



MES AMANI COLLEGE
OF VANDALUR

NCIATRI²³ ABSTRACTS²⁰

Editors

**Ansar E. B., Dhanya P. R., Jisha K. C., Kesavan K.
Lathif Penath, Mohammed Areej E. M. & Sheena P. A.**



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Contents

Sl. No.	Title & Authors	Page No.
39	A Novel Approach to the Synthesis of White Light Emitting Dy ³⁺ Doped Lanthanum Oxalate Single Crystals Via Hydro Silica Gel Method <i>Aryamol Stephen</i>	39
40	The Impact of Deposition Time on the Structural and Optical Properties of Flower-like PbS Thin Films <i>Ashitha T. M. & Sheeba N. H.*</i>	40
41	Structural Properties and Antibacterial activity of Copper Oxide Nanoparticles <i>Chithra B. & Sheeba N. H.*</i>	41
42	Anatase to Rutile Phase Transformation of TiO ₂ Nanoparticles <i>Hasna N. J., Anna Rose & Sheena P. A.*</i>	42
43	Inhibiting Action of Cu Doping on the Phase Transformation of TiO ₂ Nanoparticles <i>Shanu A. S., Greatel Paremél & Johns Naduvath*</i>	43
44	Investigation on Trivalent Neodymium Doped (Nd ³⁺) Fluoroborosilicate Glasses for Laser Application. <i>Sreedevi</i>	44
45	Parental Bonding and Perception of Success Among Late Adolescent Athletes <i>Adnan Hamza Kizhisseri, Minna Farhana, Pranav Mohan, Rasha K. M.* & Minsika Hillal.</i>	45
46	Suicidal Ideation and Academic Stress Among Grade X Students Following ICSE, State and CBSE Syllabi in Kerala: A Comparative Study <i>Alna Elisubha V. S., Vismaya B., Mohammed Saif Zidan & Soumya Starlet C. T.</i>	46
47	Academic Adaptability and Resilience Among College Students based on Learning Style <i>Ayisha A. P. & Lathief Paneth*</i>	47
48	Effect of Aggression on School Refusal Behavior Among Adolescence <i>Bhagya B. L. & Farhana Nazar*</i>	48
49	Pain Appraisal, Catastrophizing, Fear of Progression and Death Anxiety Among Cancer Patients <i>Elsa Elisabeth Wilson & Soumya Starlet C. T.</i>	49
50	Emotion Regulation, Coping Abilities and Cognitive Flexibility Among Service Oriented Youth Organisation Members and Non Members <i>Farhana Nasar, Anaswara C. G., Afla K. S., Muhammed sharik, Sneha Rajeevan N. K.*</i>	50
51	Perceived Social Support and Bullying Among Adolescents <i>Fathimath Hiba* & Farhana Nasar K.</i>	51
52	Relationship Between Expectationism and Self Care Behaviour Among Young Adults <i>Hareesh Mohan E. R. & Lathif Penath*</i>	52

Academic Adaptability and Resilience Among College Students based on Learning Style

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The aim of this study is to examine the difference between academic adaptability and resilience among college students based on their learning style, and the dependence of academic adaptability and resilience on learning style. 60 visual learners and 60 auditory learners aged between 18 to 25 from the college students participated in this study. The data collected using Academic adaptation scale(Wu, Fan & WEIHUA - 2017), Bharathiar university resilience scale BURS (Prof Dr. Annalakshmi Narayanan, M.A, PhD, JDS(ISI), Professor department of psychology, Bharathiar University Coimbatore) And learning style questionnaire(O'Brien - 1985)along with a self made data schedule through online survey. Data was collected according to stratified sampling technique. The collected data were analyzed using SPSS statistical tools and appropriate statistical techniques such as descriptive statistics and independent t-test. The major finding shows such as the visual learners have more academic adaptability and resilience comparatively to the auditory learners, there is significance in academic adaptability and resilience among college students based on learning style, And there is a significant correlation between academic adaptability and resilience.

KEYWORDS: Academic Adaptation, Resilience, Learning Style.