


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

Role of Teachers In Promoting Gender Awareness In The Classroom

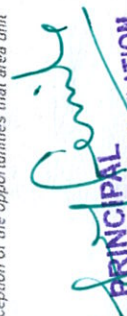
J. Lizzie

M.P. Rama Priya

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 probabilities 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
INDHIRA COLLEGE OF EDUCATION
PAVUR, TIRUVALLUR-631 203

Our Heritage Journal (ISSN 0274-9030) has been Discontinued as per UGC notification from Feb 2020

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

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 Surry method was used for the study.

PRINCIPAL
 MOHANA COLLEGE OF EDUCATION
 KANDURU THIRUVALLUR-631 203

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

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

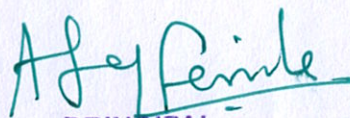
Abstract

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).

Aley Perile
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Purakala

ISSN 0971-2143

(UGC Core Journal)

Send papers for review to

editor@purakala.com

Published By : Rock Art Society of India, India



Ajay Pruthi

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.

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

Life in Lockdown

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

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

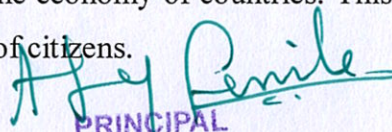
ABSTRACT

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. It 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.


PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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.

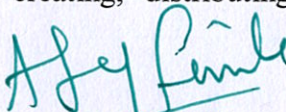
There are 5 Strategies to boost Your Online Teaching: 1. Engage along with your Learners Online, 2. Engage along with your Learners Online, 3. Using a mixture Of Learning Tools For Better Engagement, 4. Providing On-going Feedback, 5. Making eLearning Content Mobile.

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

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.

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.

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

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

M.P.Rama Priya¹, Dr.D.Hemalatha Kalaimathi²

¹Ph.D Research Scholar, Lady Willingdon Institute of Advanced Study in Education.

²Assistant 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

¹M. P. Rama Priya, ²Dr. D. Hemalatha Kalaimathi,

¹Ph.D, Research Scholar, Lady Willingdon Institute of Advanced Study in Education.

²Assistant 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.

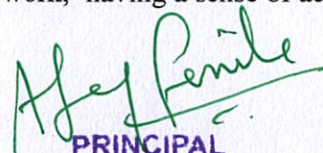
Introduction

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

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 Kumar

PRINCIPAL
INDIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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

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

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:

Ajefferrile

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



श्रीलालबहादुरशास्त्रीराष्ट्रीयसंस्कृतविश्वविद्यालय:

केन्द्रीयविश्वविद्यालय:

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Home

UCC

Search

UGC-CARE List

Journal Details

Journal Title (In English Language)	Shodha-Prakha
Journal Title (In Regional Language)	शोध-प्रका, शोध-प्रका
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

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Handwritten Signature

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

Page | 157

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 200

Scanned with CamScanner

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.

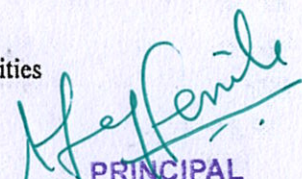
Introduction:

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


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

19	DETERMINANTS OF NON-AUDIT SERVICES (NAS): A SYSTEMATIC LITERATURE REVIEW	110
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	120
23	A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE OF COMMERCE STUDENTS WITH REGARDS TO THEIR FAMILY ENVIRONMENT	125
24	OVERVIEW OF UNIVERSAL HEALTH COVERAGE IN BANGLADESH	136
25	CAREER ASPIRATION OF THE STUDENTS STUDYING IN TRIBAL HIGHER SECONDARY SCHOOLS	145
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

Ajay Kishore

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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. Early reply is appreciated.

DATE

27-Sep-22

Sincerely,
Best regards,

Matthew Hull

<http://infokara.com/>

H. Matthew

Matthew Hull

Editor-In-Chief

Ajay Kumar

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.



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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


 Volume 1 Issue 1
 PUBLISHED: 2023-01-01

INFORMATION

[For Authors](#)
[For Editors](#)
[For Readers](#)

KEYWORDS



REVIEW ARTICLES

Knowledge management with the role of library and library professionals in 21st century

Nedimasan K, Ramesh B

[PDF](#)

Prevalence of adult ADHD among teaching faculty members

Sivagani P, Padmavathi K, Archana K

[PDF](#)

Effectiveness of gratitude journaling on psychological well-being among nursing students

Abdul Shalim W, Padmavathi K, Doretha S

[PDF](#)

Influence of media in higher education

Mohana Kannan N, Sheeba K

[PDF](#)

Simultaneous estimation of amoxicillin trihydrate and dicloxacillin sodium in capsule

Premarathi K, Vaishnava 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

Priya B

[PDF](#)

Instructions to Author

[Scope of Journal](#)
[Author Guidelines](#)
[Copyrights](#)
[Confidentiality](#)
[Confidentiality Details](#)
[Authorship](#)
[Manuscript Submission](#)
[Parallels](#)
[Types of Manuscripts](#)

Editorial Policies

[Copyrights, Facilitation and Licensing](#)
[Publication Ethics and Malpractice](#)
[Editorial Process](#)
[Peer Review Policy](#)
[Open Access Policy](#)
[Peer Review Policy](#)
[Crossref Title Registry](#)
[Digital Archiving Policy](#)

Payment Policies

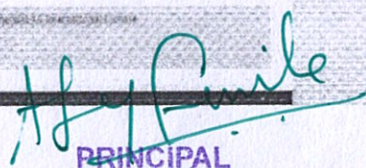
[Article Processing Charges](#)
[Article Submission Charges](#)
[Website Policy](#)
[What we collect](#)
[Terms and conditions](#)
[Cancellation and refund](#)
[Open Access Policy](#)
[Privacy Statement](#)

Useful Downloads

[Copyright Letter](#)
[Copyright Form](#)
[Author Information](#)
[Preparation of Manuscript](#)
[Check List](#)
[Correction Template](#)
[Publisher Details](#)
[Disclaimer](#)

All rights reserved. No part of this journal may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the publisher.

© 2023, All rights reserved. No part of this journal may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the publisher.


PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



GRT Journal of Education, Science and Technology

Published by GRT College of Education Journal Home Page: <https://grtjest.com>

Strive for progress not perfection

Dr. M.P.Rama Priya

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

Article History:

Abstract

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

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.

Keywords:

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

*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]

Ajay Ramesh
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:

Abstract

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.

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]

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

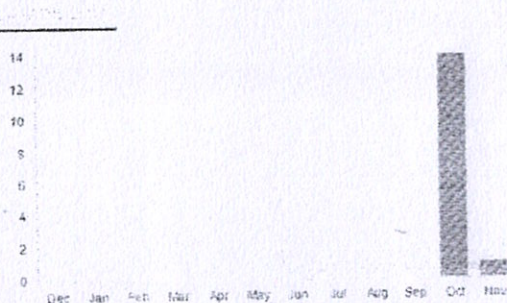


Mental Health of Different Types of College Students

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.

Mental health, College Students, life satisfaction, depression

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.



PDF

2023-10-21

M. Karthiyan and K. Sheeba,
"Mental Health of Different Types
of College Students", *ijmt*, 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>

Ajey Perile

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

Mental Health of Different Types of College Students

Mr. Mohana Kannan^{1*}, Dr. K. Sheeba²

¹Ph.D., Research Scholar, School of Education, Vels Institute of Science, technology & Advanced Studies Pallavarum, Chennai- 600 117.

²Associate Professor, School of Education, Vels Institute of Science, technology & Advanced Studies, Pallavarum, 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.

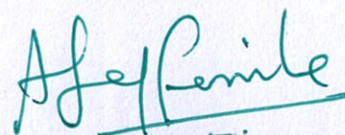
1. INTRODUCTION

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



☰ 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

Ajay Kamble
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 Rashtriya Sanskrit Vidyapeetha

Page | 91

Ajay Penil
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

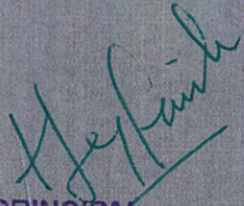
Volumes. 96 : 2023
(New Series)
ISSN: 0972-0760



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

Editors
Parineeta Deshpande
Ambarish Khare

Published by
The Asiatic Society of Mumbai
Town Hall, Mumbai - 400 001,
Maharashtra State (INDIA)


PRINCIPAL
ADHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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

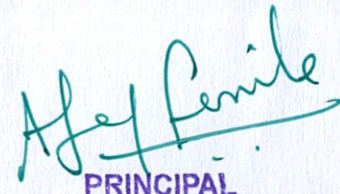
Maharashtra State (India)

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

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

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.

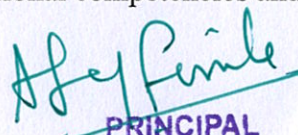
INTRODUCTION

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

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

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

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.