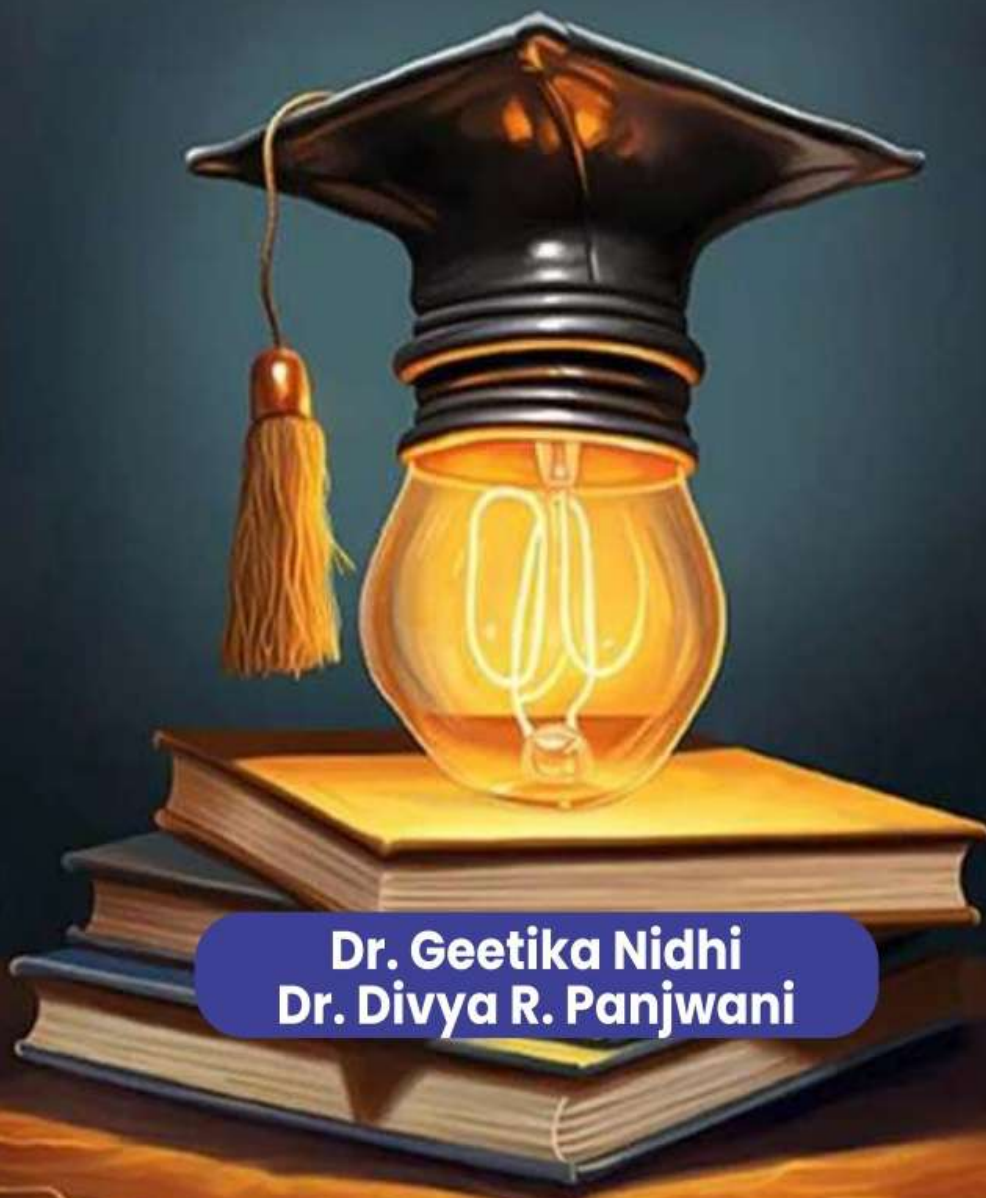


**NITYA**

# Manifold Prospects of

*Academic Resilience*



**Dr. Geetika Nidhi  
Dr. Divya R. Panjwani**

# **Manifold Prospects of Academic Resilience**

**Dr. Geetika Nidhi**

**Dr. Divya R. Panjwani**

**Nitya Publications**

First Edition 2023

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ISBN: 978-93-5857-952-9

Price : Rs. 300.00

Published & Printed by:  
Nitya Publications, Bhopal MP India  
Web: [www.nityapublications.com](http://www.nityapublications.com)  
Email: [info@nityapublications.com](mailto:info@nityapublications.com)  
Mob: 9009291840

# FORWARD

The journey in field education has developed me as thinker and contributed in each aspect of my life, one of which being identifying ways of enhancing academic success. I have gained multiple perspectives of dealing in the teaching learning situation. My exposure with varied communities and levels has made me aware of multiple dimensions educational aspects. I have observed a vast change in frontiers of academic needs and demands. I believe whatever be the obligation of academic situation these is a need to foster human development. While working with professionals of diverse background I wanted to explore the multiple perspectives of an important component-resilience. Individual is a complex whole in which all of the aspects need to be addressed.

To explore various dimensions of resilience we have tried to present this book which covers psychological, sociological philosophical and technological aspects of resilience. The contributors of the book have justified their writings which have made this text inspiring. Discussions about relation between academic resilience and emotional intelligence, personality and resilience, academic resilience and metacognition direct towards psychological aspect. Impact of technology in resilience, design thinking artificial intelligence and academic resilience cover the technological area. The role of libraries and government strategies in strengthening economic resilience is an exclusive discussion in this text. Philosophical aspects of Islam and education encompasses philosophical aspect.

All the contributors of the text have presented before you the aspects which have not been discussed before. I hope that the reader will get the knowledge and motivational value in this book. The presentation of the chapters is such that the readers find interest in the ideas presents and the thoughts documented. I present before you this book , hope you may find it valuable.

**Dr. Geetika Nidhi**

**Dr. Divya R. Panjwani**

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## Chapter 9

# Smartphone Addiction: A threat to Academic Resilience

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### **Abstract**

Technology has always consigned human life with efficiency and comfort. This paved the way to maximise the use of technology in human context-social, academic and personal. With changing trends came new prospects of technology, education being comparably most pretentious. To provide academic excellence technology was welcomed in educational arena but in due course of time it is seen that this has triggered many drawbacks in the young children. This paper tries to recognize one of the technological tool which has played an important role in educating masses but presently contributes in hindering the academic resilience of young children.

### **Introduction**

Technology has always consigned human life with efficiency and comfort. This paved the way to maximise the use of technology in human context-social, academic and personal. With changing trends came new prospects of technology , education being comparably most pretentious. To provide academic excellence technology was welcomed in educational arena but in due course of time it is seen that this has triggered many drawbacks in the young children. This paper tries to recognize one of the technological tool which has played an important role in educating masses but presently contributes in hindering the academic resilience of young children.