

Manifold Prospects of Academic Resilience

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INDEX

Sr. No	Title	Page No.
1	Personality and Academic Resilience <i>Dr. Susan Abraham</i>	01
2	Enhancing Education through Artificial Intelligence: Innovations in Teaching, Learning, and Assessment Prof. (Dr.) Mohd Haroon, Dr. Muhammad Kamamuddin Ahmad, Dr. Shoeb Ahmad and Dr. Jameel Ahmad	09
3	Academic Resilience and Emotional Intelligence: Ways to boost Academic Success <i>Dr. Richa Dubey and Uzma Husain Jaisi</i>	17
4	Impacts of Technology and Resilience in Education <i>Ms. Shaista Ateeque and Ms. Saba Parveen</i>	25
5	Design Thinking and Academic Resilience <i>Mr. Utkarsh and Dr. Divya R. Panjwani</i>	31
6	Role of Metacognitive Abilities and Academic Resilience in Scholastic Achievement of School Students <i>Ms. Uzma Hussain Jaisi, Prof. (Dr.) Adnan Khan Lodi and Dr. Richa Dubey</i>	39
7	Sri Arobindo's Contribution to the Indian Knowledge System and Resilience <i>Dr. Anil Kumar Singh</i>	49
8	Government Strategies for Strengthening Economic Resilience: Case Studies and Policy Insights <i>Mr. Atul Krishna Ghadge</i>	58

9	Smartphone Addiction: A threat to academic resilience	66
	<i>Neetika Yadavendra and Dr. Geetika Nidhi</i>	
10	Academic perseverance Optimizing the use of (Artificial Intelligence) AI as a teaching and learning - aide to deep learning in the educational processes of teachers and students.	71
	<i>Dr. Sheneela G C</i>	
11	Smartphones & Its Impact on Academic Resilience of Students	76
	<i>Meenu and Saloni Chouhan</i>	
12	Academic Resilience and the Transformative Role of Libraries	85
	<i>Dr. Prachi Shukla and Dr. Uma Pandey</i>	

encourages individuals to maintain their resiliency and persevere in difficult circumstances.

Interpersonal Connections: The formation of a support network is aided by social awareness and relationship management, two essential elements of emotional intelligence (EI). A network of emotional support can be built by students with high EI by developing positive interactions with peers, instructors, and mentors. These connections can serve as protection during stressful academic instances, strengthening resilience.

Development of Problem-Solving Attributes: By enabling people to view problems from multiple sides, emotional intelligence improves problem-solving abilities. Because they are less prone to experience academic stress overload, those with high EI levels are better able to come up with creative solutions to problems.

Emotional Intelligence Acting as an Intermediary:

The association in the middle of outside pressures and academic resilience is mediated by emotional intelligence. When students encounter academic difficulties, their EI affects how they perceive, consider, and handle these stressful stimulus. What EI does as a mediator is as follows:

Helpful in Emotion Valuation: Learners can effectively assess how they react emotionally to academic pressures because of EI. They are able to recognize their emotions and comprehend how these feelings impact their thinking and behavior. Effective emotion control and problem-solving depend on self-awareness.

Development of various Coping designs: EI provides learners with a variety of coping mechanisms. High EI respondents are more likely to make use of adaptive coping strategies, such as getting help from others, modifying their negative views, and remaining with a positive outlook, when they are faced with scholastic difficulties. Their resilience is increased by the aforementioned strategies.

Increase constructive outlook: The detrimental effects of stress on academic performance are lessened with the aid of emotional intelligence. Even when faced with difficult academic assignments, students with high EI are better able to stay focused and productive and suffer less anxiety.

The Role of Teachers in Nurturing Academic Resilience among Learners:

By offering the encouraging supports, students need while facing challenging circumstances, teachers can play an integral role in minimizing stress. There are numerous activities conducted by educators in educational settings, enhance resilience among learners, which ultimately give rise to scholastic, emotionally and socially desirable results. The experience of the Kauai