



MES AMANI COLLEGE  
OF VANDALUR

# NCIATRI 23 ABSTRACTS 20

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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## **The Effect of Learning Styles on Academic Adaptation of High School Students**

Kibilath Divan, Avani K. Devadas, Nijayas Prasad, Sreyakrishna T. J. & Lathif Penath\*

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The present study examines the relationship between psychological wellbeing and social avoidance & distress among theist and atheist and to assess whether there is any difference between these variables among theist and atheist. Psychological well-being is a complex construct that concerns optimal psychological functioning and experience. It may be defined as including hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfilment). Psychological well-being scale consists of self-acceptance, positive relationships with others, autonomy, environmental mastery, a feeling of purpose and meaning in life, and personal growth and development. Social avoidance is defined as the desire to escape or actually avoiding being with, talking to, or interacting with others for any reason. The total sample is 104. The sample were collected from 52 theist and 52 atheist aged 18 to 40. The psychological wellbeing scale and SADS (social avoidance and distress) were used in this study. Data were collected according to stratified sampling technique. The collected data was analysed using SPSS statistical tool and appropriate statistical technique such as descriptive statistics, correlation and independent t test were used. The major finding of this study was there is a significant negative correlation with the above mentioned two variables among these samples and Theist and atheist showed no significant difference in psychological wellbeing and social avoidance & distress.

**KEYWORDS:** Learning Style, Academic Adaptation, Learning Style Questionnaire.