



## Modern learning style affecting the life style of adolescent students: A critical literature review

Pavan Kumar<sup>1</sup>, Kamod Kumar<sup>2</sup>

<sup>1</sup> Assistant Professor, Department of Education, Amogha Institute of Prof. & Tech. Education, Ghaziabad, Uttar Pradesh, India

<sup>2</sup> Associate Professor, Department of Education, Amogha Institute of Prof. & Tech. Education, Ghaziabad, Uttar Pradesh, India

### Abstract

Modern learning styles are characterized by a greater emphasis on self-directed learning. Students are now being expected to take more responsibility for their own learning. This is a positive development, but it can also be challenging for students who are not used to being so independent. The shift to modern learning styles is having a number of effects on the lifestyles of adolescent students. For example, students are now spending more time on their schoolwork, but they are also spending more time on extracurricular activities and social media. This can lead to stress and burnout, so it is important for students to find a balance between their academic and personal lives. Modern learning styles are having a positive impact on the lifestyles of adolescent students. However, it is important to be aware of the potential challenges and to take steps to mitigate them. Schools can play a role by providing students with support and guidance, and by creating a learning environment that is conducive to modern learning styles.

**Keywords:** Learning style, lifestyle and adolescents

### Introduction

Modern learning styles have evolved significantly in recent years, driven by advancements in technology, changes in educational paradigms, and a deeper understanding of how individuals learn best. In this era of rapid information dissemination and technological integration, the traditional classroom-based approach is undergoing a transformation. This transformation is characterized by a shift towards learner-centric, flexible, and technology-driven methods, which are collectively referred to as modern learning styles. The traditional model of education, with its emphasis on a fixed curriculum and passive student role, is giving way to a more dynamic and interactive learning environment. In modern learning, the learner takes centre stage, and education is tailored to individual needs and preferences. This learner-centric approach recognizes that every student is unique, with different learning styles, paces and strengths. As a result, modern learning styles prioritize personalization, enabling students to choose the content, pace, and even the place of their learning. One of the key drivers of modern learning is technology. The ubiquity of smartphones, tablets and computers has opened up new possibilities for learning beyond the confines of a physical classroom. Online courses, educational apps, and virtual reality simulations provide learners with access to a wealth of resources and experiences. Moreover, technology enables collaborative and interactive learning experiences, breaking down geographical barriers and fostering global communities of learners. Modern learning styles also embrace the concept of lifelong learning. In today's rapidly changing world, knowledge and skills become outdated quickly. Therefore, the ability to learn and adapt continuously is a critical skill. Modern learning encourages self-directed learning and equips individuals with the tools and mindset needed to acquire new knowledge and skills throughout their lives.

Furthermore, modern learning styles emphasize active and experiential learning. Rather than passively absorbing information, learners are encouraged to engage in hands-on activities, problem-solving, and critical thinking. Project-based learning, peer collaboration, and real-world application of knowledge are integral components of modern learning environments. Assessment methods have also evolved in modern learning. Traditional exams and standardized tests are being supplemented or replaced by more authentic forms of assessment, such as project portfolios, presentations, and peer evaluations. These methods better reflect a learner's ability to apply knowledge in real-world contexts. Inclusivity is another hallmark of modern learning. It recognizes and accommodates diverse learning needs, including those of students with disabilities. Technology plays a crucial role here, as it enables adaptive learning tools and resources tailored to individual requirements. First and foremost, lifestyle choices significantly affect adolescents' physical health. Poor dietary habits, lack of exercise, and insufficient sleep can lead to various health issues, such as obesity, diabetes, and cardiovascular diseases. Understanding these impacts allows educators, parents, and healthcare professionals to implement interventions and education programs that promote healthier choices among adolescents. This not only improves their current well-being but also establishes lifelong habits that reduce the risk of chronic diseases in adulthood.

Dunn, K. Dunn and Price: "The way in which each learner begins to concentrate, process and retain new and difficult information. That interaction occurs differently for everyone"

The World Health Organization (WHO): "Adolescence is the transitional phase of growth and development between childhood and adulthood any person between ages 10 and 19."

Moreover, lifestyle choices profoundly influence mental health during adolescence. Adolescents are vulnerable to stress, anxiety, and depression and factors like social media use, academic pressure, and peer relationships can exacerbate these issues.

### Need and importance

Modern learning styles have significantly impacted the lives of adolescent students, reshaping their educational experiences and by extension, their lifestyles. Modern learning styles, often incorporating technology and interactive methods, captivate adolescents' attention more effectively. This increased engagement translates to heightened motivation to learn, fostering a positive attitude toward education. Tailoring learning experiences to individual needs and preferences is now more feasible, thanks to modern learning methods. This personalization helps students explore their interests and strengths, making learning more relevant and enjoyable. Adolescents have increasingly busy lives with extracurricular activities and other commitments. Modern learning styles, such as online classes and resources offer flexibility in scheduling, allowing students to balance their academic pursuits with other aspects of life. Modern education emphasizes critical thinking and problem-solving skills. Adolescents learn to think analytically, apply knowledge to real-world situations and adapt to rapidly changing environments, preparing them for future challenges. Modern learning styles often integrate practical skills and technology proficiency, aligning education with the demands of the job market. This equips adolescents with the skills they need for future careers.

Modern learning styles are essential for adolescents as they enhance engagement, tailor education to individual needs and prepare students for the challenges of the future. These approaches not only influence their academic lives but also shape their overall lifestyles, fostering a love for learning that lasts a lifetime.

### Review of related literature

- Singh, Rajvir (2020) conducted a research titled A Study of achievement motivation Among Secondary school students in relation to their learning style school environment and self-Concept. In which they concluded that the achievement motivation of secondary school students, their learning style, school environment, self-concept are related to each other and they also influence each other.
- Sangeeta (2010) conducted a research titled A study of learning and decision making styles of senior secondary Students in relation to emotional competency. In which they concluded effective Skills should be developed in student through Quality education and make them able to take proper decisions and how to become emotionally stable person.
- Sarkar, Abhijit (2020) conducted a research titled yogic Lifestyle A Revival of Ancient culture in which they concluded In order to achieve a healthy and long life and to avoid premature death, it is necessary to follow the yogic lifestyle in accordance with the ancient scriptural rules.
- Joshi, Amit (2019) conducted a research titled Sustainable lifestyle and development issues in uttarakhand, in which they concluded The Uttarakhand government is running many important programs to improve the quality of life of the people of Uttarakhand

### Objectives

1. To assess the prevalence and adoption of modern learning styles among adolescents.
2. To Assess the relationship between modern learning styles and changes in adolescents' daily routines.
3. To analyse the influence of modern learning methods on social interactions and extracurricular activities of adolescents.
4. To explore the role of technology and digital resources in shaping the lifestyle choices of adolescents.
5. To identify potential challenges or negative consequences associated with modern learning styles in the lives of adolescents.

### Methodology

Conducted a thorough review of existing literature to understand the current state of knowledge in this area. Identified key theories, concepts, and previous research related to learning styles and adolescent lifestyles.

### Modern learning style

Modern learning styles refer to contemporary approaches and methods of acquiring knowledge and skills. They are characterized by a shift away from traditional, classroom-based learning and encompass various strategies and technologies that cater to individual preferences and the demands of a digital age. Modern learning styles often include:

**Online and Digital Learning:** Utilizing the internet and digital platforms for education, such as online courses, webinars, and e-learning modules.

**Personalized Learning:** Tailoring education to individual students' needs and preferences through adaptive learning technologies and personalized content.

**Collaborative Learning:** Encouraging students to work together, both in person and online, to solve the problem.

### Impact on adolescent student's life style

Modern learning styles have had a profound impact on the lifestyles of adolescent students, reshaping the way they learn, interact, and engage with the world around them. This transformation is driven by technological advancements, changing educational paradigms, and the evolving needs of the digital age. First and foremost, the integration of technology into education has revolutionized how adolescents' access and consume information. With the proliferation of smartphones, tablets, and laptops, students have instant access to a vast repository of knowledge at their fingertips. This has fostered a culture of self-directed learning, allowing students to explore subjects beyond the confines of traditional classroom.

### Benefit of modern Life style

One of the most prominent benefits of modern learning styles is their ability to engage students more effectively. Traditional classroom settings often employ one-size-fits-all teaching methods, which may not resonate with every student. In contrast, modern learning styles leverage technology and innovative techniques to create interactive and immersive learning experiences. For example, gamification, virtual reality, and augmented reality can make complex subjects more engaging and enjoyable. This heightened engagement can lead to increased motivation, better retention of information, and a more positive attitude towards learning. Flexibility is another key advantage offered by modern learning styles.

### Challenge and concern

Modern learning styles have brought about significant changes in the lives of adolescents, presenting both challenges and concerns. One major challenge is the integration of technology into education. While it offers access to a vast amount of information, it can lead to distractions and excessive screen time, potentially affecting students' physical and mental well-being. Furthermore, the fast-paced nature of modern learning can result in increased stress levels among adolescents. The pressure to keep up with assignments, online classes, and extracurricular activities can lead to burnout and negatively impact their overall quality of life. Concerns also arise regarding the social aspects of modern learning. Adolescents may spend less time interacting face-to-face with peers, leading to a potential decline in social skills and a sense of isolation. The rise of online communication can sometimes replace meaningful in-person connections. Modern learning styles have brought both opportunities and challenges for adolescents. On one hand, they offer a more dynamic and flexible approach to education, catering to various learning preferences. However, they also raise concerns about their impact on the lifestyle of adolescent students. One challenge is the potential for excessive screen time. With the proliferation of online classes, social media, and digital entertainment, adolescents may spend long hours in front of screens. This can lead to issues like digital eye strain, sleep disturbances, and a sedentary lifestyle, affecting their physical and mental well-being.

Furthermore, the convenience of remote learning can blur the boundaries between school and personal life. Adolescents may struggle to maintain a healthy balance, leading to academic burnout and diminished social interactions. The constant connectivity also poses challenges in terms of mental health. Cyberbullying, social comparison, and the pressure to maintain an online persona can contribute to anxiety and depression among adolescents. There are also concerns about the quality of learning. Online sources may lack the rigor and supervision of traditional classrooms, potentially leading to gaps in knowledge and critical thinking skills.

while modern learning styles offer valuable opportunities, they come with challenges. Adolescents must be guided to use technology mindfully, maintain a balanced lifestyle, and develop the skills necessary to thrive in the digital age while preserving their well-being. Balancing the benefits and challenges of modern learning styles is essential. Educators and parents must work together to ensure adolescents develop effective time management skills, maintain a healthy work-life balance, and foster social connections both online and offline. This holistic approach can help mitigate the negative impacts and ensure that modern learning enhances rather than hinders the lifestyle of adolescents.

### Conclusion

Modern learning styles have undeniably transformed the lifestyles of adolescents in profound ways. The advent of technology, especially the widespread availability of the internet and digital devices, has revolutionized the educational landscape. This transformation has ushered in a host of positive changes, offering students unprecedented access to information, resources, and interactive learning tools. However, with these advancements come significant

challenges. The omnipresence of screens and the allure of social media have the potential to distract students from their studies and impede their overall well-being. The constant barrage of information can also lead to information overload and a diminished ability to focus. This shift has not been without challenges. Moreover, the shift towards online learning, particularly in response to global events like the COVID-19 pandemic, has required adolescents to adapt to new modes of education and self-discipline. This shift has altered their daily routines, blurring the boundaries between leisure and study time. Impact of modern learning styles on the lifestyle of adolescents is a complex interplay of opportunities and challenges. It is crucial for educators, parents, and policymakers to navigate this terrain thoughtfully, ensuring that the benefits of technology-driven learning are maximized while mitigating its potential drawbacks, to empower adolescents to thrive in this evolving educational landscape. In essence, while modern learning styles offer tremendous benefits in terms of accessibility and innovation, they also demand a new level of responsibility and self-regulation from adolescents. Striking a balance between the opportunities and challenges of modern learning is crucial for students to thrive in this evolving educational landscape while maintaining a healthy lifestyle.

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