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Navigating Academic Challenges: Unveiling the Interplay Between Personality Traits and the 5Cs of Academic Buoyancy

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Abstract:

This abstract explores the intersection between personality traits and the 5Cs of academic buoyancy, emphasizing their combined impact on students' resilience in educational settings. Some individuals seem to possess superior coping mechanisms for failures, enabling them to recover more effectively. Some students excel at handling difficult tasks and deadlines, while others struggle with submitting homework on time, being prepared for courses, or staying focused during their schooling. The causes for this stem from both personality traits and developmental maturity. Emotional regulation, distraction resistance, and task focus are key aspects of people's ability to control their emotions. The 5Cs of academic buoyancy—challenge, control, commitment, confidence, and composure—act as protective factors that contribute to students' ability to navigate and overcome academic setbacks.

Keywords: FFM, Academic Buoyancy