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# REVIEW OF RESEARCH

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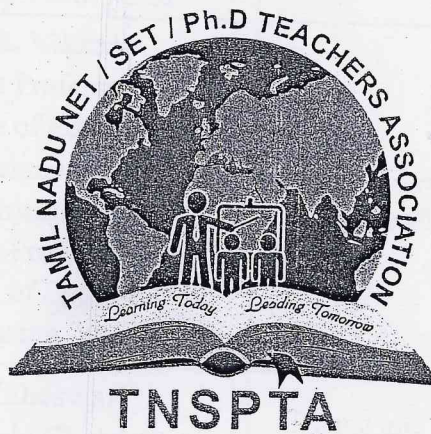
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**INTRODUCTION**

Adolescence is the most important period in the life of an individual. The term 'Adolescence' is derived from the Latin word "adolescere", which means 'to grow up' or to 'grow to maturity', so the essence of the word adolescence represents a period of intensive growth and change in nearly all aspects of child's physical, mental, social and emotional life. It is very crucial period of one's life. It is the transitional period in a person's life between childhood and adulthood. Adolescence is commonly defined as the stage of life that begins at the onset of puberty, when sexual maturity or the ability to reproduce is attained. It has been regarded as a period of rapid change both biologically and physiologically. During this period great changes occur in all the dimensions of an individual. The experiences gained, the growth achieved, responsibilities felt and relationships developed at this stage destine the complete future of an individual.

**NEED AND SIGNIFICANCE OF THE STUDY**

- *Understanding Developmental Characteristics and Problems:* Every teachers and parents must know the changes in the various developmental dimensions of an adolescent. They must also know various problems associated with developmental changes to deal effectively with problems of adolescents. It is also essential for them to be familiar with the causal factors of problems of adolescents, so the proper educational, vocational and personal guidance may be provided.
- *Adjustment to Responsibilities:* The knowledge of the needs and developmental tasks of adolescents helps the parents and teachers to guide their children to adjust to their responsibilities.
- *Maintenance of Mental Health:* Sound mental health is one of the first requisite conditions of proper development. Adolescence is marked with number of problems

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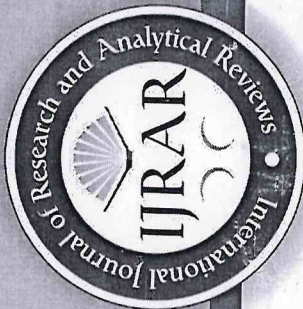
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## Professional Development and Professional Ethics of college Teachers

Dr. Geetha C<sup>1</sup>, Dr. Dinesh MK<sup>2</sup>

<sup>1</sup>Professor of Education, Chairperson, Dept of studies and Research in Education, Kuvempu University Jnanasahyadri, Shankaraghatta, Shimoga, Karnataka, India

<sup>2</sup>Asst. Professor, J.S.S Institute Of Education, Sakaleshpur, Hassan Dist, Karnataka, India.

**ABSTRACT:** *The importance of the quality of teachers cannot be over-emphasized because the strength and success of an educational system depends on them whether they teach in schools, colleges or universities. Actually, the quality of a nation depends on the quality of its citizens and in turn the qualities of the citizens depend on the quality of their education. The quality of their education reflects, more than any other single factor, the quality of their teachers. A teacher personal qualities, educational qualifications, his professional training, his managerial skills and the place he occupies in the college and in the community contribute to the quality of his teaching. The quality of education is a direct consequence and outcome of the quality of teachers and education system and this consequently depends upon the professional development opportunities to the teachers. The developments and changes over the last two decades require a fresh look at the professional development of teachers. Professional development of teachers is based on the theory that "teachers are made, not born" in contrary to the assumption, "teachers are born, not made". Since teaching is considered an art and a science, the teacher has to acquire not only knowledge, but also skills that are called "tricks of the trade". The overall discussion in this paper makes an attempt at providing an understanding of professional development and professional ethics of teachers in terms of quality education issues in the context of higher education.*

**Keywords:** Education, Teachers, Professional Development, Professional Ethics

### 1. Introduction

The teacher is prepared for his profession before he enters it, but he must also be prepared again and again to keep abreast with latest developments. To satisfy this need is the purpose of in-service or continuing education. Every teacher, whether he is a beginner or a veteran, needs to be aware of the rapid cultural and social changes, advancements in educational theories, methodologies and practices, increase in student enrolment and range in the interests and abilities of students and the ramification of the role of education due to changes and advancements in science and technology. The frontiers of human knowledge in various fields expand rapidly. There is, therefore, a need for continued study and growth that would raise the competence of the teacher on the job and in turn, increase the standard of the whole educational system.

The term in-service education or continuing education in broad sense includes all experiences and activities provided for teachers and designed to promote personal and professional growth while in service.

The process of continuing education is on both professional and personal growth of teachers. The continuing education also has the connotation of the life-long education; of educating one-self throughout life, whether he is a student, teacher or a non-professional. Professionalization is a process in which a vocation tries to become a profession. This is basically a process of institutionalization of knowledge, skills and ethics.

Professionalism is an ideology which emphasizes more on the knowledge, skills and ethics than the material benefits which accrue to a profession. While professionalization is concerned with standardization, professionalism is concerned with standards. There is a difference between standard and standardization. There can be three aspects of standard intellectual, practical and ethical.

### Meaning and Definitions of Professional Development

According to the thesaurus of the Educational Resources Information Center (ERIC) database, *professional development refers* to "activities to enhance professional career growth." Such activities may include individual development, continuing education, and inservice education, as well as curriculum writing, peer collaboration, study groups, and peer coaching or mentoring. Fullan expands the definition to include "the sum total of formal and informal learning experiences throughout one's career from pre-service teacher education to retirement". Considering the meaning of professional development in the technological age suggests a broader definition of professional development that includes the use of technology to foster teacher growth: "Professional development goes beyond the term 'training' with its implications of learning skills, and encompasses a definition that includes formal and informal means of helping not only learn new skills but also develop new insights into pedagogy and their own practice, and explore new or advanced understandings of content and resources. This definition of professional development includes support for



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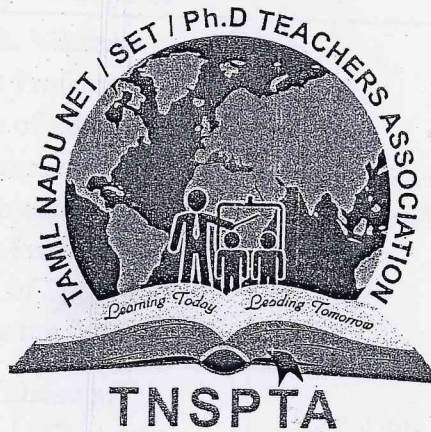
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- *Maintenance of Mental Health:* Sound mental health is one of the first requisite conditions of proper development. Adolescence is marked with number of problems



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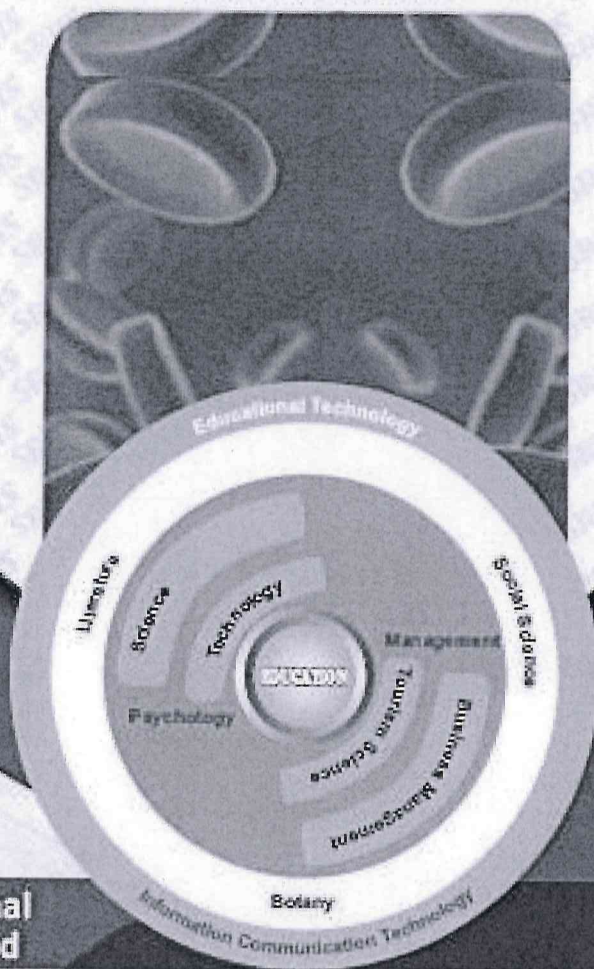
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## ROLE OF HEALTH EDUCATION IN REDUCING STRESS AND ENHANCING PHYSICAL AND MENTAL HEALTH OF A LEARNER

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### Abstract

Present day is an age of Anxiety. Industrialization and urbanization have generated competition resulting in pressure, insecurity and stress. 'Wants' have outstripped 'needs' causing stress as well as distress. Tranquil life of the rural surroundings has given place to the tense, impersonal life of the metropolis. We have become a cog in the wheel of the industrialized world, as Bertrand Russell put it. The concept of physical health refers to a sound body which will have high resistance to all adverse conditions, strong and robust in nature. Whereas mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life and mental hygiene as the means we take to assure this adjustment. Health education provides information about the human body and the factors that promote or damage health. Health education teaches children physical, mental, social, and psychological health (overall well-being). It helps students to make healthy choices and avoid risky behaviors. Health education training mainly focuses on preserving health, avoiding illnesses, and training students to make healthier decisions in their lives. The present paper mainly focuses on importance of health education in reducing stress and enhancing physical and mental health of a learner.

**Keywords:** Health Education, Physical and Mental Health and Stress Management.

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### INTRODUCTION:


The concept of adjustment is as old as human race on earth. The process of adjustment starts right from the birth of the child and continues till his death. Man, among the living beings have the highest capacities to adapt to new situations. Man as a social animal not only adapts to physical or mental demands but he also adjusts to social pressures in the society. The nature of adjustment process is decided by a number of factors particularly, internal needs and external demands of the human beings. When a conflict occurs between internal needs and external demands, in such conditions, there exists word Stress.

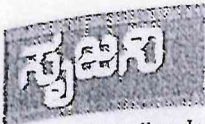
Stress is an individual phenomenon and it is a subjective unpleasant feeling of distress. Modern world is an age stress. There are 3 types of stress: Conflicts, Frustrations and Pressures. Every one of us irrespective of our age, sex, education, occupation, socio-economic status, whether we live in rural or urban area, faces stress. In recent years, incidences of mental and physical ill health have tremendously increased and have posed a serious problem before the nation. Industrial development, social and economic changes have given rise to a number of new problems. The problem of physical and mental health has acquired importance in the programmes of national development.

Health education can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. A comprehensive health education program plays a crucial role in a child's education, from kindergarten to higher education. Health education teaches children physical, mental, social, and psychological health. It helps learner to make healthy choices and avoid risky behaviors. Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education. The present paper will describe impact of stress on daily



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## RELEVANCE OF VIRTUAL CLASSROOM TO THE PRESENT EDUCATION SYSTEM

DR.C.B.VIKRAM

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### Abstract:

*The importance of powerful teaching is increasingly important in contemporary society. Standards for learning are now higher than they have ever been before, as citizens and workers need greater preparation, knowledge, skill and usage of modern gadgets to survive and succeed. Technology is rapidly reshaping our world, and education is no different. A virtual classroom has emerged as a game-changer, transforming how we teach and learn. By eliminating physical boundaries, they open up endless education opportunities. A virtual classroom is of course a precious gadget which is an online teaching and learning environment where teachers and students can present course materials, engage and interact with other members of the virtual class, and work in groups together. The environment can be web based accessed through a portal or software based and requires a downloadable executable file. The virtual classroom allows teachers to attend a classroom from anywhere in the world and aims to provide a teaching experience that is similar to a real classroom. The present paper mainly focuses on relevance or emphasis of virtual classroom to the present education system.*

**Keywords:** Virtual Classroom, Relevance, Education System.

### INTRODUCTION

Education has a very important role in human life. The need of Education is a prime because it takes care of the development of all aspects of human personality. Education helps an individual to soar heights of excellence through rational thinking and attain supremacy and nobility,

making him the roof and crown of all creations. The use of virtual class room in the education system i.e., teaching-learning programmes, adds knowledge and experience to the students in new ways of learning by using technological resources. Virtual classrooms consists of a mixture of synchronous i.e., real time

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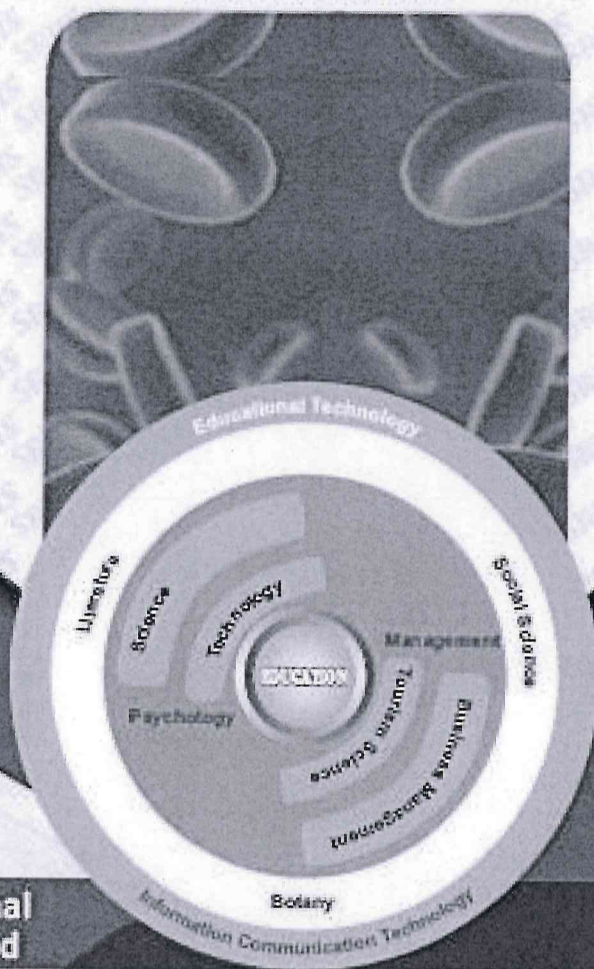
  
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## OPEN EDUCATIONAL RESOURCES IN INDIA: IT'S SIGNIFICANCE

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### Abstract

Technology plays a much larger role in the digital age than in previous generations and it has become important today that education adapts to this digitalization. Sharing educational resources was traditionally limited in the competitive world of education. Educational institutions keep their educational materials and resources private. Today, an increasing number of institutions and individuals have made such digital resources available for distribution on the Internet by removing legal, financial, and technical hurdles. Open Educational Resources creates the right way to provide free and accessible education to all and access information for the public good. It is important that OER is inexpensive and freely adaptable. The ability to adapt and modify content provides a significant advantage, especially when targeting specific populations such as the disabled or those with special needs. Efforts are being made in India to transform it into a knowledge society. Access, equity and quality are the main focus of new initiatives in education in India. This paper has made an attempt to understand the concept, features, significance and open educational resources in the digital era. Further, this paper focuses on OERs in India.

**Keywords:** Open Educational Resources (OER), Education, Significance, Digital era.

---

### Introduction

Open Educational Resources are those teaching and learning materials that are available to anyone free of cost and under an open license to allow others to retain, reuse, revise, remix and redistribute them with few or no restrictions. The phrase 'Open Educational Resources' was first coined in 2002 at UNESCO's Forum on the Impact of Open Course-ware for Higher Education in Developing Countries. OER are teaching, learning and research resources that reside in the public domain or have been released under an intellectual property licence that permits their free use or repurposing by others. The Organisation for Economic Co-operation and Development (OECD) defines OER as: "digitised materials offered freely and openly for educators, students, and self-learners to use and reuse for teaching, learning, and research. OER include learning content, software tools to develop, use, and distribute content, and implementation resources such as open licences". Technology is the name of tools and devices that make life easier in all areas of life education is changing rapidly. In this changing environment, it is necessary to bring a digital dimension to education. Today, not being able to benefit from technological opportunities in education cannot meet the needs and expectations of the age (Karasar, 2004). The introduction of the Internet into our lives has made it easier to access information. Access to e-books, public and private digital libraries, digital encyclopaedias, articles, blogs, websites and discussion forums where we can exchange information with one click has become easier. This digital transformation fundamentally changes the access and sharing of information. While digital transformation is developing rapidly around the world.

### The concept of Open Educational Resources

UNESCO defines OER as "teaching, learning and research materials in any medium, digital or otherwise, that reside in the public domain or have been released under an open license that permits no-cost access, use, adaptation and redistribution by others with no or limited restrictions.

Open Educational Resources are learning and teaching materials that are freely available online for anyone to use. OERs can consist of full courses, course materials, modules, textbooks, videos, tests, software and any other tools, materials or techniques used to support access to knowledge. OER are freely and publicly available teaching, learning, and research resources that reside in the public domain or have been released under an intellectual property license that permits their free use and re-

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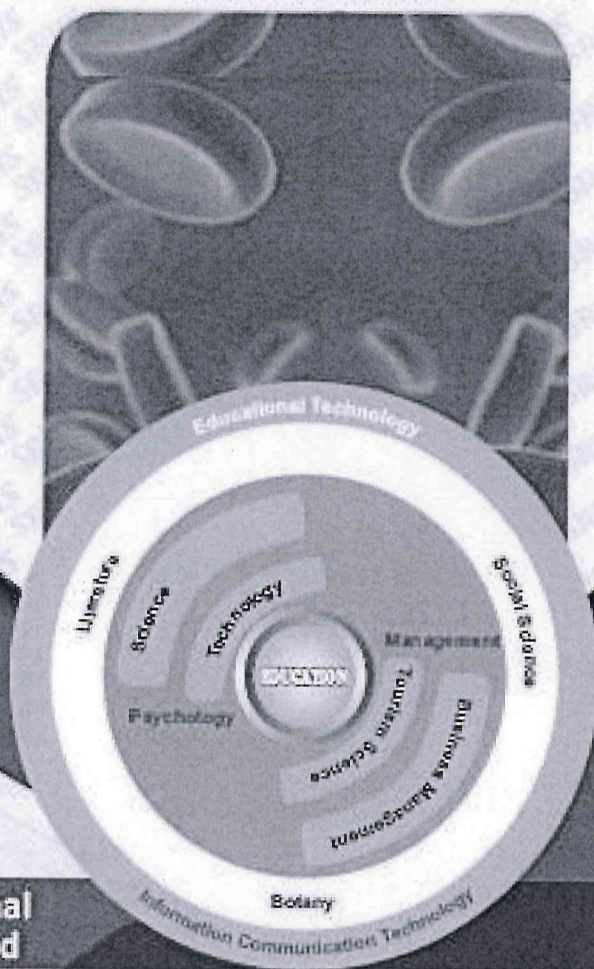






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**BLENDED MODE OF LEARNING: AN INNOVATIVE APPROACH**

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**Abstract**

*Blended learning, also known as hybrid learning, is an approach to education that combines online educational materials and opportunities for interaction online with traditional place-based classroom methods. It is an innovative learning concept including both offline learning and online learning. It has a scope for collaborative learning, constructivist learning, and computer assisted learning (CAI). Blended learning needs highly motivated teachers and students for its successful implementation. The advantages of Blended Learning for students include improvement of learning skills, greater access to information, enhanced motivation, satisfactory learning outcomes, and opportunities to learn from each other and to teach each other. With the evolution of digital technologies and the importance of using technology in the process of teaching and learning can be considered at all levels of education (Pre-school to higher education), the NEP 2020 recommends making use of the blended models of learning. The present paper discusses the concept of blended learning, its main features, scope of blended learning and its implementation in education system. The present paper also tries to explain that how blended learning is an approach that needs to be adopted.*

**Keywords:** *Blended learning, approach, Flipped classroom, synchronous, asynchronous, e-learning, online learning, offline learning, ICT*

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**Introduction**

Blended learning is not just a combination of online and face-to-face learning mode with the digital learning tools, but it refers to a combination of activities of both (online and face-to-face) the modes in a systematic, organized manner. The student and the teacher, both should be presented in the same space-in a true blended-learning environment. In spite of this, to get a control on the speed or topics of learning, the students must be able to make use of the available digital tools. To re-organize the learning experiences and increase the value of effective face-to face learning in the classroom, a similar program of utilizing technology can be used- known as flipped classroom model. In a flipped classroom model, encouragement can be given to the students to learn at their own pace by making use of their digital learning materials in an easily accessible way. Few resources can be used to transfer the main existing abundant necessary/essential knowledge from teacher to student before each class such as video lectures, podcasts, recordings, articles etc., With the evolution of digital technologies and the importance of using technology in the process of teaching and learning can be considered at all levels of education (Pre-school to higher education), the NEP 2020 recommends to make use of the blended models of learning. NEP-2020 also signifies that the recognition of the importance of face-to face learning in promoting/improving the education and digital learning. This can be made possible and meaningful when there is possibility for appropriate replication for different subjects by making use of the various effective models of blended learning.

**Scope and future of blended learning**

- In recent times, education systems worldwide have seen a massive paradigm shift with the advancements in modern technology. Blended learning has become the new catchphrase in the global education space. Blended Learning has its focus on giving personalized experiences to the learners exposing them to web sources, e-learning, online platforms, games, and ICT

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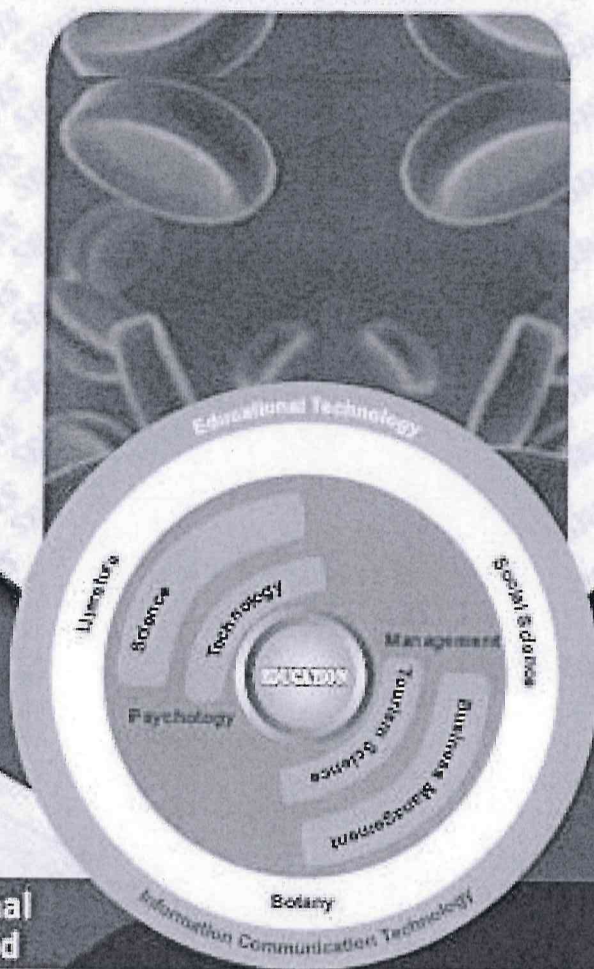
  
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## ROLE OF ARTIFICIAL INTELLIGENCE IN EDUCATION

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### Abstract

*Artificial Intelligence is the Science and Engineering domain concerned with the theory and practice of developing systems that exhibit the characteristics we associate with intelligence in human behaviour, such as perception, natural language processing, problem solving and planning, learning and adaptation, and acting on the environment. Teaching students about AI can help them develop the knowledge and skills needed to pursue careers in technology, data science and other in-demand industries. Adaptive learning platforms can adjust to each student's progress in real-time, identifying gaps in knowledge, providing immediate feedback, and suggesting targeted interventions to help students master the material. AI can also help teachers automate administrative tasks, enabling them to focus more on instruction and student interaction. This paper presents a general overview of artificial intelligence and also made an attempt to understand its role and significance in the field of education.*

**Keywords:** Artificial Intelligence (AI), Sustainable Developmental Goals (SDG), Role and significance, Education.

---

### Introduction

Artificial Intelligence (AI) is a branch of Science which deals with helping machines finds solutions to complex problems in a more human-like fashion. This generally involves borrowing characteristics from human intelligence, and applying them as algorithms in a computer friendly way. A more or less flexible or efficient approach can be taken depending on the requirements established, which influences how artificial the intelligent behaviour appears. The goals of artificial intelligence include computer-enhanced learning, reasoning, and perception. AI is being used today across different industries from finance to healthcare. Artificial Intelligence is a machines ability to perform the cognitive functions we associate with human minds, such as perceiving, reasoning, learning, interacting with an environment, problem solving, and even exercising creativity.

AI is a technology that enables machines to perform tasks that would typically require human intelligence, such as perception, reasoning, and learning. In education, AI can be applied to create personalized learning experiences, automate administrative tasks, and support decision-making for educators.

### Role of Artificial Intelligence in the present context

Artificial Intelligence is very important nowadays because of its improved accuracy and decision-making: AI augments human intelligence with rich analytics and pattern prediction capabilities to improve the quality, effectiveness, and creativity of employee decisions. Artificial Intelligence is needed in future because of the productivity of artificial intelligence may boost our work places, which will benefit people by enabling them to do more work.

AI is more advantageous to society with its ability to analyze vast amounts of data, identify patterns, and provide accurate predictions; AI can play a vital role in helping to achieve the Sustainable developmental goals (SDGs). AI can help improve access to education, healthcare, and clean water, and can also aid in the fight against climate change, poverty, and hunger. As the future of AI replaces tedious or dangerous tasks, the human work force is liberated to focus on task for which they are more equipped such as those requiring creativity and empathy.

### The Role of Artificial Intelligence in Education

ensure ethical considerations are taken into account. Excluding students from learning about AI may result in a lack of diverse perspectives, leading to potential ethical issues and unintended consequences. It also leaves students unprepared to navigate ethical dilemmas.

To mitigate these dangers, it is essential to promote equitable access to AI education for all students, regardless of their background or socioeconomic status. This will help to ensure that everyone has the opportunity to benefit from the advancements in AI and contribute to a more inclusive and just society. **Conclusion**

AI education can empower underrepresented communities to leverage technologies for social good and drive positive change in their local and global contexts. The greatest drawback of AI is things like costly implementation, potential human job loss, and lack of emotion and creativity. However, Ensuring underrepresented populations are well-versed in AI positions them to contribute to policymaking and decision-making processes, shaping the rules and regulations governing AI applications. AI leads to transformative applications within a series of industrial, intellectual, and social applications, far beyond those caused by previous industrial revolutions. Furthermore, AI has proven to be superior to human decision-making in certain areas. AI has the potential to revolutionize the education sector by providing personalized learning experiences, automating administrative tasks, and supporting educators in decision-making

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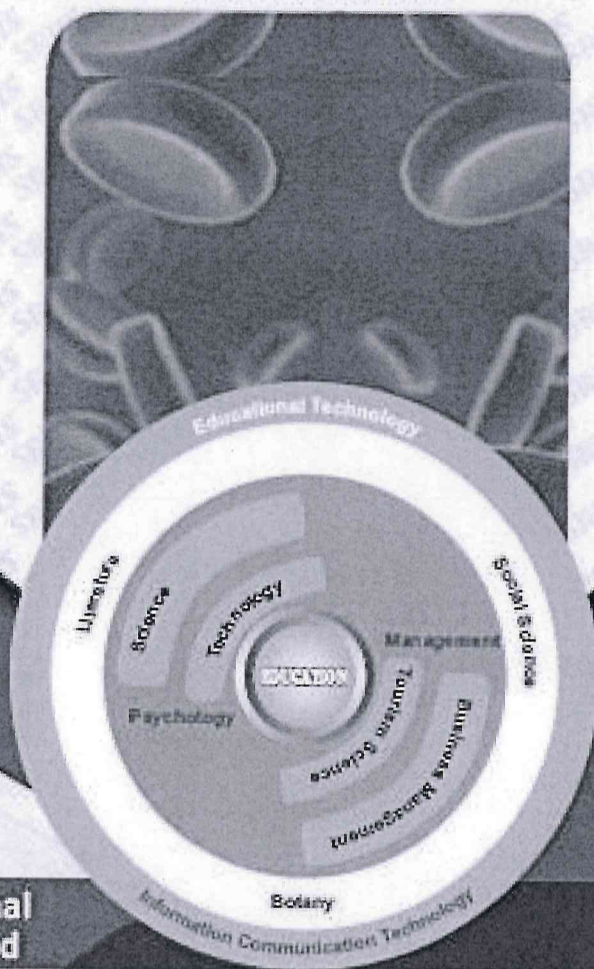
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## ROLE OF HEALTH EDUCATION IN REDUCING STRESS AND ENHANCING PHYSICAL AND MENTAL HEALTH OF A LEARNER

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### Abstract

Present day is an age of Anxiety. Industrialization and urbanization have generated competition resulting in pressure, insecurity and stress. 'Wants' have outstripped 'needs' causing stress as well as distress. Tranquil life of the rural surroundings has given place to the tense, impersonal life of the metropolis. We have become a cog in the wheel of the industrialized world, as Bertrand Russell put it. The concept of physical health refers to a sound body which will have high resistance to all adverse conditions, strong and robust in nature. Whereas mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life and mental hygiene as the means we take to assure this adjustment. Health education provides information about the human body and the factors that promote or damage health. Health education teaches children physical, mental, social, and psychological health (overall well-being). It helps students to make healthy choices and avoid risky behaviors. Health education training mainly focuses on preserving health, avoiding illnesses, and training students to make healthier decisions in their lives. The present paper mainly focuses on importance of health education in reducing stress and enhancing physical and mental health of a learner.

**Keywords:** Health Education, Physical and Mental Health and Stress Management.

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### INTRODUCTION:

The concept of adjustment is as old as human race on earth. The process of adjustment starts right from the birth of the child and continues till his death. Man, among the living beings have the highest capacities to adapt to new situations. Man as a social animal not only adapts to physical or mental demands but he also adjusts to social pressures in the society. The nature of adjustment process is decided by a number of factors particularly, internal needs and external demands of the human beings. When a conflict occurs between internal needs and external demands, in such conditions, there exists word Stress.

Stress is an individual phenomenon and it is a subjective unpleasant feeling of distress. Modern world is an age stress. There are 3 types of stress: Conflicts, Frustrations and Pressures. Every one of us irrespective of our age, sex, education, occupation, socio-economic status, whether we live in rural or urban area, faces stress. In recent years, incidences of mental and physical ill health have tremendously increased and have posed a serious problem before the nation. Industrial development, social and economic changes have given rise to a number of new problems. The problem of physical and mental health has acquired importance in the programmes of national development.

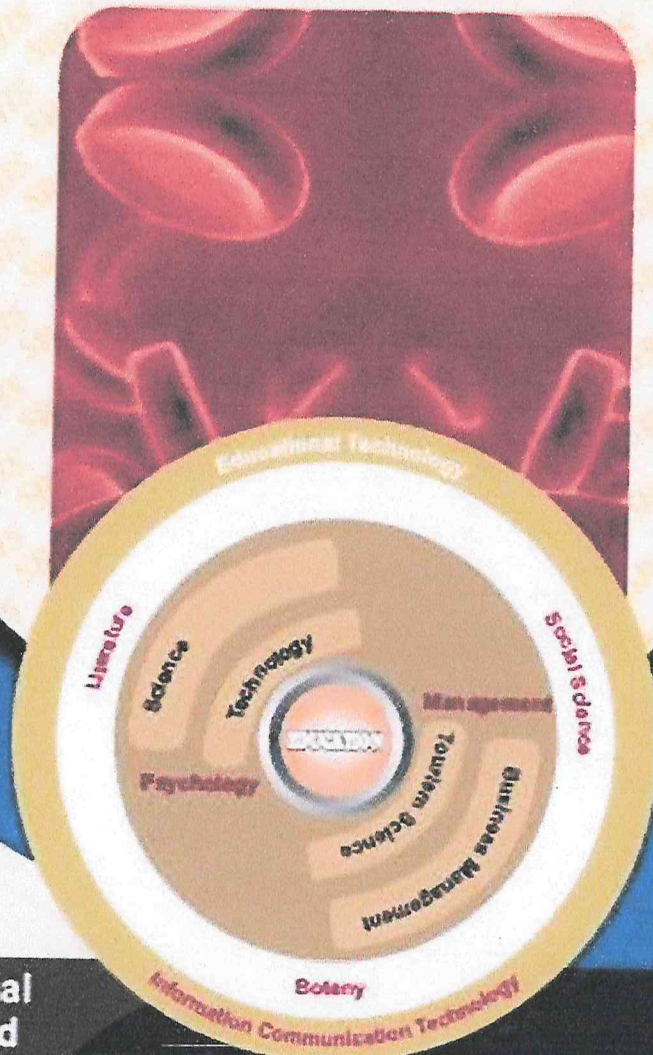
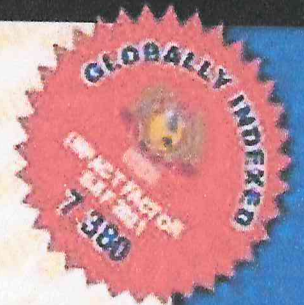
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## DIGITAL TECHNOLOGY FOR 21st CENTURY LEARNERS

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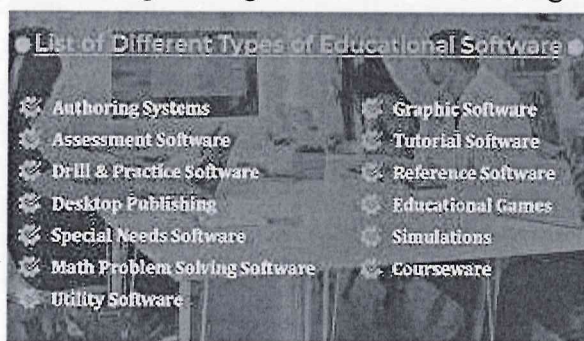
### Abstract

*Educational Software is a massive, all-encompassing term used to refer to any and all software designed for use in the education industry. The term includes everything from student information systems and classroom management software to reference management software and language learning software. Educational software or computer applications developed for the purpose of teaching and learning. This is a large domain that includes software made for different types of people. Students, teachers, administrators, mentors, and others. The software can also be made for different types of education: Traditional classrooms, self-directed learning, asynchronous lessons, and others. In classroom, educational software can provide functions, such as automatically grading multiple-choice assignments using formatted cards, or allowing students to submit digital assignments from home through a learning management System.*

### Introduction

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Digital technologies electronic tools, devices, systems and resources which generate, store or process data. Digital tools include social media, mobile phones, online games and multimedia. The 21<sup>st</sup> century's digital revolution has totally changed the methods of work, communication and living. Internet can connect people, hardware devices, software applications, information and resources all around the world. A rapid and wide

range of technological advancements has enforced profound influence on every walk of life including pedagogy. To achieve high quality digital learning students continually have access to the digital content and online resources. However, when technology is used in education it enhances student's attitude and digital skills. Digital learning facilitates students to use their devices for their learning process. It provides both teachers and students with access to a selection of educational resources that motivate creativity, critical thinking, communication and collaboration. It provides inclusion and the development of digital literacy skills. It extends learning beyond the text and classroom walls.

21<sup>st</sup> century digital technology a highly effective and economic digital teaching platform which is delivered directly into the education system.

Digital innovation for children include improved memory, increased fine and gross motor capabilities, enhanced child critical thinking and problem solving abilities.

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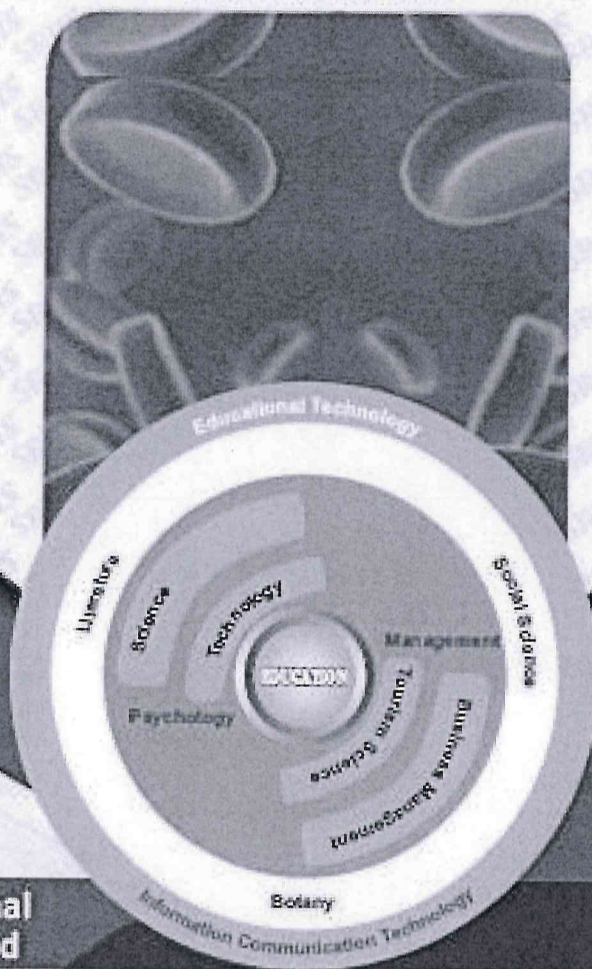
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## ROLE OF HEALTH EDUCATION IN REDUCING STRESS AND ENHANCING PHYSICAL AND MENTAL HEALTH OF A LEARNER

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### Abstract

Present day is an age of Anxiety. Industrialization and urbanization have generated competition resulting in pressure, insecurity and stress. 'Wants' have outstripped 'needs' causing stress as well as distress. Tranquil life of the rural surroundings has given place to the tense, impersonal life of the metropolis. We have become a cog in the wheel of the industrialized world, as Bertrand Russell put it. The concept of physical health refers to a sound body which will have high resistance to all adverse conditions, strong and robust in nature. Whereas mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life and mental hygiene as the means we take to assure this adjustment. Health education provides information about the human body and the factors that promote or damage health. Health education teaches children physical, mental, social, and psychological health (overall well-being). It helps students to make healthy choices and avoid risky behaviors. Health education training mainly focuses on preserving health, avoiding illnesses, and training students to make healthier decisions in their lives. The present paper mainly focuses on importance of health education in reducing stress and enhancing physical and mental health of a learner.

**Keywords:** Health Education, Physical and Mental Health and Stress Management.

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### INTRODUCTION:

The concept of adjustment is as old as human race on earth. The process of adjustment starts right from the birth of the child and continues till his death. Man, among the living beings have the highest capacities to adapt to new situations. Man as a social animal not only adapts to physical or mental demands but he also adjusts to social pressures in the society. The nature of adjustment process is decided by a number of factors particularly, internal needs and external demands of the human beings. When a conflict occurs between internal needs and external demands, in such conditions, there exists word Stress.

Stress is an individual phenomenon and it is a subjective unpleasant feeling of distress. Modern world is an age stress. There are 3 types of stress: Conflicts, Frustrations and Pressures. Every one of us irrespective of our age, sex, education, occupation, socio-economic status, whether we live in rural or urban area, faces stress. In recent years, incidences of mental and physical ill health have tremendously increased and have posed a serious problem before the nation. Industrial development, social and economic changes have given rise to a number of new problems. The problem of physical and mental health has acquired importance in the programmes of national development.

Health education can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. A comprehensive health education program plays a crucial role in a child's education, from kindergarten to higher education. Health education teaches children physical, mental, social, and psychological health. It helps learner to make healthy choices and avoid risky behaviors. Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education. The present paper will describe impact of stress on daily



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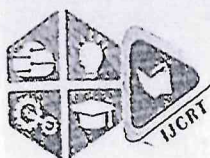
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## STUDY OF SELF-CONCEPT OF STUDENTS STUDYING IN SECONDARY SCHOOLS

Author: Dr.C.B.Vikram, Assistant Professor, JSS Institute of Education, Sakleshpur -573134 Hassan  
District, Karnataka

### Abstract:

The main objective of the study is to Study of Self-Concept of Students studying in secondary schools. The study applied survey method to explore the self-concept of secondary school students. A total of 300 students took part in the study. Vikram-Prahallada Self-Concept Inventory was used to collect the data. An independent sample t test was used to analyse the collected data. A graphic representation of the data was also displayed. The study found that, locality and class have no significant effect on the self-concept of secondary school students. In terms of self-concept dimensions, the study found a strong effect of locality on emotional characteristics, personality traits, and social behaviour, as well as a significant effect of class on emotional characteristics.

**Key Terms:** Self-concept, Students and Secondary School.

### INTRODUCTION:

In the educational process, personality traits play a big and essential role in school. When compared to cognitive characteristics that determine accomplishment and related behaviour, personality traits were actually recognised later. A child's development is always influenced by his or her "self." The term 'self-concept' refers to how people think about, evaluate, and view themselves. To be conscious of oneself means to have a concept of oneself. In psychology, self-concept is an idea of the self formed by one's own views about oneself and the reactions of others (Babu, 2016). Totally, a person's self-concept shapes his or her actions and behaviours. The taught self-concept serves as a behavioural guide for most well-adjusted individuals. In the case of an individual who lacks a constant positive self-concept or who has an exceptionally unsatisfactory self-concept, this leads to unity and consistency in behaviour.

Perhaps the most crucial quality and the key to comprehending a person's actions is their self-concept. More significantly, self-concept is learned rather than inherited. A person acquires it as a result of his interactions with his surroundings. A youngster develops their self-concept rather than being taught it.

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## Vital Strategies and Recommendations to the Educational Challenges of Students with Autism Spectrum Disorder (ASD)

Dr. C. B. Vikram

Assistant Professor, JSS Institute of Education, Sakleshpur -573134 Hassan District, Karnataka

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### Abstract:

Autism Spectrum Disorder (ASD) defined as a neurodevelopmental disorder associated with symptoms that include persistent deficits in social communication and social interaction across multiple contexts and restricted repetitive patterns of behavior, interests or activities. Being autistic does not mean you have an illness or disease. Autism is a spectrum which means everybody with autism is different. It means your brain works in a different way from other people. In recent decades, many children who are attending school have been diagnosed with autism spectrum disorder. The effects of this disorder typically prevent these individuals from accessing education in that these symptoms interfere with the learning process. Some autistic people need little or no support. Others may need help from a parent or care taker every day. This paper is an overview of autism spectrum disorder is presented from a psychosocial perspective, an attempt to circumvent disparate psychological and social viewpoints and offer a broader, more integrated view of ASD. Therefore, this paper covers vital strategies and recommendations to the educational challenges of students with autism spectrum disorder within the classroom by first educating themselves on the disorder and then exploring alternatives to behavior modification that provide the most conducive learning environment.

**Keywords:** Autism Spectrum Disorder, Strategies, Recommendations And Educational Challenges.

### Introduction:

Autistic Spectrum Disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn and behave. Autism spectrum disorder is generally defined as "a developmental disability caused by differences in the brain". Individuals with Autistic spectrum disorders face different challenges that can affect their learning abilities and motivation in education. Students with autism spectrum disorders may demonstrate different symptoms and needs. Although autism can be diagnosed at any age, it is described as a "developmental disorder" because symptoms generally appear in the first 2 years of life. Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. People of all genders, races, ethnicities and economic backgrounds can be diagnosed with autistic spectrum disorder. Although this can be a lifelong disorder, treatments and services can improve a person's symptoms and daily functioning. People with autistic spectrum disorder often have difficulty with communication and interaction with other people, restricted interests and repetitive behaviors symptoms that affect their ability to function in school, work and other areas of life. This presentation will review the main educational challenges of the students with autistic spectrum disorders face, as well as strategies and recommendations to overcome it.

### Background:

Autism Spectrum Disorder (ASD) are a diverse group of conditions. They are characterized by some degree of difficulty with social interaction and communication. Other characteristics are typical

patterns of activities and behaviours, such as difficulty with transition from one activity to another, a focus on details and unusual reactions to sensations. The abilities and needs of autistic people vary and can evolve over time. While some people with autism can live independently, others have severe disabilities and require life-long care and support. Just like neuro typical individuals, the future of people with ASD depends on their strengths, passions and skill sets. Autism often has an impact on education and employment opportunities. People with autism often have co-occurring conditions, including epilepsy, depression, anxiety and attention deficit hyperactivity disorder as well as challenging behaviours such as difficulty sleeping and self-injury. The level of intellectual functioning among autistic people varies widely extending from profound impairment to superior levels. However, there are general behaviors that educators are recommended to be aware of since these types of concerns may be seen in the majority of autistic spectrum disorder students. In severe cases, an autistic child may never learn to speak or make eye contact. But many children with autism and other autism spectrum disorders are able to live relatively normal lives. Some children with autism become more engaged with the world and show fewer disturbances in their behavior as they mature. In fact, those with the least severe problems eventually might lead normal or near-normal lives. Many parents are told autism is a behavioral disorder based on challenges in behavior. While children with autism do display behaviors that can be confusing, concerning and even disruptive. On the basis of these behaviors we can define it as a neuro-developmental difference. However, clinical

  
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