

**Investigating Learned Helplessness Affecting Academic Achievement of Grade 8<sup>TH</sup>  
Students in Islamabad Model Schools**

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**ABSTRACT**

*The motive of the look at changed into to research the found out helplessness affecting instructional success of grade eighth college students. This have a look at became primarily based totally at the principle given with the aid of using Martin Seligman principle of discovered vulnerability. The essential targets of the examine had been to discover the connection among discovered helplessness and educational success of eighth grade college students. To discover the connection of college students' found out helplessness and their instructional fulfillment with the aid of using parental training. To discover the treatments concerning the difficulty of found out helplessness from instructor trainers. Study changed into primarily based totally at the perspectives of college students of eighth grade (male/female) Islamabad version schools, and interviews had been carried out to instructors of Ph.d Psychologists Islamabad Universities. The method became tailored Questionnaire via way of means of Fincham, et al (2005). Questionnaires had been tailored and disbursed the various college students. 836 questionnaires had been dispensed some of the college students, eight interviews have been performed with the aid of using the instructors. This look at investigates the found out helplessness, parental schooling and educational fulfillment of college students. Data become amassed through the 5-factor liket-scale (True, now no longer true, fairly or every now and then true). The instructional fulfillment changed into gauged from the maximum latest exam numbers. The accumulated statistics changed into analyzed through SPSS (21). According to the character of the records and to deal with the studies questions, one of a kind statistical method i.e descriptive statistics, pearson-r, t-test, general deviation, mean. Results indicated that there has been no full-size courting among found out helplessness and educational success of college students. It turned into additionally discovered that there has been no substantial impact of parental schooling on college students' helplessness.*

**Keywords:** *cappotential levels, Academic Achievement, Grade 8<sup>TH</sup>, helplessness.*

**INTRODUCTION**

Out of a hundred and seventy million populace, Pakistan stand the burden of one of the maximum illiterate international locations of Asia. About 1/2 of of the populace is illiterate and out of 1/2 of of the college going populace can not even preserve their research up until matriculation. The excessive charge of drop outs in Pakistan is a purpose for difficulty and it way that social and public rules should be reorganized to deal with this crucial issue. Although there are numerous motives for youngsters losing out of college as given in diverse research, a few motives are trainer attitude, backward areas, co-schooling device and terrible own circle of relatives background. But the maximum vital purpose of dropout can be found out helplessness Khan, Azher, & Shah, (2021). Learned helplessness is a distinguishing conduct of a human and happens wherein an person enjoy again and again painful or aversive stimuli which he's not able to keep away from. After such enjoy, the organism regularly fails to research or be given /keep away from or break out in new conditions in which such conduct might in all likelihood be effective. In different words, the organism discovered that he's helpless in conditions in which there's a presence of

aversive stimuli and has well-known that he has misplaced control, and thus 'offers up trying'. Such an organism is stated to have obtained found out helplessness. They research this conduct from their environment (Carlson, 2020).

Failures and errors are part of the getting to know process, understood via way of means of maximum college students as critical for success. The tries of some of college students at gaining knowledge of include a string of consistent failures. The end result in their repeated failure leads to finish despondency. This phenomenon has been termed as found out helplessness in Educational Psychology Zambo, (2015). A infant who plays weakly on math exams and assignments will in a timely fashion start to sense that not anything he does can have any impact on his math performance. When later confronted with any form of math-associated task, he might also additionally enjoy a experience of hopelessness. Children who enjoy failure on a rhythmic foundation can be touchy to improvement of a found out helplessness (Licht & Kistner, 2016). A pupil who studies discovered helplessness as regards to math magnificence might not revel in the equal helplessness, while confronted with acting calculations within the actual world. In different cases, humans can also additionally revel in found out helplessness that oversimplify on a extensive sort of conditions. More than twenty-5 percentage of college students who drop out of faculty achieve this because of unsolved instructional and motivational problems. Learned helplessness has because grow to be a primary precept of behavioral theory, representing that preceding mastering can bring about a drastic extrade in conduct and in search of to provide an explanation for why people can also additionally receive and continue to be passive in terrible conditions no matter their clean cappotential to extrade them (Nolen, 2017). Learned helplessness has additionally been related to numerous exclusive mental disorders. Depression, anxiety, phobias, shyness, and loneliness can all be complex via way of means of discovered helplessness. Researchers have found, however, that found out helplessness does now no longer constantly oversimplify different conditions and settings (Seligman, 2020).

### **Statement of the Problem**

Many kids of various cappotential levels, failing in faculties flip off and abort learning. Research has yielded conclusive proof that a found out reaction is at the foundation of the problem. This reality factors to a want for a exclusive attitude to locate the solution. We as instructors had been neglecting the mental motives of students' failure and people who refuse to study regardless of the first-rate efforts of educators to encourage and teach. Thus the name of the prevailing take a look at was "Investigation of found out helplessness Affecting Academic Achievement of Grade eighth Students in Islamabad Model Schools".

### **Objectives of the Study**

Following are the goals of the have a look at:

1. To perceive the connection among discovered helplessness and educational success of eighth grade college students.
2. To discover impact of parental training on helplessness because of parental training.

### **Hypotheses of the Study**

The hypotheses of this observe are as follows:

H1 There turned into a statistically great dating among college students discovered helplessness and educational fulfillment.

H2 There changed into a statistically enormous impact of parental schooling on college students found out helplessness.

## **LITERATURE REVIEW**

### **Motivation**

Motivation is the cause for humans's actions, goals, and desires. It is likewise one's course to conduct, or what reasons someone to need to copy a conduct. A cause is what activates the individual to behave in a positive way, or at the least expand an inclination for precise conduct. Mullins (2022) says that motivation is a 'using pressure' thru which humans warfare to acquire their dreams and satisfy a want or maintain a cost. The critical phrases right here are 'desires', 'values' and 'desires' and those are the constructing blocks of motivation that result in actions:

- Needs are primary necessities for survival and can be bodily or mental; for example, hunger, thirst, love or friendship.
- Values are the matters that we do not forget to be maximum vital; for example, family, fitness or wealth.
- Goals are the effects that we're operating towards.

### **Meaning of Motivation**

According to Likert (2024), "It is the middle of control which indicates that each man or women offers him a feel of really well worth in face-to -face businesses which can be maximum vital to him. A manager must try to deal with people with dignity and popularity in their non-public really well worth." According to Memoria (2017) a willingness to dissipate electricity to reap a purpose or reward. It is a pressure that turns on dormant energies and units in movement the movement of the human beings. It is the characteristic that kindles a burning ardour for motion a few of the humans of an organization.

### **Nature of Motivation**

Motivation is a mental phenomenon which generates inside an individual. A character feels the shortage of sure desires, to meet which he feels operating greater. The want enjoyable ego motivates someone to do higher than he typically does. (Larson 2021):

- i. Motivation is an internal feeling which energizes someone to paintings greater.
- ii. The feelings or goals of someone activate him for doing a selected paintings.
- iii. There are unhappy desires of someone which disturb his equilibrium.
- iv. A character actions to meet his unhappy wishes with the aid of using conditioning his energies.
- v. There are dormant energies in someone which can be activated through channelizing them into actions.

### **The Effect of Motivation on Learning and Behavior**

Motivation has numerous consequences on college students' studying and conduct. Motivation directs conduct in the direction of unique desires. Social cognitive theorists advise that people set dreams for themselves and direct their conduct accordingly. Motivation determines the particular desires closer to which inexperienced persons attempt Maehr & Meyer, (2020). Thus, it impacts the picks college students make for instance, whether or not to sign up for physics or studio art, whether or not to spend an night finishing a difficult homework challenge or gambling videogames with friends.

Motivation results in improved attempt and strength. Motivation will increase the quantity of attempt and power that freshmen use up in sports without delay associated with their wishes and dreams Pintrich et al., (2020). It determines whether or not they pursue a venture enthusiastically and wholeheartedly or apathetically. Motivation will increase initiation of and endurance in sports. Learners are much more likely to start a venture they actually need to do. They also are much more likely to keep operating at it till they have got finished it, despite the fact that they're once in a while interrupted or pissed off withinside the procedure. In general, then, motivation will increase college students' time on challenge, an vital component affecting their mastering and fulfillment (Larson, 2017).

Motivation influences cognitive processes. Motivation influences what inexperienced persons be aware of and the way correctly they manner it Pintrich & Schunk, (2023). For instance, encouraged beginners regularly make a concerted attempt to actually apprehend lecture room fabric to analyze it meaningfully and keep in mind how they could use it of their very own lives. Motivation determines which effects are reinforcing and punishing. The greater novices are stimulated to gain instructional success, the greater they may be happy with an A and disenchanted through a low grade. The greater newcomers need to be regularly occurring and revered through peers, the greater they may price club withinside the "in" organization and be distressed with the aid of using the ridicule of classmates. To a teenage boy bored with athletics, making or now no longer making the faculty soccer group isn't anyt any huge deal, however to a youngsterer whose existence revolves round soccer, making or now no longer making the crew can be a result of huge importance.

Motivation frequently complements performance. Because of the opposite consequences simply diagnosed intention directed conduct, attempt and power, initiation and staying power, cognitive processing, and the effect of results motivation regularly results in advanced performance. As you may guess, then, college students who're maximum encouraged to examine and excel in school room sports have a tendency to be our maximum achievers Schiefele, Krapp, & Winteler, (2020) Conversely, college students who've little hobby in educational fulfillment are at excessive threat for losing out earlier than they graduate from excessive faculty (Hardré & Reeve, 2023).

### **Intrinsic Motivation**

Kendra Cherry, (2017) refers to conduct this is pushed with the aid of using inner rewards. In different words, the inducement to interact in a conduct arises from in the man or woman due to the fact it's miles obviously pleasant to you. This contrasts with extrinsic motivation which entails conducting a conduct with a view to earn outside rewards or keep away from punishment. The factors Belmont, CA: Wadsworth; 2015 discover as growing intrinsic motivation include:

- **Challenge:** People are extra prompted once they pursue dreams with non-public which means and whilst accomplishing the aim is feasible however now no longer always certain. These dreams can also relate to their shallowness while overall performance comments is available.

- Curiosity: Internal motivation is expanded whilst some thing withinside the bodily surroundings grabs the man or woman's attention (sensory curiosity). It additionally takes place while some thing approximately the hobby stimulates the individual to need to research greater (cognitive curiosity)
- Control: People need manipulate over themselves and their environments and need to decide what they pursue.
- Cooperation and competition: Intrinsic motivation may be expanded in conditions in which humans benefit pride from assisting others. It additionally applies to instances in which they may be capable of evaluate their very own overall performance favorably to that of others
- Recognition: People experience having their accomplishment diagnosed via way of means of others, that could growth inner motivation.

Shannon famous intrinsic motivation via way of means of elements inside herself and inherent withinside the mission she is performing. Learners who're intrinsically stimulated may also interact in an interest as it offers them pleasure, allows them increase a ability they assume is important, or appears to be the ethically and morally proper aspect to do. Some inexperienced persons with excessive degrees of intrinsic motivation come to be so centered on and absorbed in an hobby that they lose tune of time and absolutely forget about different duties phenomenon referred to as flow (Turner, & Meyer, 2016). Learners are maximum possibly to expose the useful outcomes of motivation while they're intrinsically stimulated to have interaction in lecture room sports. Intrinsically inspired freshmen address assigned obligations willingly and are keen to research study room material, much more likely to system data in powerful ways (e.g., through accomplishing significant learning), and much more likely to reap at excessive stages (A. E. Gottfried, Fleming, & Gottfried, 2001; Reeve, 2006). In the early fundamental grades, college students are frequently keen and excited to study new matters at faculty. But someday among Grades three and 9, their intrinsic motivation to analyze and grasp college challenge remember declines (Covington & Müeller, 2016; Lepper, Corpus, & Iyengar, 2015; Otis, Grouzet, & Pelletier, 2015). This decline might be the end result of numerous elements. As college students get older, they're an increasing number of reminded of the significance of appropriate grades extrinsic motivators for promotion, graduation, and university admission, inflicting them to consciousness their efforts on incomes excessive grade factor averages. Furthermore, they emerge as greater cognitively capable of set and attempt for long-time period goals, and that they start to compare college topics in phrases in their relevance to such goals, in preference to in phrases of any intrinsic appeal. In addition, college students can also additionally develop an increasing number of impatient with the overly structured, repetitive, and dull sports that they frequently come upon at college (Larson, 2015).

### **Extrinsic Motivation**

Brown, L. V. (2018) refers to conduct this is pushed via way of means of outside rewards consisting of money, fame, grades, and reward. This form of motivation arises from out of doors the individual, in preference to intrinsic motivation, which originates inner of the individual. Griggs, R. A. (2017) described as our tendency to have interaction in sports in an effort to advantage a few kind of known, outside praise. It is vital to word that those rewards may be both tangible or mental in nature. Money and trophies are not unusualplace varieties of tangible rewards. People interact in sports that they could commonly now no longer locate extraordinarily exciting or profitable so one can earn a wage. Athletes frequently interact in strenuous and tough education periods to be able to be capable of compete in carrying occasions with the intention to win trophies and awards. Psychological varieties of extrinsic motivation can encompass



reward and public acclaim. A toddler may easy her room which will acquire wonderful reward from her parents. An actor may carry out in a function if you want to attain interest and acclaim from his audience. In each of those examples, even as the praise isn't always bodily or tangible, it's miles a sort of motivating praise this is outside to the real system of taking part withinside the event.

Sheryl well-knownshows extrinsic motivation via way of means of elements outside to herself and unrelated to the assignment she is appearing. Learners who're extrinsically stimulated might also additionally need the best grades, money, or popularity that unique sports and accomplishments bring. Essentially, they may be inspired to carry out a undertaking as a way to an end, now no longer as an result in itself. Extrinsically influenced freshmen might also additionally must be enticed or prodded, may also technique statistics most effective superficially, and are regularly interested by appearing most effective clean obligations and assembly minimum lecture room requirements (Fleming, & Gottfried, 2021; Reeve, 2016). Extrinsic motivation isn't always always a terrible factor, however; frequently freshmen are concurrently inspired via way of means of each intrinsic and extrinsic elements (Covington, 2020; Lepper et al., 2015, despite the fact that Shannon enjoys her writing course, she additionally is aware of that a very good grade will assist her get a scholarship at State U. Furthermore, proper grades and different outside rewards for excessive success might also additionally verify for Shannon that she is gaining knowledge of faculty problem remember (Hynd, 2023). In a few instances, extrinsic motivation possibly withinside the shape of extrinsic enhance for educational fulfillment or efficient conduct can be the handiest component that may get college students on the street to a success lecture room mastering and effective conduct. Yet intrinsic motivation is in the long run what's going to preserve college students over the lengthy run. It will inspire them to make feel of and practice what they may be reading and could growth the percentages that they'll keep to study and find out about writing, science, history, and different instructional problem be counted lengthy once they have left their formal training behind.

## **RESEARCH METHODOLOGY**

### **Method and Procedure**

The contemporary have a look at turned into built to probe the phenomenon of LH withinside the instructional context of the Islamabad Model schools. LH is a complicated problem of manifold interpretations that doesn't lend itself without difficulty to at least one shape of assessment, as formerly exemplified withinside the Literature Review section. The bankruptcy offers with the strategies and method of the look at, Research design, populace, samples, improvement of studies instruments, facts series and records analysis. The technique and method is prepared below the subsequent headings.

### **Research Design**

It is a descriptive co-relational take a look at and turned into performed via way of means of the use of the blended method. The information turned into gathered thru questionnaire and interview. The observe assessed the connection among found out helplessness, student's fulfillment their parental training. Students' parental training and discovered helplessness had been unbiased variables, while college students' instructional success turned into established variable.

### **Population**

The populace of the examine changed into all of the eighth grade college students (Boys and Girls) of Islamabad Model Schools. Total college students have been 10457 out of which, 4354 had been male and

lady college students have been 6103 (AEPAM 2017). Total populace of running shoes have been eight coaching instructional psychology and steering and counseling.

### **Sample**

Sample of the look at become made from 836 randomly decided on college students from eighth grade of Islamabad Model Schools, which have been eight% of the populace of Male and woman (348 Male college students and 488 girl college students). Purposive sampling approach changed into used to pick out eight instructor running shoes coaching instructional psychology and Guidance and Counseling in Islamabad.

**Table No.1**

### **Demographic Profile of Sample of the Study**

Total	Number	Percentage
Male	348	41.62%
Female	488	58.37%
Social	767	91.74%
Aloof	69	8.25%
Number of siblings		
1-2	200	23.9%
3-4	438	52.39%
5-6	87	10.40%
Single	77	9.21%
Others	34	4.06%
Ethnicity		
Punjabi	661	79.06%

Pathan	87	10.40%
Kashmiri	50	5.98%
Sindhi	6	0.71%
Balochi	2	0.23%
Potohari	30	3.58%

### **Research Instrument**

As the take a look at changed into co-relational in nature, the researcher evolved questionnaires to acquire information. The questionnaire for college students comprised of twenty-two questions with five alternatives every. Researcher organized the questionnaire via way of means of the use of five-factor likert scale. The questionnaire centered directly to degree the scholars found out helplessness. The gadgets of the dimensions have been to be spoke back on the size of now no longer true, really or on occasion true, Neutral, True, very true. It comprised 22 objects of which 14 statements had been definitely phrased.i.e.1,2,3,4,five,6,7,8,9,10,11,12,13,14 and eight statements had been negatively phrased.i.e.4,five,6,8,10,19,21,22.To take a look at the validity of the tool, college students had been obtained. It became requested to them whether or not they sense questions had been suitable to degree college students discovered helplessness and which questions they didn't suppose like minded with. What extra need to be introduced to the questionnaire? In the mild in their tips word 'generally' turned into introduced to every object to make it applicable to non-public existence and enjoy of each student.

### **Pilot Testing**

For pilot checking out the questionnaires have been administered to twenty college students of Islamabad version faculty from described population. Under supervision of professional manager questionnaire turned into implemented to accumulate facts from described population.

### **Student's Achievement Records (Document Analysis)**

To attain initial records on the scholars' performance, an in depth file that covered check ratings in all topics: all topics had been examined. The data for the Academic yr 2015-2016 have been used to music college students' development withinside the very last examination of the primary term, accompanied with the aid of using the 0.33 term. The fulfillment statistics are a number one inadvertent supply of information, defined with the aid of using Bell (2018) because the documents, "which might be utilized by the researcher for some other cause apart from that for which they had been at first intended". The aim of the have a look at is to explore for the opportunity of college students vulnerable to found out helplessness via way of means of inspecting whether or not the development of college students is still substandard or stagnant.

### **Validation of Instrument**



Best practices to make sure validity of studies devices have been accompanied, Best, J.W., & Kahn, J.V.(2020.pp.324,329) recommend that the fundamental requirement for a questionnaire to be legitimate is that it must ask the proper questions, which need to be clear, unique and nicely worded. They additionally propose that each one phrases have to be well described withinside the questionnaire so that every one respondents are capable of draw the identical which means from them. They additionally suggest the usage of the help of affiliates and studies specialists to make the questionnaire extra applicable and practical with the aid of using putting off all its ambiguities. Learned helpless loading helped in figuring out the assemble validity. It constitute how a great deal a elements explains a variable in aspect evaluation. The fee of KMO (Kaiser-Meyer-Olkin) turned into 0.77, that's taken into consideration as an awesome cost, suggesting that the discovered helpless evaluation become suitable for the observe facts.

### **Reliability of the Research Instruments**

Reliability of the gadgets turned into decided through calculating the Cronbach's alpha, that's maximum applicable for Likert scales that contain extra than score alternatives in which numbers are used for representing every score option (Gay, L.R., Mills, G.E., & Airasian, P. W., 2019,p. 161).

Following desk display the reliability of the studies gadgets:

**Table No.2**

#### **Value of Cronbach's Alpha**

Learned Helplessness	0.768
Mastery orientation	0.768

### **Data Collection**

After building the device of the observe, questionnaires had been allotted amongst 836 college students of eighth elegance college students of Islamabad version schools. 98% college students spoke back with out mistakes.

### **Semi-Established Interviews**

Semi-established interviews represent the qualitative follow-up section of the information collection. Mack et al. (2018) sell person face-to-face interviews in instances in which person interpretations are sought and in which non-public memories are needed, they inspire the usage of open - ended inquiries to elicit unstructured conversation. Researchers have unanimously confused the considered necessary competencies in a talented interviewer, specifically organising rapport and spotting paralinguistic expressions in particular whilst the subject is sensitive. (Mack et al. 2016; Creswell, 2018; Robson, 2020). Although interviews had been tough to examine, they “can yield wealthy cloth and may frequently placed flesh at the bones of questionnaire responses” (Bell 2019, p.157).

### **Ethical Considerations**

The researcher took all possible measures to make certain the well being of the participants. Participants had been knowledgeable of the reason of the examine and participation turned into voluntary (knowledgeable consent). The anonymity of identities changed into maintained all through the path of this observe, a enormously essential issue communicated with the aid of using the college government because of the sensitivity of the studies subject matter on the only hand, and the disclosure of student's success statistics at the other. Deliberation become taken to include the three middle requirements of player respect, beneficence and justice which might be sanctioned withinside the Belmont Report (1979 referred to in Mack et al. 2019).

### **Data Analysis**

The accumulated facts from the scholars turned into analyzed with the assist of statistical package deal for social sciences SPSS 19. Data for the have a look at of discovered Helplessness changed into accrued via way of means of the 5-factor rating scale. Data for the take a look at of courting of college students, mastery orientation and discovered helplessness with college students fulfillment had been gathered on 5 factor Likert scale (True, Not true, really or every now and then true, Neutral, very true). To examine the accumulated statistics researcher used descriptive statistics (percentage, Pearson-r, imply and general deviation). Pearson- r, changed into implemented to discover the connection among discovered helplessness, with their instructional fulfillment. Students of knowledgeable mother and father and college students of uneducated parent's dating with college students' instructional success.

### **RESULTS**

**Table No.1**

**Students Learned helplessness and their achievement scores**

<b>Group 1</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>Pearson</b>	<b>P VALUE</b>
All student Learned helplessness		22.65	4.60		0.08
All student achievement scores	836	593.12	50.98	.995	

According to the desk 2 the discovered helplessness made out of 836 college students. The suggest of discovered helplessness of the scholars are 22.sixty five and their imply of success rating is 593.12. Their general deviation of discovered helplessness is 4.60 and general deviation of college students fulfillment rating is 50.98. The fee of  $r = .995$  and the  $p$  0.08 price that is much less than  $r$ , so there may be no courting among pupil found out helplessness and fulfillment scores. Therefore it's far rejected as outcomes display there's no great courting among found out helplessness and their fulfillment scores.

**Table No.2**

**Parental education with their student academic achievement**

Group	N	MEAN	SD	Pearson= r	P value
Educated parents	300	103.453		-.024	0.087
Students 'academic achievement		604.41	22.688		
			41.46		
uneducated parents	536	22.576	4.57	-.002	
					0.087
student achievement		587.048	55.135		

According to desk three the scholars of knowledgeable mother and father are comprised three hundred college students. The suggest is 103.453 and fulfillment rating is 604.41. The fashionable deviation is 22.688. The success rating is 55.135. The success ratings are greater scattered than attribution rankings. The college students of uneducated dad and mom are constructed from 536. The suggest is 22.576 and college students' success is 587.048. The popular deviation is 4.fifty seven and success rating is 55.135. The price of  $r = -.002$ . The p price 0.087 that's greater than  $r$ . so there isn't anyt any dating between pupil of knowledgeable and uneducated mother and father and their instructional fulfillment ratings of the scholars. Therefore, it's far rejected as consequences display there may be no good sized courting parental schooling and their educational fulfillment ratings.

**INTERVIEW QUESTIONS:**

1-How could you describe discovered helplessness in keeping with your experience?

2- Is there any observable sample of conduct this is symptomatic of found out helpless college students?

3- What can deliver those college students out of this situation?

4- Do you provide an explanation for the supply of found out helplessness?

5- How could you describe the mind-set or mind-set of discovered helplessness in the direction of their studies?

6- What do you endorse the elegance instructors to conquer student's discovered helplessness?

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**Theme of the Interviews:**

- **Learned Helplessness college students stops attempting:** 50% Experts stated that discovered helpless college students stops looking to keep away from the stimulus and behaves as though it's miles thoroughly helpless to alternate the situation. Learned Helpless college students have lose self-manage: 50% specialists stated that once humans sense they don't have any manage over their situation, they will additionally start to behave in a helpless manner. Lauren Di Maria,(2017), supported this in step with them found out helplessness is that kingdom whilst an animal is again and again subjected to an aversive stimulus it can't get away. Eventually, the animal stops seeking to keep away from the stimulus and behaves as it's far totally helpless to extrade the situation. Even whilst possibilities to break out are presented, this found out helplessness prevents any motion or initiative at the animal's part.
- **Learned helpless college students are passive:** 100% professionals, stated that signs of discovered helpless college students are, passivity, giving up, procrastination, Decreased problem-fixing cappotential, frustration, and coffee self-esteem. Klein, David (2018) supported those signs and symptoms too consistent with them discovered helplessness can result in each tension and or depression. Your infant may also broaden the expectancy that destiny occasions may be as uncontrollable as beyond ones. Essentially, your baby can also additionally experience that there may be not anything he can do to extrade the final results of an event, so he tells himself he would possibly as properly now no longer even try. If a toddler research for an examination and nonetheless gets a terrible grade, he can also additionally experience he has no manipulate over his performance, so he would possibly determine to surrender taking part and analyzing altogether. He may also then generalize those emotions to different factors of his existence and lose the motivation to succeed, as he believes that his achievement is out of his manage.
- **Learned Helplessness have an effect on the own circle of relatives relationships:** 100% specialists,stated discovered helplessness impacts the own circle of relatives relationships. According to Sivakumar Nuvvula (2016) helplessness can be taken into consideration on account of early socialization experiences. More specifically, the stress and negativism emphasised in our own circle of relatives structures are probably to have an effect on the toddler's improvement of competence. A wide variety of socio-cultural capabilities can also play their part. Hence, it's miles critical to discover the position of socialization because it pertains to the improvement of toddler's helplessness.
- **Learned helplessness have an effect on peer relationship:**100% professionals stated, discovered helplessness have an effect on peer relationship. According to Audrey J. Hokoda (2020) argued that youngsters who're rejected, and mainly neglected, with the aid of using friends are probable to take place found out helplessness in social situations.

- **Learned Helpless college students want right attention:** 100% professionals stated that discovered helpless college students ought to be stimulated and recommended to consider that they could do anything. Wigfield, (2016), we want to assist found out helpless youngsters apprehend and take credit score for the competencies and skills that they already have. In addition, we want to broaden in kids the notion that capability is incremental, now no longer fixed; that is, attempt will increase capacity and competencies.
- **Childhood and Adolescence is the age of prevalence:** 100% specialists stated that the discovered helpless takes place on the age of youth and adolescence. John M. Chaney (2018) age of incidence of found out helplessness in adolescence or adolescence.
- **Teachers and mother and father have to want to conquer their found out helpless behavior:** 100% professionals stated, that Teachers have to deliver them smooth duties, encouraging them, Parents and Teachers supporting them to transport from clean to difficult. According to Jordan Catapano (2021), realistically, attaining stellar grades and excessive requirements would possibly appear intimidating to a few college students who sense like they're incapable. That's okay, and that's in which aim placing comes into play. Students ought to be led thru a procedure of organising affordable desires which are particular to them rather than running on a "one length suits all" scale. These particular dreams are much more likely to be achieved, and could inspire college students to preserve operating withinside the destiny.
- **Teacher and Parents mind-set are the reassets of found out helplessness:** 100% professionals stated that the reassets of found out helpless baby are their mother and father and teachers. Blair king (2018), the important agent isn't always the toddler, it's far the determine or teacher. Parents educate this behaviour. They educate their kids that through feigning incapability they could get matters achieved for them. Sadly, after sufficient time the query arises as to whether or not those youngsters are feigning lack of ability or honestly lack the equipment to perform the obligations being requested of them.
- **Learned helpless pupil's has poor attitude in the direction of their research:** 100% specialists stated that discovered helpless youngsters frequently have poor mindset toward their research. According to Tollefson, N. (2002) Learned helplessness takes place whilst a pupil offers up attempting because of steady failure. It is a not unusualplace reaction from college students who experience helpless or not able to address studying expectations.

## DISCUSSION

The examine turned into determined that there has been no dating among found out helplessness and educational success of college students, and there has been no distinction among educational fulfillment of ladies and boys. Furthermore, it changed into additionally determined that there may be no great dating among discovered helplessness and training of the mother and father had any impact on kids educational fulfillment and found out helplessness.

There turned into no courting among found out helplessness and educational success of the scholars. Chiara Butto & Sebastiano Costa, (2019) had comparable findings, that the educational fulfillment of the scholars had no impact on found out helplessness. The locating of the prevailing have a look at changed into negated through Nolen – Hoeksema, (2019) he observed in his observe that depressive symptoms, lifestyles occasions, and explanatory fashion have been related with, decrease faculty fulfillment and

discovered helplessness. His effects confirmed that the miserable symptoms, existence occasions and explanatory fashion and discovered helplessness undoubtedly effected college students fulfillment.

Furthermore it changed into additionally discovered that the training of the dad and mom had no impact on kids instructional success and discovered helplessness. Shapiro ,(2019) look at help this locating, he located that no substantial courting became observed among mother and father' schooling stage and the way concerned the dad and mom have been in a scholar's academics. His end result confirmed that parental schooling degree turned into now no longer an critical issue withinside the educational fulfillment of university college students in a large, aggressive university. A quantity of research do now no longer aid this locating. Like Kathleiv, and Koren, (2020), Asad, Iqbal & Tasneem, (2019) and Gooding,(2021) determined of their look at that the scholars whose mother and father are knowledgeable, their youngsters instructional success is plenty higher to the ones college students whose dad and mom aren't knowledgeable and worried of their kids getting to know activities.

The gift observe become primarily based totally on Martin Seligman idea of discovered Helplessness, which proposed that folks who suffers a chain of such setbacks approximately which they could do nothing, examine that they've no manage over any of the activities of their lives' that, anything they do, matters will flip out badly withinside the end. Therefore, they surrender trying. They see themselves as failures, and lose all motivation and hobby in existence, on the equal time setting themselves down and self-indulgent in misery. Seligman defined their situation as found out helplessness, or now no longer seeking to get out of a poor scenario due to the fact the beyond has taught you which you are helpless. Seligman concept findings had proven that the manner humans view the terrible occasions that manifest to them could have an effect on whether or not they experience helpless or now no longer. The helpless conduct results in tension and melancholy inflicting maladjustment in society. Helplessness are passivity, cognitive deficits, emotional deficits along with sadness, tension, hostility, a decreasing of aggression, a reducing of urge for food drives, collection of neuro-chemical deficits, decreased self-esteem, and an growth in susceptibility.

This observe turned into carried out at number one stage college students in grade eighth . The examine confirmed that there has been no impact of parental schooling on college students discovered helplessness. Researches, of katheliev & koren, (2023) confirmed that at this degree college students had special mindset. Some college students are completely relying on their mother and father and others aren't based, they do now no longer need any parental involvement, they choose to study in peer relationships like with their friends, instructors and their social circle. Shapiro ,(2019) have a look at help this locating, he observed that no extensive courting turned into discovered among mother and father' training stage and the way worried the mother and father have been in a pupil's academics. His end result confirmed that parental training stage turned into now no longer an vital element withinside the educational fulfillment of university college students in a large, aggressive university. Learned helplessness do now no longer impact on college students gender, they each have the possibilities to go through found out helpless. There become no vast dating among discovered helplessness on scholar's gender. Gaborona, (2020) determined in his research that there has been no vast dating among found out helplessness on pupil's gender.

This studies became to investigating discovered helplessness affecting instructional success of grade eighth college students in Islamabad version schools. The targets of the take a look at had been: 1) to perceive the connection among found out helplessness and educational fulfillment of eighth grade college students. 2) to discover impact of parental training on college students found out helplessness. 3) to degree viable answers to triumph over the trouble of found out helplessness. The look at became delimited to college students of eighth grade in Islamabad version schools. Furthermore, on this take a



look at parental involvement, gender variations and ethnicity become mentioned to novel the have a look at which have been now no longer mentioned in Martin Seligman concept. In this studies, to degree the viable answers whereas, now no longer mentioned in Seligman principle.

The gift have a look at increases sure troubles for destiny studies. The dating among found out helplessness and academic fulfillment have been determined amongst eighth grade youngsters. Future studies ought to be performed on secondary degree and in early life kids. Similar studies on Men and ladies also are needed. While modern-day studies is usually considered as in Islamabad sector, this observe has now no longer taken into consideration kids of every other area. Future studies is wanted to decide of kids's in Azad Kashmir or different rural area. In this examine, a few variables that can have an effect on educational overall performance, found out helplessness turned into now no longer measured. For instance, Marsh (2019) indicated that women and boys, spend extra time with their peer institution and instructors. Including Peer organization and instructors as a variable in predicting instructional overall performance could be of hobby in destiny studies. Other variables which include college students' adjustment to highschool surroundings, scholar mindset towards college, trainer interest to college students, college students reviews with peer groups, and nature of the interactions among instructors and their college students, language , genetic traits and social affect of the person, all now no longer taken into consideration withinside the gift take a look at, would possibly have an impact on the structured measures on this research. Results of the prevailing take a look at discovered there has been no extensive dating among found out helplessness on scholar's gender. However, because the pupil's early socialization enjoy become now no longer taken into account, destiny studies measuring the relationships among discovered helplessness and educational overall performance may manipulate for college students' socialization revel in. The outcomes of this examine indicated that parental schooling changed into now no longer specially depending on college students' instructional success and discovered helplessness. Further studies is wanted to recognize the house surroundings and language impact on college students' educational fulfillment and discovered helplessness. Moderate, however widespread, members of the family have been observed among found out helplessness with educational overall performance of the scholars, and now no longer taken into consideration parental mindset with discovered helplessness college students' extra research is wanted to study the parental mind-set with the mastery orientation and found out helplessness of the scholars. Due to scarcity of time this studies had now no longer investigated longitudinal studies. So, in addition, longitudinal studies is wanted to analyze the results of found out helplessness on instructional success of the scholars.

Similarly, a 12 months follow-up have a look at of the contemporary have a look at's studies is wanted to behavior studies on extra participants. Participants can be are expecting unique effects from this have a look at. Researcher had carried out interviews to the information of the psychology department , in addition studies will had to behavior the interviews to the ones trainer, who've the scholars with found out helplessness conduct.

### **Summary**

This look at assesses the research of discovered helplessness affecting instructional fulfillment of grade eighth college students in Islamabad version colleges. The examine targets to perceive the connection among found out helplessness and educational fulfillment of eighth grade college students and to examine the issue chargeable for discovered helplessness in male and girl college students. Also, discover impact of parental training on helplessness of the scholars. To, degree viable answers to conquer the trouble of discovered helplessness. In this take a look at the goal populace became the scholars from Islamabad version colleges. The random sampling method became used. The pattern of the examine changed into produced from 20 colleges from which 836 college students wherein 348 male college students and 488

had been ladies included. There had been variables established and unbiased variables found out helplessness and parental schooling have been unbiased variables and educational success, gender, have been impartial variables. For amassing records concerning found out helplessness, Fincham, et al., (2021) scale turned into used as instrument. This scale changed into extensively utilized to determined the motive at the back of their helpless behavior. This scale turned into in my view administrated to every college students of the pattern in study room setting. After building the device of the have a look at, questionnaires had been dispensed amongst 830 college students of sophistication eighth from Islamabad version faculties. In order to discover which elements have been answerable for discovered helplessness, in male and girl, the rating at the variable of college students' instructional success had been gathered on maximum these days held in very last examination. The amassed facts from the pupil turned into analyzed with the assist of statistical package deal for social sciences SPSS. Data of the observe of ethical degrees became gathered at the 5-factor likert scale, (true, now no longer true, extremely or occasionally true,)

### **Findings**

After evaluation the records following have been the primary findings of the have a look at primarily based totally on statistics evaluation and interpretation:

- It changed into discovered there has been no full-size dating among discovered helplessness and their success rankings. The found out helplessness constituted of 836 college students. The suggest of discovered helplessness of the scholars are 22.sixty five and their imply of fulfillment rating is 593.12. Their trendy deviation of discovered helplessness turned into 4.60 and popular deviation of college students fulfillment rating is 50.98. The price of  $r = .995$  and the  $p = 0.08$  cost that is much less than  $r$ , so there has been no courting among scholar discovered helplessness and success rankings. Therefore, it became rejected as end result display that there has been no big courting among found out helplessness and their fulfillment rankings.
- It become additionally discovered that there has been no impact of parental schooling on college students found out helplessness. The college students of knowledgeable mother and father have been made out of three hundred college students. The suggest changed into 103.453 and success rating turned into 604.41. The fashionable deviation changed into 22.688. The fulfillment rating become 55.135. The success rankings have been greater scattered than attribution ratings. The college students of uneducated mother and father have been produced from 536. The suggest changed into 22.576 and college students success became 587.048. The popular deviation is 4.fifty seven and success rating is 55.135. The fee of  $r = -.002$ . The  $p$  price 0.087 that is extra than  $r$  so there has been no dating among pupil of knowledgeable and uneducated dad and mom and their educational fulfillment rankings of the scholars. Therefore, it become rejected as consequences display there has been no good sized courting parental schooling and their instructional success ratings.
- The boys discovered helplessness institution comprised 348 college students. The suggest of boys mastery orientation turned into 22.forty nine and the imply of boys success rating turned into 573.thirteen and their popular deviation is 4.78. Mean of ladies discovered helplessness changed into 22.eighty three and success rating is 607.6 and the same old deviation is of ladies success is 40.forty nine. The fulfillment rating of ladies is 607.69. The fulfillment rankings of boys and women had been greater scattered than the found out helplessness ratings. The fee of  $r = -.019$  and the  $p$  cost at .112 is that's extra than  $r$  so there has been no courting among fulfillment ratings and the success rankings of the scholars. Therefore, it changed into rejected

as outcomes display there has been no good sized courting among scholar's fulfillment rankings and their instructional success rankings.

## **CONCLUSIONS**

The following conclusions have been drawn on the idea of the findings:

A mixed-techniques technique became undertaken to triangulate and solidify data. The file analysis, questionnaire and interviews generated findings that have been usually confirmatory to the speculation and literature on discovered helplessness

- Founded that there has been no good sized dating among discovered helplessness of the scholars and their success scores.
- It changed into additionally determined that there has been no big courting parental schooling and their instructional fulfillment scores.

## **Recommendations**

In mild of the interviewer Qs that explored components of the discovered helplessness syndrome along with its courting with mastery orientation, pupil's gender, instructional achievement, discovered helplessness and ethnic differences. The following tips are proposed:

- The dating among underachievement and discovered helplessness is a reciprocal cause-impact dating. Combating underachievement is on the coronary heart of tutorial reform withinside the Islamabad today, as worldwide benchmarking assessments (PISA, TIMSS, PIRLS) and country wide standardized tests (CEPA, UAENAP) have contributed convincing proof that underachievement is an problematic problem this is magnified while bad literacy, computational and trouble fixing abilities end up an unaddressed burden that the scholar struggles with 12 months after yr. Early detection lets in early intervention; whilst found out helplessness is diagnosed as a debilitating ailment with emotional, behavioral and cognitive manifestations, discovered helplessness inclined college students can gain from aid applications that deal with their emotional and motivational wishes. It is vital that educational accreditation committees examine underachievement detection and intervention plans on the subject of requirements inclusive of the popularity of discovered helplessness amongst different issues that don't fall below the unique wishes spectrum, and the way nicely are the lecturers and supporting body of workers educated to cater for the wishes of extraordinary college students.
- Despite their wealth of revel in and lengthy coaching careers, the academics and supervisors alike have been unexpected with found out helplessness. Nonetheless, at the same time as inquiring approximately the conduct of underachievers, a sample of symptomatic conduct turned into identified and changed into congruent with the speculation and the literature. Therefore, a diagnostic tick list that consists of discovered helplessness signs will useful resource instructors and supervisors through clarifying 'what to appearance for' of their pupils' conduct (e.g. The Student Behavior Checklist stated in Yates 2019).
- A complete aid machine starts offevolved through combating inequality in schooling a lot earlier than the preschool level; it isn't viable to delve into such measures in the constrained scope of this observe. However, making sure identical get entry to to best preschool training turned into tested

to nurture cognitive competence and to preclude discovered helplessness within the years to follow. Parental consciousness is tons wished at the urgency of imparting a wealthy and stimulating surroundings from birth, on modeling perseverance and coaching coping strategies. The faculty gadget performs a essential function in placing the level for powerful detection and intervention planning.

- Promoting focus on the subject of discovered helplessness, and a way to study and deal with applicable signs.
- Training instructors to coach powerful examine and test-taking abilities, to diagnose unique mastering profiles, and to customise lesson transport and evaluation for found out helplessness.
- Affording instructors the power in time and syllabus to cater for the underachieving segment, below their care.
- Encouraging, efficient parental involvement.

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