chosen using Stratified Random Sampling Techniques. The Survey method was adopted to carry out the study. Descriptive and Differential Analysis was computed and revealed that students who actively involve in sports are found to be academically buoyant.*

**Key Words:** academic Buoyancy, challenges & survey method.

### INTRODUCTION

Today, education has been assigned as an industry for human resource development for various walks of life. The students constitute the heart of the education system and they are the most affected ones by the strengths and weaknesses of the education system.. Some of the most common risks faced by a student during his/her school days are psychological, emotional, social, academic, and career risks.

Students encounter number of academic challenges in school, including getting time to study, understanding the study material and maintaining a high degree of motivation. Students face the most important competition when it involves examinations and scores. Often, students also find it difficult to manage their academic demands with work, own responsibilities and social experiences. The way they handle their day- to- day academic setbacks is said to be Academic Buoyancy.

### CONCEPTUAL DEFINITION

**Andrew j Martin (2008)** has defined Academic buoyancy as a capacity to manage setbacks, challenges, and difficulties that are part of everyday academic life. It is defined as 'the ability of students to successfully deal with academic setbacks and difficulties that are 'typical of the ordinary course of school life (e.g. poor grades, competing deadlines, exam pressure and difficult schoolwork)'. Academic buoyancy refers to a positive, constructive, and adaptive response to the types of challenges and setbacks

experienced in a typical and everyday academic setting.

Academic buoyancy is defined by Martin et al. (2010) as "students' ability to successfully deal with setbacks and challenges typical of academic life" (p. 473). It enables students to get back up, recover, and continue despite setbacks (Martin & Marsh, 2003). It is important to note that, regardless of their nature, the challenges that students face can devastate them, resulting in academic failure. More specifically academic buoyancy is defined as "the process of dealing with isolated poor grades and patches of poor performance, typical stress levels and daily pressures, threats to confidence due to poor scores, anxiety and self esteem, decreased level of motivation and engagement and the way in which learners deal with negative feedback on schoolwork".

### RATIONALE

Challenges and struggles are part of everyone's lives. Like all others, the life of students too is filled with many barriers. Students are inexperienced when it comes to dealing with challenges and end up being victims to stress, anxiety and depression. Not knowing the proper way to deal with challenges can become a big barrier in the lives of the students.

The foremost challenge faced by students is in terms of academics. Students face a lot of stress when it comes to their learning process. The pressure of increasing cut-offs, parent's expectations, doing home

## Role of Perfectionism on Psychological Well-Being among Higher Secondary Students

<sup>1</sup>M. P. Rama Priya, <sup>2</sup>Dr. D. Hemalatha Kalaimathi,

<sup>1</sup>Ph.D, Research Scholar, Lady Willingdon Institute of Advanced Study in Education.

<sup>2</sup>Assistant Professor, Lady Willingdon Institute of Advanced Study in Education, Chennai -5

### Abstract

*Perfectionism drives any individual to achieve goals which are extremely high in standard and hence pushes them to anxiety, stress and depression.* The present study investigated the relationship between Perfectionism and Psychological Well-Being. Using Stratified Random sampling, 175 Thiruvallur District Higher Secondary students completed questionnaires of Psychological Well Being Scale (PWBS), 2012 and Perfectionism Scale. The results showed that gender and group opted by the higher secondary students differ significantly in their Perfectionism and Psychological Well-Being. It was also found that negative significant relationship existed between Perfectionism and Psychological Well-being.

**Keywords:** perfectionism, anxiety, stress & psychological well-Being.

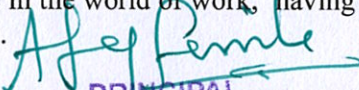
### Introduction

A desire to achieve is healthy. But an irrational desire to always be perfect can cause problems. Perfectionism can affect young people as well as adults. Children and teenagers are often driven to be overachievers in their schoolwork as well as activities such as sports, clubs, community service, and jobs. This can lead to a fixation on success. Finally, it may impede one's ability to achieve it. When the demands placed on someone exceed their resources and coping abilities, their psychological well-being will be negatively affected.

Good psychological well-being includes an ability to get through the interactions of daily life without experiencing excessive emotional or behavioural incapacity and the person is able to be flexible and adaptive with a positive self-esteem. It also refers to management of negative features of personality. When this well-being deteriorates, then the problem of unhealthy personality comes into existence. It also leads to anxiety, depression, low self-regard and reduced competence (Punjab, Heritage 2005). Hence the relationship between perfectionism and psychological well-being is assessed through this study.

### Definition of Key terms

The psychological well-being is stated as the subjective feeling of fulfillment, happiness, satisfaction with life's experiences and of one's role in the world of work, having a sense of achievement, utility, belongingness (Kahn and Fawcett, 2004).

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

*Chief Editor*

Dr. M. Sadik Batcha

*Advisory Editor*

Dr. S. Chitra

*Editorial Board*

Dr. MAM. Rameez

Dr. A. Ekambaram

Dr. A. Shunmughom Pillai

Dr. Kumar

Dr. M. N. Rajesh

Dr. Uma Devi

Dr. Govindaraj

Dr. K. Vasudevan

Dr. S. Easwaran

Dr. Pon. Kathiresan

கிராஜா பப்ளிசேஷன்ஸ்  
ஆய்விதழ்  
நவீனத் தமிழாய்வு

(ஸ்ரீஸ்தல:ருக் கலை & மனிதவியல் காரணண்டு ஆய்விதழ்)

Raja Publications  
Journal of  
Modern Thamizh Research

(A Quarterly International Arts & Humanities Journal)

Written Languages : Tamil, English



Published by

**RAJA PUBLICATIONS**

No. 10 (Upstair), Ibrahim Nagar, Khajamalai,  
Tiruchirappalli - 620 023, Tamil Nadu, India.

Mobile : 9600535241

Website : [www.rajapublications.com](http://www.rajapublications.com)

32

## ROLE OF TECHNOCULTURE ON MINDFULNESS AMONG B.ED. TRAINEES

**N. JAYAVARDHINI**

Ph.D, Research Scholar (part-time), School of Education, Vels Institute of Science Technology and Advanced Studies, Pallavaram, Chennai – 600 117, Tamil Nadu, India.

**Dr. K. VENGATESAN**

Research Supervisor, School of Education, Vels Institute of Science Technology and Advanced Studies, Pallavaram, Chennai – 600 117, Tamil Nadu, India.

### Abstract

We live in a world where science and technology shape the global economy and everyday culture, where new biotechnologies are changing what we eat and how we can reproduce, and where email, mobiles and the internet have revolutionised the ways we communicate with each other and engage with the world outside us. It is a specific form of attention that is non-judgmental, purposeful, and focused on the present moment.

**Keywords:** Technoculture, Mindfulness, Mental Health, B.Ed. Trainees

### Introduction

Mindfulness and technology is a movement in research and design that encourages the user to become aware of the present moment rather than losing oneself in a technological device. This field encompasses multidisciplinary participation between design, psychology, computer science, and religion. Mindfulness stems from Buddhist meditation practices and refers to the awareness that arises through paying attention to purpose in the present moment and a non-judgmental mindset. In the field of Human-Computer Interaction, research on Technoculture deals with how technology can facilitate feelings of awe, wonder, transcendence, and

mindfulness and on slow design, which encourages self-reflection.

### Definition

#### Technoculture

A culture is informed or defined by its technological activity, especially a culture characterised by a high level of technological development, practices, attitudes, etc., characteristic of those proficient in using information technology.

#### Mindfulness

Mindfulness is a mental state and awareness of our thoughts and emotions in the present moment without judgment. The practice of being in the present moment provides an opportunity to observe and accept whatever experiences and feelings an individual may be feeling (Huppert & Johnson, 2010).

#### Rationale

Neurofeedback makes conditions like attention, stress, arousal or mind-wandering visible. Real-time feedback leads to operant conditioning, a new form of learning which makes learning new techniques like Mindfulness and Meditation easier. There are several applications for desktop and mobile to help users bring themselves back to the present moment, the best known of which are App, Calm, and Headspace.

Volume 12

Number 2

July 2022

ISSN : 2230-9586

# JOURNAL OF EDUCATIONAL & PSYCHOLOGICAL RESEARCH

(A Biannual Interdisciplinary Peer Reviewed Refereed International Research Journal of Education and Psychology)



*Ajay Senile*

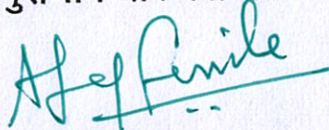
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

C.L.D.S MEMORIAL EDUCATION SOCIETY, REWARI (HARYANA)

*Ajay Senile*  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

# CONTENTS

1. Factors influencing education of secondary school students of fishermen community in Ernakulam district, Kerala  
--*Dr. Ismail Thamarasseril & Nimisha PU.* 98
2. Impact of new education policy 2020 on higher education  
--*Dr. Sheela Saini* 104
3. Comparative study of achievement motivation of adolescent students of Rohtak city  
--*Dr. Poonam* 109
4. The problem of juvenile delinquents - Preventive and rehabilitation approach  
--*Dr. Azibur Rahman* 116
5. A study of relationship between emotional intelligence and academic achievement of senior secondary school students  
--*Kiran & Renu Kumari* 125
6. Personal hygiene and physical health among high school students  
--*Dr. S. Karthiyayini & U. Visalatchi* 130
7. Stimulus variation as an effective technique of enhancing students achievement  
--*Dr. Santosh Kumari* 136
8. ICT initiatives in the Indian education system  
--*Charul Jain* 140
9. A study on peer relations among high school students  
--*Dr. S. Karthiyayini* 147
10. Impact of life skill education on psychosocial competencies and mental health of children  
--*Farheen Jahan & Dr. Renu Malaviya* 152
11. Effect of mastery learning strategy on students' achievement in economics and their self-concept  
--*Dr. Yudhister* 159
12. Modern technology and its impact on education  
--*Monika Saigal* 164
13. 21st century life skills : An evaluation on the basis of gender and type of school  
--*Dr. Aarti Yadav & Rekha Kadaiyan* 168
14. Interpersonal relationships and its significance in teaching  
--*Dr. Abu Mojaher Khan* 174
15. अध्यापक शिक्षा में नए रुझान, अनुसंधान और नवाचार  
—*डॉ. तिलकराज गौड़* 178



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## PERSONAL HYGIENE AND PHYSICAL HEALTH AMONG HIGH SCHOOL STUDENTS

**Dr. S. Karthiyayini\* & U. Visalatchi\*\***

### ABSTRACT

*The present study analyses the relationship of Personal Hygiene and Physical Health of High School Students. 300 High School Students were selected by using Stratified Random sampling technique. Differential and Co-relational statistical analysis was used to analyse data. Type of School Management and Parent's Qualification were found to be Significant based on Personal Hygiene. Gender, type of school Management and Parent's Qualification were found to be Significant based on Physical Health.*

**Key Words:** *Personal Hygiene, Physical Health, Stratified Random Sampling.*

### INTRODUCTION

Having Good Personal hygiene practices means taking care and leading a healthy lifestyle. Personal hygiene habits and techniques should be instilled by parents to their children at a very young age. The Goal of personal Hygiene is to be keeping our body healthy and work in clean and germ-free. Good hygiene will help prevent spreading germs to other people and prevent illness. Practicing proper hygiene will keep the body healthy while giving confidence.

### PERSONAL HYGIENE

Good Personal hygiene is one of the most effective ways to prevent the development and spread of infections. Maintaining good personal hygiene in the healthcare environment includes skin care, hair care, hand and nail care, dental care, and keeping clothes clean and neat at all times. While personal appearance is very important and helps improve self-confidence and self-esteem, such as bathing, is very much dependent on the culture. "Personal Hygiene refers to maintaining cleanliness of one's body and clothing to preserve overall health and well-being."

### PHYSICAL HEALTH

Physical health can be defined as normal functioning of the body at all levels, a normal course of biological processes that ensures individual survival and reproduction, a dynamic

balance between the body's functions and the environment; participation in social activities and socially useful work; performance of basic.

A person who has good physical health is likely to have bodily functions and processes working at their peak. This is not only due to an absence of disease. Regular exercise, balanced nutrition, and adequate rest all contribute to good health. People receive medical treatment to maintain the balance, when necessary. Physical well-being involves pursuing a healthful lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength, flexibility, and body composition.

### REVIEW OF LITERATURE

Pal and Pal (2017) conducted a study on Impact of health education regarding personal hygiene and dietary habits on morbidity profile of students: an intervention study in a government secondary school in a slum area of Kolkata. Most of the morbidities among school children are preventable by ensuring healthy practices regarding personal hygiene and diet. The current study aimed to assess effectiveness of a health education programme regarding personal hygiene and diet in improving the morbidity profile of the adolescent girls in an urban slum. A quasi experimental study was conducted in two

\*Associate Professor, School of Education, Vistas, Pallavaram (Chennai)

\*\*Ph.D Research Scholar, School of Education, Vistas, Pallavaram (Chennai)

  
PRINCIPAL





SAVITRIBAI PHULE  
PUNE UNIVERSITY

Home

UGC

Search

## UGC-CARE List

### Journal Details

Journal Title (in English Language)

Shodha-Prabha

Journal Title (in Regional Language)

शोध-प्रभा

Publication Language

English, Sanskrit, Hindi

Publisher

Shri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeetha

ISSN

0974-8946

E-ISSN

NA

Discipline

Arts and Humanities

Subject

Arts and Humanities (all)

Focus Subject

Literature and Literary Theory

UGC-CARE coverage years

from September-2019 to Present

Copyright © 2023 Savitribai Phule Pune University. All rights reserved. | Disclaimer

*Affiliate*

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

अनुसन्धान-प्रकाशन-विभागीया त्रैमासिकी शोध-पत्रिका

# शोध-प्रभा

(A Reffered & Peer-Reviewed Quarterly Research Journal)

Vol. 47 चतुर्था अंक No.04 : 2022

प्रधानसम्पादक:  
प्रो.मुरलीमनोहरपाठक:  
कुलपति:

सम्पादक:  
प्रो.शिवशङ्करमिश्र:

सहसम्पादक:  
डॉ.ज्ञानधरपाठक:

*A. J. Fenile*

PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203



श्रीलालबहादुरशास्त्रीराष्ट्रीयसंस्कृतविश्वविद्यालयः

केन्द्रीयविश्वविद्यालयः

नवदेहली-16

19	DETERMINANTS OF NON-AUDIT SERVICES (NAS): A SYSTEMATIC LITERATURE REVIEW	99
20	EFFECT OF YOGIC PRACTICES ON MUSCULAR STRENGTH AND AGILITY AMONG ADIVASI SCHOOL STUDENTS FROM WAYANAD DISTRICT	113
21	AN ANALYSIS OF THE INDIAN BANKING SECTOR'S USE OF CREDIT AND INTEREST RATE DERIVATIVES THROUGH MIBOR RATE	115
22	चरखीदादरी जिले में कृषि में महिलाओं की स्थिति	127
23	A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE OF COMMERCE STUDENTS WITH REGARDS TO THEIR FAMILY ENVIRONMENT	129
24	OVERVIEW OF UNIVERSAL HEALTH COVERAGE IN BANGLADESH	136
25	CAREER ASPIRATION OF THE STUDENTS STUDYING IN TRIBAL HIGHER SECONDARY SCHOOLS	143
26	SELF-CONCEPT OF JUVENILE DELINQUENTS AND NON-DELINQUENTS: A COMPARATIVE STUDY	150
27	SOCIO EMOTIONAL SCHOOL CLIMATE AND DECISION MAKING ABILITY AMONG HIGHER SECONDARY STUDENTS	157
28	EFFECTIVENESS OF PRADHAN MANTRI FASAL BIMA YOJANA – A STUDY ON PERCEPTIONS OF FARMERS	161
29	SOCIO-ECONOMIC STATUS OF SMALL, MEDIUM AND LARGE FARMERS AND THEIR ATTITUDE TOWARDS PESTICIDES USE	168
30	A CASE STUDY ON ASSAM-NAGALAND BORDER ISSUE AND ITS IMPACT ON SOCIO-ECONOMIC RELATION ON BORDERING AREAS ESPECIALLY IN CHARAIDEO AND SIVASAGAR DISTRICT, ASSAM	175
31	A PILOT STUDY ON THE ENTREPRENEURIAL SKILLS AMONG MBA STUDENTS IN TELANGANA	180
32	SUSTAINABLE AGRICULTURE: TO STUDY THE GREEN AGRICULTURAL PRACTICES PERFORMED IN HARYANA	187

*A. J. Perile*  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

D. Jayakumari, Research Scholar,  
Dr. S. Karthiyayini, Associate Professor,  
Department of Education, Vels Institute of Science, Technology & Advanced Studies (VISTAS),  
Pallavaram, Chennai, India : jayakumari2006@yahoo.com ; karthirmp73@gmail.com

### ABSTRACT

School climate is a leading factor in explaining student learning and achievement in all aspects. Supportive social and emotional school climate can positively impact student social, emotional and behavioural health. Specially, a social and emotional climate encourages independence, decision making skills and responsibility among every individual. To analyse this, the present study was made with a sample of 300 higher secondary students using Normative Survey method. Findings revealed that, there exists a significant difference in the Socio Emotional School Climate of Higher Secondary students with respect to Study Group, Locality and Birth Order.

**Key words :** Socio Emotional School Climate, Decision Making and Behavioural Health.

### INTRODUCTION

21st century is full of challenges, where life has become highly competitive and adolescents are expected to wisely choose their career rather than aimlessly swinging from one choice to another. There are number of young people including graduates and post graduates, who are still clueless about their career pursuits, as they do not plan it well in advance. Societal and cultural factors may be less obvious factors for adolescents' decision making but are influential nonetheless. Social norms, socio-economic grouping, school climate religion and cultural background etc. play their respective parts when it comes to make a decision.

### SOCIO EMOTIONAL SCHOOL CLIMATE

The emotional and behavioral results of pupils are strongly influenced by the school climate. It influences students' adaptive psychosocial adjustment (Brand et al., 2008), mental health outcomes (Roeser et al., 2000; Brand et al., 2003) and self-esteem (Way et al., 2007). (Way et al., 2007). Students' conduct is also influenced by the school environment, including rates of bullying and aggressiveness, student delinquency, and alcohol use (Espelage et al., 2014; Turner et al., 2014). Research has proved that school climate perception has also been found to affect students' academic achievement (Brookover et al., 1978; Brand et al., 2008).

### DECISION MAKING ABILITY

There are several ways of making a decision. Different people have different way of making a decision. Some people like to take a logical approach while others may believe in their intuition or gut feeling. Some people take a longer time before deciding something but many people decide things quickly. Some people are calm and composed when they have to make a decision, while other may lose their temper and get panicked. Hence, it can be inferred that we cannot generalize decision making process. People differ in their decision making ability and they adopt different methods to reach at some conclusions.

### SIGNIFICANCE OF THE STUDY

Decision Making refers into all-inclusive terms meaningful relationship between individual and his environment through which his needs are satisfied in accordance with social elements. The state of self-confidence affects all the three i.e, cognitive conative and affective aspects of behaviour. Decision Making is one of the dominant elements in the personality pattern and behaviour. It governs the individual's reaction to people and situations and determines the quality of behaviour.

Shri Lal Bahadur Shastri Rashriya Sanskrit Vidyapeetha



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALUR, DIST. 605 005

Scanned with CamScanner



10	Design and Evaluate Hybrid In-Service Training Model (HIST): A Framework for In-Service Training Practice <i>Mr. S. Manikandan</i>	63
11	Emerging Pattern of Teaching – Learning Aids <i>Dr. Hina Shah</i>	70
12	Creativity as a 21st Century Skill <i>Dr. Megha D. Gokhe &amp; Ms. Rukminee Yadav</i>	74
13	Foster Critical Thinking in Classrooms <i>M.P. Rama Priya</i>	83
14	A Study of Interest in Vocational Education of Higher Secondary College Students of Pimpri Chinchwad Municipal Corporation Area <i>Ms. Trupti Ganesh More &amp; Dr. Khan Tanveer</i>	88
15	Creating 100,000 Digital Teachers <i>Dr. Prakash Moghe</i>	91
16	National Education Policy-2020 Transforming Teacher Education <i>Dr. Vijaykumar R.</i>	93
17	Role of Non Governmental Organisation in Promoting NEP 2020 <i>Dr. Frances Vaidya</i>	99
18	Preparedness of Teacher-Educators concerning National Policy of Education 2020 <i>Dr. Malavika Ahlawat</i>	105
19	प्राथमिक शिक्षणाच्या सार्वत्रिकीकरणासाठी राबविल्या जाणाऱ्या विविध योजनांची अंमलबजावणी: एक अभ्यास प्रकाश तुकाराम चव्हाण व प्रा. डॉ. कैलास आर. खोंडे	113

**FOSTER CRITICAL THINKING IN CLASSROOMS**

**M.P. Rama Priya,**

Research Scholar, Lady Willingdon IASE, Chennai -05

**Abstract:**

Education is life itself; it is not a means of preparation for life. John Dewey, a well-known 20th-century philosopher, said. This still holds true today as it did during his lifetime. Critical thinking has long been seen as a crucial component of education. It entails reasoning, forming judgments and conclusions, and problem-solving. The fact that India's National Education Policy (NEP) 2020 places critical thinking at the forefront of research, curriculum and pedagogy, and evaluation is not surprising given this. This paper discusses about the critical thinkers' characteristics and the ways to foster it in the classroom.

**Keywords:** Critical Thinking, NEP, Problem Solving

Copyright © 2022 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial Use Provided the Original Author and Source Are Credited.

**Introduction:**

The phrase "critical thinking" is frequently used in educational contexts. Adult learners are urged to develop these abilities and put them to use in various contexts. Reviewing the ideas generated, deciding tentatively on the course of action or the viewpoint that is most logical, and then analysing and improving that action or viewpoint are all examples of critical thinking (Ruggiero, 2012). It is impossible to compare critical thinking to another ability, such as riding a bicycle. It cannot be acquired and used at will because to its cognitive nature. Certain conditions must be satisfied in order to acquire and practise it, including familiarity with the context, depth of subject-matter knowledge, and mastery of metacognitive techniques like planning and reflection.

**Principles of NEP:**

The goal of education is to create decent people who are able to reason, act with courage and resilience, show compassion and empathy, have a scientific temperament, have a creative imagination, and uphold moral principles and ideals. In order to create the equal, inclusive, and pluralistic society that our Constitution envisions, it aspires to create active, productive, and contributing citizens. According to the government, National Education Policy 2020's guiding concepts are:

- Flexibility
- No hard separations between subjects, curricular and extra-curricular activities
- Multi-disciplinary education
- Conceptual understanding
- Critical thinking
- Ethical Values Teachers as the heart of the learning process

# Infokara Research

An UGC-CARE Approved Group - 2 Journal (Scopus Indexed Till 2014)

**ISSN NO: 1021-9056**

Scientific Journal Impact Factor - 5.3



## ACCEPTANCE LETTER TO AUTHOR

Dear Author,

With reference to your paper submitted "A STUDY ON LEARNING PATTERN OF B.Ed. TRAINEES RELATED TO THEIR MINDFULNESS" we are pleased to accept the same for publication in Infokara Research.

Manuscript ID: IK-4688

Please send the payment receipt for an online maintenance/processing fee of 2000 INR Per paper. Please note that the amount we are charging is very nominal & only an online maintenance and processing fee.

**The Fee includes:**

- Online maintenance and processing charge.
- Soft copy of certificate for each author.
- No limitation of number of pages.
- Editorial fee.

**Fee paid for publication of the paper is not refunded under any circumstances.**

In case of any query please do not hesitate to contact us at [editor.infokara@gmail.com](mailto:editor.infokara@gmail.com). Early reply is appreciated.

DATE

27-Sep-22

Sincerely,  
Best regards,  
Matthew Hull  
<http://infokara.com/>

*H. Matthew*

Matthew Hull  
Editor-In-Chief

*A. Jeyaraj*

PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203



# A STUDY ON LEARNING PATTERN OF B.Ed. TRAINEES RELATED TO THEIR MINDFULNESS

N.Jayavardhini  
Ph.D. Scholar (part-time), School of Education  
Vels Institute of Science, Technology and Advanced Studies  
Pallavaram, Chennai – 600 117  
jayavardhini@hotmail.com

Corresponding Author: Dr. K.Vengatesan, Research Supervisor  
ksvengatesan@gmail.com

## Abstract

*Mindfulness is ongoing scrutiny of existing expectations, continuous refinement of those expectations based on new experiences, appreciation of the subtleties of context, and identification of novel aspects of context that can improve foresight and functioning. This concept of mindfulness has been studied in the domain of education and in relation to its dimensions. There has not been a great deal of exploration of this concept as it relates to schools, more specifically, elementary schools. This study was an examination of the concept of mindfulness in relation to Dimensions as a tool in the service of improving teaching and learning. The relationship between teacher mindfulness and principal mindfulness was examined using the Mindfulness Scales. Descriptive statistics analysis was used to get a clearer picture of the relationships that exist between the dimensions and to examine the perceptions of the teachers and principals. Major implications of this study focused on the need to make B.Ed. Trainees are more aware of the power and responsibility that they have to impact change within teaching methods. It was further discussed that there is a need to support mindful educational environments by providing opportunities for teachers to share concerns and issues occurring in their dimensions.*

**Key Terms:** Dimensions, Refinement and Exploration.

## Introduction

Teachers and their education are very significant aspects of any nation. Education gives a new shape to the individual and the nation as well. It is a well-known saying that a teacher is a nation builder. The quality of the teacher education programme needs to be upgraded. Teacher education programme needs comprehensive reform and restructuring curriculum of teacher- education programme needs to be revised according to changing needs of society. Rates of depression, anxiety and stress are rising in teacher-education courses in India. For that, proposed remedies are numerous. And one that is garnering growing attention is meditation and mindfulness meditation in particular.

Sl No.	CONTENT	Page no
1	STUDENTS' PERCEPTION TOWARDS ONLINE AND OFFLINE LEARNING <i>Dr. Mumtaz Begum<sup>1</sup> and Saiful Alam<sup>2</sup></i>	6
2	A STUDY ON CAREER ADAPTABILITY AND CAREER SUCCESS OF PRIVATE SCHOOL TEACHERS <i>M.Ugin Rositta<sup>1</sup> and R.Priyadarshini<sup>2</sup></i>	13
3	PROFICIENCY, EMINENCE AND VALUE CRISIS IN PURSUANCE OF EDUCATIONAL RESEARCH <i>Dr.S.Prabu Shankar<sup>1</sup></i>	24
4	ENHANCING THE CAPACITY BUILDING OF ANGANWADI WORKERS IN MAKING THEIR INDIGENOUS TEACHING LEARNING MATERIALS <i>Dr. (Mrs. ) ANITHA J.<sup>1</sup></i>	34
5	PSYCHOLOGICAL HEALTH AND ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS <i>Dr. J. Lizzie<sup>1</sup></i>	
6	A STUDY OF THE POSITIVES AND NEGATIVES OF USING SOCIAL MEDIA <i>Rini Mandal<sup>1</sup> and Jayanta Mete<sup>2</sup></i>	
7	ACADEMIC STRESS AND MENTAL HEALTH OF ADOLESCENTS <i>Dr. M.P. Rama Priya<sup>1</sup></i>	
8	PARENTING STRESS AMONG PARENTS OF AUTISTIC CHILDREN WITH RESPECT TO ACCEPTANCE FROM THE SOCIETY <i>Mr. B. Guru Arawindan<sup>1</sup> and Dr. A. Shyamala Devi<sup>2</sup></i>	
9	EFFECTS OF MOBILE PHONES USAGE ON PSYCHOLOGICAL WELLBEING AND DECISION MAKING AMONG HIGHER SECONDARY STUDENTS <i>Dr. Mrs. S. Rama<sup>1</sup> and Mr. D. Arnold Robinson<sup>2</sup></i>	
10	CAN TALKING POSITIVELY WITH RELAXATION AND MUSIC THERAPY CHANGE EXAMINATION STRESS? <i>Ms. Ashwathi<sup>1</sup></i>	

# PSYCHOLOGICAL HEALTH AND ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS

Dr. J. Lizzie<sup>1</sup>

## ABSTRACT

*Psychological health is a term which defined as the state of an individual with high emotional stability, well adjustment in the society, adequate perception of reality, self- concept, integrated personality and environmental competencies. This research proposed a complementary view on the Psychological Health and Academic Achievement of IX Standard students. A sample of 300 students of class IX were selected from three different schools of Thiruvallur District. Mean, Standard Deviation, t-value and Correlation statistical techniques were used for analysis of data. Data analysed indicated significant difference in Psychological Health based on medium of instruction whereas significant difference in Academic Achievement is observed with respect to gender and medium of instruction. Significant positive relationship is found between Psychological Health and Academic Achievement of IX class students.*

**Key words:** *Psychological Health and Academic Achievement*

## INTRODUCTION

In the present Indian education, academic achievement seems to be the focuses. This is the main factor that decides the future of the student. In view of its great importance, many studies were conducted on the factors which are influence the academic achievement of the students. These factors can broadly be categorized into two groups – Cognitive factors and psychological factors. Intelligence, Creativity, Memory, etc., come under cognitive factors while Motivation, Adjustment, Attitude Socio – economic status are Psychological factors. Psychological health problems can affect school performance and academic achievement. When Psychological Health problems are not recognized, students may be unable to reach their

academic potential. School educators are in a key position to provide interventions to address Psychological Health and Academic Achievement. Psychological factors can be controlled but varied easily when compared to cognitive factors. As such, a study about the influence of Psychological factors on academic achievement is highly essential and appropriate. There are a good number of psychological factors like, Adjustment, Attitude, Interests, introvert, extravert, Motivation, school climate, socio – economic status, religiosity, values, interpersonal relations, stress which influence the academic achievement. The major factors of Psychological Health and Academic Achievement should be part and parcel of our educational practices, which is lacking in our schools and colleges.

<sup>1</sup>Associate Professor in Education, Indhira college of education, Thiruvallur

*A. Jeyaraj*  
36  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

# ACADEMIC STRESS AND MENTAL HEALTH OF ADOLESCENTS

*Dr. M.P. Rama Priya<sup>1</sup>*

## ABSTRACT

*Adolescents spend a major part of their life in schools. Daily academic demands posed by school environment play a central role to their stress concerns. Students are under constant pressure to perform from their parents, teachers and society at large. They must prove themselves better than their peers. It is found that academically successful students experience greater amounts of stress than do their less successful peers because more successful students feel more pressure to maintain their level of performance. This deteriorates their mental health to a greater extent. The main objective of the study was to find the academic stress and mental health of adolescents of Thiruvallur District. A sample size of 300 secondary adolescent students were selected and taken up for the study. It is found that there are significant differences in the academic stress based on gender and mental health based on the type of school. Positive correlation exists between both the variables.*

**Keywords:** *Academic stress, Mental Health*

## INTRODUCTION

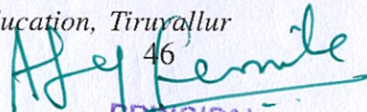
In the present scenario academic stress is a crucial problem of a student life. Our education system has loaded the students with a variety of pressures such as vast curriculum, examination fear, neck to neck competitions etc. Peer pressure and parents pressure adds on to their problems. Student's happiness gets suppressed under the academic stress. Stress overload our mental and physical resources and interferes the effective use of skill, thus badly affecting our academic performance. Studies say that students commit suicide when they are unable to deal with the academic stress. Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society. It is easy to overlook the value of mental health until problems surface. Yet from early childhood until death, mental health is the springboard of thinking and

communication skills, learning, emotional growth, resilience, and self-esteem.

## REVIEW OF RELATED LITERATURE

Kaur and Gulwinder (2015) investigate the relationship between mental health and emotional intelligence of adolescents on a sample of 800 adolescents (400 boys and 400 girls) studying in various secondary schools of Punjab. The standardized tools for mental health and emotional intelligence were employed on them. The study revealed that significant relationship existed between measures of mental health and emotional intelligence of adolescents, between mental health and measures of emotional intelligence of adolescents, mental health of adolescents at different levels of emotional intelligence, the mental health of male and female adolescents studying in government and private schools whereas no significant difference existed between the mental health of adolescents belonging to urban and rural areas. Hill and Bush (2001) examined the relationships between parenting environment and children's mental health among the mothers and children

<sup>1</sup>Assistant Professor, Indhira college of Education, Tiruvallur

46  
  
 PRINCIPAL  
 INDHIRA COLLEGE OF EDUCATION  
 PANDUR, TIRUVALLUR-631 203



Vol. 1 No. 1 (2023); Volume 1 Issue 1



Volume 1 Issue 1  
PUBLISHED: 2023-07-20

INFORMATION

- For Authors
- For Readers
- For Librarians

KEYWORDS



REVIEW ARTICLES

Knowledge management with the role of library and library professionals in 21st century  
Nedimhan K, Kizilcay R

PDF

Prevalence of adult ADHD among teaching faculty members  
Sivagani P, Padmavathi K, Arshana K

PDF

Effectiveness of gratitude journaling on psychological well-being among nursing students  
Angel Chaitin W, Padmavathi K, Sreelatha S

PDF

Influence of media in higher education  
Mihana Kanna N, Shreya K

PDF

Simultaneous estimation of amoxicillin trihydrate and dicloxacillin sodium in capsule  
Premanthi K, Veerappa P

PDF

Strive for progress not perfection  
Bama Priya M P

PDF

Assessment of level of satisfaction regarding quality of nursing care among patients  
Jayanthi L, Padmavathi K

PDF

A study on different types of difficulties in English language learning in rural and urban students  
Prerna B

PDF

Instructions to Author

- Scope of Journal
- Author Guidelines
- Conflict of Interest
- Copyright Details
- Authorship Changes
- Online Submission
- Permissions
- Types of Manuscripts

Editorial Policies

- Copyright, Permissions and Licensing
- Publication Ethics and Malpractice
- Editorial Process
- Peer Review Policy
- Open Access Policy
- Editorial Ethics Policy

Payment Policies

- Article Processing Charges
- Article Submission Charges
- Refunds Policy
- What we collect
- Terms and conditions
- Cancellation and refund
- Open Access Policy
- Privacy Statement

Useful Downloads

- Covering Letter
- Copyright Form
- Author Information
- Preparation of Manuscript
- Check List
- Correction Form
- Publisher Details
- Disclaimer

*Aditya*  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203



## Strive for progress not perfection

Dr. M.P.Rama Priya

Indhira College Of Education, Chennai, Tamil Nadu, India.

### Article History:

Received on: 03 Jul 2023  
Revised on: 21 Jul 2023  
Accepted on: 23 Jul 2023

### Keywords:

Perfectionism,  
personality trait,  
multidimensional,  
maladaptive,  
Progress,  
Perfection.

### Abstract

It is healthy to strive for success. It can be problematic to strive for perfection in an irrational way. Perfectionism is not a healthy pursuit of excellence. Characterized by inflexible expectations, high standards, and firm beliefs about how to be successful is Perfectionism. Perfectionism being a personality trait that appears at a young age, is multidimensional in nature (due to its impact on both personal and interpersonal relationships), and is related to various maladjustments that result in negative outcomes and maladaptive behavioural manifestations. Perfectionists are driven, organised, and dependable, but when their standards aren't reached, they can become worried and critical. Perfectionists can employ this feature in beneficial and constructive ways by becoming more flexible, adaptive, and tolerant of mistakes.

### \*Corresponding Author

Name: Dr. M.P. RAMA PRIYA  
Phone: 9789299683  
Email: prakvinrama17@gmail.com

eISSN: Applied

pISSN: Applied

DOI: <https://doi.org/10.26452>



Production and Hosted by  
GRT College of Education  
© 2023 | All rights reserved

## INTRODUCTION

A comparison between expectations and reality is sometimes conceived of as perfectionism. In particular, perfectionists often compare themselves with a version of themselves they perceive to be "perfect". A person who is more attached to his or her expectations will have a harder time accepting reality, especially when mistakes are made or when things do not go

smoothly. As a result, insecurity, anxiety, and self-criticism can feed into unhealthy forms of perfectionism.

Perfectionists are expected to meet high standards, but they also rely on consistent methods and routines for achieving these standards. Despite their achievements, perfectionists in our society are criticized for being overly rigid and controlling, despite being admired for their achievements. The double standard illustrates that perfectionism can either be helpful or harmful, depending on the situation and how it is expressed. [1]

In perfectionism, the goal is to achieve perfection or to appear to achieve perfection. The perfectionist strives for perfection in everything he or she does in order to gain the acceptance of others. In order to achieve exceptional results, they usually have unrealistic expectations. [1, 5]

A person who is perfect is generally described as striving for perfection, or even believing that it is possible. A positive trait rather than a flaw, it is typically seen as a strength. [1, 6]

*Ajeey Penile*  
PRINCIPAL



## Influence of media in higher education

N. MohanaKannan, Dr. K. Sheeba

Vels Institute of Science, Technology & Advanced Studies (VISTAS), Pallavaram, Chennai, Tamil Nadu, India.

### Article History:

Received on: 27 Jul 2023  
Revised on: 02 Aug 2023  
Accepted on: 23 Aug 2023

### Keywords:

media,  
higher education,  
students,  
e-learning,  
Digital Learning,  
Educational Content,  
Student Engagement,  
Online Resources.

### Abstract

There has already been a widespread impact of web 2.0 on students' learning environments. Due to the proliferation of online services in tertiary education, students' learning and study habits are constantly changing. In addition to using Google and Wikipedia in their free time, students use these services to learn as well. Despite this, they still rely on traditional information media, like textbooks or printed handouts, to aid their learning. We conducted a long-term study of media use in tertiary education to determine how it has changed over time. Educational institutions can reach students worldwide through media, which plays a key role in globalizing education. As a result of this process, higher education is able to establish an international market.

### \*Corresponding Author

Name: N. MohanaKannan  
Phone: 9626792792  
Email: mohan2kannan@gmail.com

eISSN: Applied  
pISSN: Applied  
DOI: <https://doi.org/10.26452>



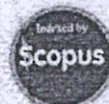
Production and Hosted by  
GRT College of Education  
© 2023 | All rights reserved

## INTRODUCTION

The process of learning and understanding goes beyond our school textbooks. Throughout our lives, it affects all aspects of our being. The events and happenings of everyday life teach us something in some way. Our society has almost

become dependent on media as much as food and clothing. Social transformation is facilitated by the media. There is a significant cultural and social impact of the media. The importance of media in education can be seen in the proliferation of computer labs, televisions, and libraries in most schools today. Learning and interpreting information are impacted by many forms of media.[1, 5]

The education process goes beyond textbooks, as learning and understanding is a continuous process. Throughout our lives, it affects all aspects of our being. It is inevitable that we will learn from day-to-day events and happenings in one way or another. As essential to modern society as food and clothing, media has become almost as essential. Social transformation is facilitated by the media. There is a significant cultural and social impact of the media. The importance of media in education can be seen in the proliferation of computer labs, televisions, and libraries in most schools today. Learning and interpreting information are impacted by many forms of media.[1]



### Mental Health of Different Types of College Students

**Keywords:** Mental health, College Students, life satisfaction, depression

**Abstract:** Mental health is defined as a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can learn and work productively and can make a contribution to his or her community. As mental health of the students, is measured by life satisfaction, positive affect and depression which constitute the two way of viewing the mental health in the positive as well as negative. In this present study normative Survey method was adopted. Higher education students of Chennai District were used as a sample for the study. Data is collected from 822 college students of which Arts and Science college students is 147, Engineering college students is 196 and Education college students is 479 from different type of colleges are involved in this present study. Result of the present study is there is a significant difference between gender, locality, type of institution and types of colleges. The dimensions of mental health is well correlated with each other.



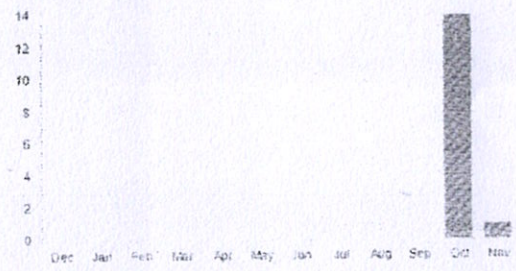
2023-10-21

M. Karunan and K. Sheeba, "Mental Health of Different Types of College Students", *ijmst*, vol. 10, no. 2, pp. 2337-2343, Oct. 2023.

Vol. 10 No. 2 (2023)

Articles

Author Guidelines at <http://cosmosscholars.com/index.php/publication-process/author-s-guideline>



*Ajeeyanile*  
**PRINCIPAL**  
**INDHIRA COLLEGE OF EDUCATION**  
**PANDUR, TIRUVALLUR-631 203**



# Mental Health of Different Types of College Students

Mr. Mohana Kannan<sup>1\*</sup>, Dr. K. Sheeba<sup>2</sup>

<sup>1</sup>Ph.D., Research Scholar, School of Education, Vels Institute of Science, technology & Advanced Studies Pallavaram, Chennai- 600 117.

<sup>2</sup>Associate Professor, School of Education, Vels Institute of Science, technology & Advanced Studies, Pallavaram, Chennai- 600 117.

**Abstracts:** Mental health is defined as a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can learn and work productively and can make a contribution to his or her community. As mental health of the students, is measured by life satisfaction, positive effect and depression which constitute the two way of viewing the mental health in the positive as well as negative. In this present study normative Survey method was adopted. Higher education students of Chennai District were used as a sample for the study. Data is collected from 822 college students of which Arts and Science college students is 147, Engineering college students is 196 and Education college students is 479 from different type of colleges are involved in this present study. Result of the present study is there is a significant difference between gender, locality, type of institution and types of colleges. The dimensions of mental health is well correlated with each other.

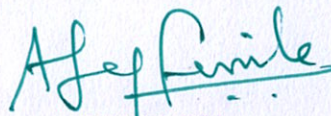
## 1. INTRODUCTION

Adolescent students transferring from school education to higher education either in college or University in different courses represents a key transition point in a young person's life. It is a stage often accompanied by significant change combined with high expectations in their life to achieve their goal to high expectations for the students of what university life will be like, and also high expectations from themselves and others in academic performance. Relevant factors which initiate to study about the mental health of the adolescent students include moving away from home, learning to live independently, developing new social networks, adjusting to new ways of learning by using digital technology, and now also dealing with the additional greater financial burdens to purchase the instrument for learning like laptop and mobile.

## 2. MENTAL HEALTH

Mental health refers to how people evaluate their lives and includes variables such as life satisfaction, lack of depression and anxiety, and positive mood and emotions (Diener and Diener, 1995). Mental health is defined as a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can learn and work productively and can make a contribution to his or her community.

The comprehensive model of mental health, also known as the dual-continuum model, identifies two correlated yet distinct dimensions: one is the positive wellbeing or mental health, on the other hand are the mental health problems and disorders. As mental health of the students, is measured by life satisfaction, positive effect and depression which constitute the two way of viewing the mental health in the positive as well as negative. At this point, life satisfaction, positive effect and depression can be handled as the dimensions of mental health for the present study.



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

SAVITRIBAI PHULE  
PUNE UNIVERSITY

Home  UGC  Search

## ≡ UGC-CARE List

### Journal Details

Journal Title (in English Language)	Shodha-Prabha
Journal Title (in Regional Language)	शोध-प्रभा, शोध-प्रभा
Publication Language	English, Sanskrit, Hindi
Publisher	Shri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeetha
ISSN	0974-8946
E-ISSN	NA
Discipline	Arts and Humanities
Subject	Arts and Humanities (all)
Focus Subject	Literature and Literary Theory
UGC-CARE coverage years	from September-2019 to Present

Copyright © 2023 Savitribai Phule Pune University. All rights reserved. | Disclaimer

*H. J. Jindal*

PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

**STUDY ON CREATIVITY AMONG THE HIGHER EDUCATION STUDENTS**

**Mr. N. Mohana Kannan, Ph.D.,** Research Scholar, School of Education, Vels Institute of Science, technology & Advanced Studies Pallavaram, Chennai- 600 117.

**Dr. K. Sheeba,** Associate Professor, School of Education, Vels Institute of Science, technology & Advanced Studies Pallavaram, Chennai- 600 117.

**ABSTRACT**

Creativity has been recognized as one of the most important human skills to face the complexity brought by the digital era we are going through creativity would allow students to start higher education better equipped to pursue novel ideas, as well as to be more receptive to challenges. On a personal level, improved creative capacity is likely to generate gains in satisfaction, mentally, emotionally and physical wellbeing, happiness and self-identity, as well as enhanced potential for professional development. Thus the present study highlights the importance for fostering creativity among the higher education students. Normative Survey method was adopted in the present study. Higher education students of Chennai District were used as a sample for the study. Data is collected from 100 college students of which 50 male and 50 female students from different type of colleges are involved in this present study. Results were female foster better creativity than their counterparts. The higher education students from the Government College are more creative than the Private college students. Moreover, it is also inferred that the students from different type of college (Arts & Science, Engineering and Education College) are similar in the creativity.

**INTRODUCTION**

In the human being evolution, the cognitive systems have been altered by the advent of technological inventions such as primitive tools, spoken language, and writing. About three decades ago, the using of the Internet, as well as the contemporary mass adoption of other digital technologies, has profoundly transformed our thoughts and behaviours and probably our brain which is generally understood to be highly plastic, continually adapting to the input it receives (Thompson, 2013). According to this idea, we could probably assume that the brains of digitally enhanced people, who interact with digital technology frequently, will be probably organized and structured differently compared to the brains of the previous generation. This reflection has moved neuroscientists to widely study the impact of the Internet environment on creativity process in humans.

Creativity has been recognized as one of the most important human skill to face the complexity brought by the digital era we are going through. It has become a democratic necessity which helps people in generating novel and useful ideas (Amabile, 1988), and get the advantage of the opportunities offered by digital technologies in higher education field. According to the standard definition of creativity (Runco, 2012), widely adopted, creativity is an ability to discover something new, to adapt the available knowledge purposefully and solve the problems originally, flexibly and effectively. This involves the development of a – less than linear – process of information collection, selection, reconfiguration, and identification of the relationships generating new results (Testa 2011).

Any creative process is a dance between the inner and the outer; the unconscious and conscious mind; dreaming and doing; madness and method; solitary reflection and active collaboration. Psychologists describe it in simple terms of inspiration (coming up with ideas) and generation (bringing ideas to life). A process that organizations go through to develop new innovations. It starts with developing ideas, then validating and evaluating them, prototyping and testing, and then implementing.

What the science does show is that creative people are complex and contradictory. Their creative processes tend to be chaotic and nonlinear—which seems to mirror what's going on in their brains. Contrary to the "right-brain myth," creativity doesn't just involve a single brain region or even a single side of the brain. Instead, the creative process draws on the whole brain. It's a dynamic

Shri Lal Bahadur Shastri Rashriya Sanskrit Vidyapeetha

Page | 91

*Ajay Kumar*

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

Volumes. 96 : 2023

(New Series)

ISSN: 0972-0766



**JOURNAL  
OF THE  
ASIATIC SOCIETY OF MUMBAI**  
(A UGC - CARE Listed Journal)

**Editors**

**Parineeta Deshpande**

**Ambarish Khare**

*H. J. Fenil*

PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

**Published by**

**The Asiatic Society of Mumbai**

**Town Hall, Mumbai - 400 001.**

**Maharashtra State (INDIA)**

Volume: 96 for 2023

ISSN : 0972 - 0766

JOURNAL  
OF  
THE ASIATIC SOCIETY OF MUMBAI

Editors

Parineetha Deshpande

Ambarish Khare

Published By

The Asiatic Society of Mumbai

Town Hall, Mumbai-400001

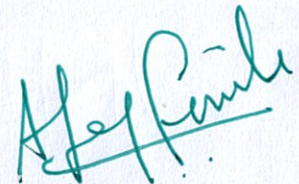
Maharashtra State (India)

2023

London Agents

ARTHUR PROBSTHAIN

41, Great Russell Street, London, WC1B, 3PL



PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## A STUDY ON SOCIO EMOTIONAL SCHOOL CLIMATE AMONG HIGHER SECONDARY SCHOOL STUDENTS

**D. Jayakumari**, Research Scholar, Department of Education Vels Institute of Science, Technology & Advanced Studies (VISTAS) Pallavaram, Chennai, India [jayakumari2006@yahoo.com](mailto:jayakumari2006@yahoo.com)

**Dr. S. Karthiyayini**, Associate Professor and Research Supervisor, Department of Education Vels Institute of Science, Technology & Advanced Studies (VISTAS) Pallavaram, Chennai, India [karthirmp73@gmail.com](mailto:karthirmp73@gmail.com)

### ABSTRACT

A positive social and emotional school climate (which we also refer to as social and emotional climate or school climate) fosters psychological, social, and physical safety for students and staff, provides support for students' academic and behavioural success and cultivates respectful, trusting, and caring relationships throughout the school community. Hence realizing the importance of this SESC, the researcher made a study to analyse the SESC of Higher secondary students in Thiruvallur District, 300 Higher Secondary students were selected using stratified Random sampling technique. Descriptive Analysis revealed a moderate level of SESC among Higher Secondary students, whereas differential analysis revealed a significant influence on Parents Qualification SESC of Higher Secondary students.

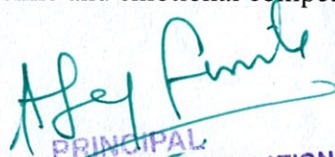
### INTRODUCTION

Students must actively engage in the learning process in order to learn well. This calls for encouraging them to seek out help, experiment with different strategies, and ask questions and provide answers. Successful teaching calls for the instructor to give students several opportunity to contribute and extend their own ideas, to truly listen to what students have to say, and to make an effort to see things from the students' perspective. This implies, in part, that the teacher must recognise the importance of each student's contribution and the applicability of their life experiences. It's critical that students understand they may feel safe and secure in the classroom and that when they participate, they will be treated with respect. False replies shouldn't cause people to respond negatively. The teacher shouldn't respond negatively to a student's incorrect response; instead, they should be seen as a necessary part of the learning process. A successful learning environment in the classroom is one that offers on going support and motivation so that failure, when it does occur, does not damage students' self-esteem.

For students to learn effectively, they must participate fully in the learning process. This means they must be encouraged to ask and answer questions, attempt new approaches and ask for assistance. Effective teaching requires that the teacher gives students plenty of opportunities to contribute and elaborate their own ideas that he or she genuinely listens to what students say and attempts to consider this from students' outlook. To some extent this means that the teacher needs to accept the value of each student's contribution and the relevance of student's experience. It is important that students know there is safety and comfort in the classrooms and that they will be treated humanely when they do contribute. Wrong answers should not provoke negative reactions on the part of the teacher, but need to be perceived as part of student's learning process. An effective classroom environment is one that provides continual support and encouragement so that failure, when it does occur, does not undermine students' Potential.

### SOCIO EMOTIONAL SCHOOL CLIMATE

Social and emotional climate (SEC) is central to an overall framework known as social and emotional learning (SEL). SEL involves schools, families, and communities in cultivating skills and environments that advance students' academic and emotional competencies and growth.

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

UGC CARE LIST No. 135  
ISSN 0030 - 5324

# Journal of The Oriental Institute

Vol. 72, Issue. 03, No.1,  
July - September: 2023



Accredited Grade 'A' by NAAC

**Oriental Institute**

The Maharaja Sayajirao University of Baroda  
Vadodara

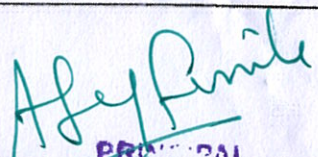
Editor  
Sweta Prajapati

*Ajeet Kishore*  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

INDEX

S.NO.	TITLE	PAGE NO.
1	AUTHORSHIP OF ARTIFICIAL INTELLIGENCE GENERATED WORK IN INDIA	6
2	NATIONAL EDUCATION POLICY 2020: A STUDY IN EDUCATION QUALITY PERSPECTIVE	13
3	TAGORE'S VIEW ON VALUING NATURE	18
4	IMPACT OF VISUAL MERCHANDISING ON IMPULSIVE BUYING BEHAVIOR OF WOMEN TOWARDS BRANDED APPAREL	23
5	"HUMANISM IN GIRISH KARNAD'S TUGHLAQ"	26
6	EMPOWERMENT THROUGH WEAVING: A STUDY OF SWANIRBHAR NAARI SCHEME OF ASSAM	34
7	A STUDY ON SMALL-SCALE INDUSTRIAL EMPLOYEES' PERCEPTION TOWARDS EMPLOYEE STATE INSURANCE - WITH SPECIAL REFERENCE TO COIMBATORE DISTRICT	38
8	PANCHAYATI RAJ: CONCEPT AND ITS IMPORTANCE AS A SYSTEM OF LOCAL SELF-GOVERNMENT	42
9	ETHICS: SELF-AWARENESS IN BUDDHIST PHILOSOPHY	57
10	IMPACT OF MODERNIZATION ON URBAN AND RURAL SOCIETY IN INDIA	68
11	PRESENT SCENARIO FOR DEVELOPMENT IN INDIAN HISTORIOGRAPHY	74
12	WORK-LIFE BALANCE AMONG SCHOOL TEACHERS IN VELLORE DISTRICT	85
13	STUDY AND ANALYSIS OF CHILD SEXUAL ABUSE IN INDIA: A LEGAL PERSPECTIVE	89
14	IN-VITRO ANTI-OXIDANT POTENTIAL OF METHANOLIC EXTRACT FROM THE LEAVES OF ACHYRANTHES ASPERA	95
15	COMPARATIVE STUDY ON SELF DIRECTED LEARNING AMONG HIGH SCHOOL AND HIGHER SECONDARY SCHOOL STUDENTS	98
16	APPLICATION OF REMOTE SENSING AND GEOGRAPHICAL INFORMATION SYSTEM IN URBAN SPRAWL MONITORING: A CASE STUDY OF ASANSOL CITY AND ITS SURROUNDING AREA.	102
17	INFLUENCE OF DEMOGRAPHICS ON CAREER INTENTION OF HOTEL MANAGEMENT STUDENTS	106
18	CULTURAL ASSIMILATION AND THREATS TO IDENTITY OF KONYAK NAGAS OF SIVASAGAR, ASSAM	114

  
 PRINCIPAL  
 INDHIRA COLLEGE OF EDUCATION  
 PANDUR, TIRUVALLUR-631 203



## Journal

of the

## Oriental Institute

M.S. University of Baroda

ISSN: 0030-5324

### COMPARATIVE STUDY ON SELF DIRECTED LEARNING AMONG HIGH SCHOOL AND HIGHER SECONDARY SCHOOL STUDENTS

**D.Jayakumari**, Research Scholar, Department of Education Vels Institute of Science, Technology & Advanced Studies (VISTAS), Pallavaram, Chennai, India

[karthirmp73@gmail.com](mailto:karthirmp73@gmail.com)

**Dr.S.Karthiyayini**, Associate Professor and Research Supervisor, Department of Education Vels Institute of Science, Technology & Advanced Studies (VISTAS), Pallavaram, Chennai, India,

[jayakumari2006@yahoo.com](mailto:jayakumari2006@yahoo.com)

### ABSTRACT

This research article aims to investigate the variable of self-directed learning among high school and higher secondary students. Self-directed learning, characterized by the ability to take responsibility for one's own learning and engage in independent study, has gained significant attention as an essential skill in today's rapidly evolving educational landscape. This study examines the extent to which high school and higher secondary students demonstrate self-directed learning behaviors and explores potential factors influencing their self-directed learning capabilities.

To conduct this comparative analysis, a normative survey approach was employed. The research sample consisted of high school and higher secondary students from diverse educational institutions across multiple regions. The participants' demographic information, and self-directed learning behaviors were collected through a structured questionnaire.

The findings of this study reveal significant variations in self-directed learning among high school and higher secondary students.

### INTRODUCTION

"Self-directed learning describes a process in which individuals take the initiative, with or without the help of others, in diagnosing their learning needs, formulating learning goals, identifying human and material resources for learning, choosing and implementing appropriate learning strategies, and evaluating learning outcomes." Traditionally, academics contrast this to direct learning. The direct learning meaning is straightforward. And the direct method is a common strategy for learning. It refers to educational instruction from a teacher to a learner, typically in a classroom setting. But today, we're going to explore how much there is to gain from being a self-directed learner in every area of one's life.

### REVIEW

**Svein Loeng1 (2020)** In adult education, the concept of self-directed learning has great importance. This term arose in the field of adult education in the 1970s and is still a widely used term in the field. Annual symposiums have been held by the International Society for Self-Directed Learning since 1986, dedicated to the promotion of self-directed learning. The society also publishes an international journal of self-directed learning. A term of more recent origin is self-regulation, used by some authors sometimes interchangeably with self-direction. This review article focuses on the term self-directed learning, which is the term most frequently used in adult education. Many consider the tendency for self-direction to be a fundamental difference between children and adults in a learning situation. This article deals with some factors that affect the understanding of self-directed learning. At the beginning is given a short case story and an account for different perceptions of self-directed learning. This is followed by a clarification of different aspects of self-directed learning, such as why it is advisable, what affects the tendency to self-directed learning, and if self-direction is essentially innate or learned.

**JOURNAL OF FOUNDATIONAL RESEARCH**

ISSN-No: NA

PISSN-No: 2395-5635

Get More Details (Price/Time)

Views : 135734

Publication : Free

[Click to Get More Help](#)

[About](#) [Indexing](#)

Name: Journal of Foundational Research

ISSN: NA

PISSN: 2395-5635

Year: 1993 (First Volume/Issue)

Issue: 1 (Yearly)

Publisher: Department of Philosophy, University of Rajasthan

Area: Arts and Humanities, Philosophy

Website: <https://unirajphilosophy.ac.in/JrnlAbout.aspx>

About: Department of Philosophy, University of Rajasthan Jaipur, India. For submission or publication related inquiries mails be sent to [hodphilosophyuniraj@gmail.com](mailto:hodphilosophyuniraj@gmail.com) or [editorjrfruniraj@gmail.com](mailto:editorjrfruniraj@gmail.com)

Rating: ABCD Index for this Journal is "Not Done"

Status: Verified

[About](#) [Indexing](#)

*Ajay Kishore*  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

[Chat with Expert](#)

## A STUDY ON FAMILY BONDING AND ACADEMIC COMPETENCE AMONG HIGHER SECONDARY STUDENTS

Mrs.U.Visalatchi, Ph.D, Research Scholar, Department of Education, VISTAS, Chennai -117  
Dr..S.Karthiyayini, Associate Professor and Research Supervisor, Department of Education,  
VISTAS, Chennai -117

### ABSTRACT

*This study looks at how family bonding affects academic performance in higher Secondary students. It explores aspects like communication, emotional support, and shared activities and how they can either help or hinder academic success. The study consists of 200 Higher Secondary School Students in Thiruvallur District. The study uses surveys to find the key factors that positively affect academic competence within the family. Understanding these dynamics can inform interventions and support systems to create a better environment for higher Secondary students to succeed academically and strengthen family bonds.*

**Key Words:** Family Bonding and Academic Competence

### INTRODUCTION

Forming groups is a basic human drive. It is defined by the capacity of its members to distinguish one another from outsiders, and reject outsiders on that basis. Most basic of all these groups is the bond one forms with one's own society. Bonding between two or more people in a group or a society is termed as human bonding. Bond may be of social, emotional, romantic etc. The most conspicuous bond in the society is family bonding where bonding between parents and their offspring is the throughout the animal kingdom including humans. Parental bonding is palpable in the higher life forms, animals and it is the highest among humans.

A Study on Family Bonding and Academic Competence among Higher Secondary Students explores the relationship between family bonding and academic competence. Family bonding refers to the emotional connection and support provided by family members, while academic competence encompasses a student's level of knowledge, skills, and performance in their academic pursuits. The study aims to understand whether a strong family bond positively affects a student's academic competence. It investigates the extent to which family support, communication, and involvement in a student's education contribute to their overall academic success.

### FAMILY BONDING

Family bonding refers to the emotional connection and affection shared among members of a family. It involves spending quality time together, engaging in activities that promote communication, understanding, trust, and support. Family bonding plays a crucial role in strengthening relationships, building a sense of belonging, and creating a supportive and loving environment within the family unit.

### ACADEMIC COMPETENCE

Academic competence refers to a person's ability to succeed and perform well in academic settings, such as schools, colleges, or universities. It involves having the necessary knowledge, skills, and abilities to meet the demands of academic tasks, assignments, tests, and examinations. Academic competence includes being able to understand and apply concepts, critically think and analyze information.

### NEED AND SIGNIFICANCE OF THE STUDY

The study on family bonding and academic competence among higher secondary students is significant as it aims to understand the relationship between family bonding and the academic performance of students. The family is considered the primary socializing agent, and strong family bonds have been found to positively influence various aspects of a child's development. By investigating the correlation between family bonding and academic competence, this study will provide insights into the factors that contribute to students' academic success. The findings can then be used to develop effective interventions and strategies to enhance family bonding and subsequently improve academic

*Affirmile*  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION,  
PANDUR, TIRUVALLUR-631 203

UGC-CARE Approved Refereed-Peer Reviewed Journal  
ISSN-0970-7603



# भारतीय शिक्षा शोध पत्रिका

## BHARATIYA SHIKSHA SHODH PATRIKA

वर्ष 42, अंक 2(i), जुलाई-दिसम्बर 2023  
Vol. 42, No. 2(i), July-December 2023



### भारतीय शिक्षा शोध संस्थान

सरस्वती कुंज, निराला नगर, लखनऊ-226020 (उत्तर प्रदेश)

**Bharatiya Shiksha Shodh Sansthan**

Saraswati Kunj, Nirala Nagar, Lucknow-226020 (Uttar Pradesh)

Ph. No. 0522-2787816, E-mail: sansthanshodh@gmail.com

Website : [www.bssslko.org.in](http://www.bssslko.org.in)

  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## SOCIAL MEDIA ADDICTION AMONG HIGHER SECONDARY STUDENTS

Mrs.U.Visalatchi Ph.D, Research Scholar, Department of Education VISTAS, Chennai -117  
Dr.S.Karthiyayini Department of Education Associate Professor and Research Supervisor VISTAS,  
Chennai -117.

### Abstract

This study investigates the level of social media addiction among higher secondary school students. The research involves administering a survey questionnaire to 200 XI standard students from different Higher Secondary Schools in Thiruvallur District to assess their social media usage patterns and addiction level. The findings show there is significant difference in the Social Media Addiction of Higher Secondary Students based on Medium of Instruction.

**Key Words:** Social media Addiction

### INTRODUCTION

“Social media have radically transformed and are continuously transforming the way we, as individuals and professionals, communicate, collaborate, consume and create” (Aral et al., 2013). As of July, 2021, it has been found that 4.80 Billion people (which is more than fifty percent) people of the world use social media (Datareportal, 2021). It has become a very popular activity of checking and scrolling through social media in the last decade. In majority of cases, although use of social media maybe non-problematic, there are still a percentage of people using social media who engage in excessive or compulsive use and become addicted to social networking sites. Social media usage has become a behavioral addiction. It is characterized by devoting too much time to use of social media and leading to an uncontrollable urge to use social media, which in turn hinders other important areas of life.

### SOCIAL MEDIA ADDICTION

Social media addiction refers to excessive and compulsive use of social media platforms, such as Facebook, Instagram, Twitter, and Snapchat, which leads to dependency and negative impacts on various aspects of an individual's life. People who are addicted to social media often have an intense urge to constantly check their accounts, post updates, and seek validation through likes, comments, and shares. This addiction can result in decreased productivity, social isolation, sleep disturbances, and a preoccupation with their online presence.

### REVIEW


**Kaya et al., in (2016).** Study predicted that Facebook will be an option for student communication as well as a communication medium for consulting students outside school hours, due to the fact that the majority of students' own smartphones. Approximately 87 percent of these students were digital natives who have access to Wi-Fi. Although it might be a topic of argument that spending more time on social media can affect the studies of student.

**Hughes et al., (2012)** have researched in the area of showing the relationship between user's personality and social media usages. 300 respondents were chosen to study from the general population in this research. The study went on to look at personality correlations of social and informational usage of Facebook and Twitter, two of the most popular social networking sites. Gender and age were also investigated, with the findings indicating that personality is linked to social media use and information seeking. It was also noticed that there exists difference between personalities who use Facebook and Twitter.

### OBJECTIVES

- To find out the difference
- in social media addiction among higher secondary students based on gender

128 भारतीय शिक्षा शोध पत्रिका, वर्ष. 42, अंक 2(IV), जुलाई-दिसंबर: 2023

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

2020

SPECIAL ISSUE FOR RESEARCH SCHOLARS ISSN-0019-5553

IN UGC CARE LIST

# INDIAN JOURNAL OF PSYCHOLOGY

(Since 1926)



FOUNDER EDITOR  
LATE PROFESSOR N.N. SENGUPTA

EDITOR-IN-CHIEF  
JITENDRA MOHAN

EDITOR  
MEENA SEHGAL

Official Organ of : **INDIAN PSYCHOLOGICAL ASSOCIATION**

  
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

## SOCIAL MEDIA ADDICTION IN RELATION TO THEIR FAMILY BONDING AMONG HIGHER SECONDARY SCHOOL STUDENTS

Mrs.U.Visalatchi, Ph.D, Research Scholar, Department of Education, VISTAS, Chennai -117  
Dr..S.Karthiyayini, Associate Professor and Research Supervisor, Department of Education,  
VISTAS, Chennai -117

### ABSTRACT

*This study investigates the relationship between social media addiction and family bonding among higher secondary school students. The research involves administering a survey questionnaire to students aged 16-18 years to assess their social media usage patterns, addiction levels, and perceptions of family bonding. The results reveal a strong positive correlation between social media addiction and decreased family bonding, with excessive social media use leading to neglect of quality family time and disrupted communication. The study also explores the reasons behind social media addiction, such as peer pressure and the desire for social validation. The implications of the research highlight the need for raising awareness and implementing strategies to promote healthy digital habits and improve family relationships among students.*

**Key Words:** Social media Addiction, Family Bonding.

### INTRODUCTION

In today's modern society, social media has become an integral part of our daily lives. It has revolutionized the way we communicate, access information, and interact with others. However, with the increasing popularity and accessibility of social media platforms, concerns about addiction to these platforms have also emerged, particularly among higher secondary school students. This addiction to social media can have a significant impact on family bonding.

Social media addiction refers to a compulsive and excessive use of social media platforms, leading to negative consequences on an individual's physical, mental, and social well-being. Higher secondary school students are particularly susceptible to this addiction due to their developmental stage, increased peer pressure, and the desire to fit in with their social group. Spending excessive time scrolling through social media feeds, constantly checking notifications, and comparing themselves to others can not only disrupt their academic performance but also hinder their ability to form and maintain strong family bonds.

Family bonding plays a crucial role in a student's social and emotional development. It provides a sense of belonging, support, and security, which are essential factors for their overall well-being. However, social media addiction can reduce the amount of quality time spent with family members, affecting their ability to build and maintain these bonds. Excessive use of social media can lead to increased isolation, decreased face-to-face interactions, and a lack of meaningful conversations with family members. This can create a rift between students and their families, causing conflicts and misunderstandings.

Furthermore, social media addiction can also lead to a decline in family communication and shared experiences. Students who are constantly glued to their screens may miss out on important family events or conversations, leading to a breakdown in communication and a decrease in shared activities. This lack of connection can hinder understanding, empathy, and support within the family unit.

However, it is important to note that social media can also be utilized as a tool to strengthen family bonds if used responsibly. Families can engage in activities such as sharing photos, videos, and stories online, participating in discussions or debates about current events, and even setting boundaries and guidelines for social media usage. This way, social media can become a platform that encourages family sharing, bonding, and connection.

Social media addiction can have a significant impact on family bonding among higher secondary school students. It is imperative for parents, educators, and students themselves to recognize the potential negative consequences of excessive social media usage. By establishing healthy boundaries,