

Preference of Active Learning vs Reflective Learning among Dental Students

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Abstract: Aim: Aim of the study is to know the preference of active learning vs reflective learning among dental students. Objective: The objective of this study is to know whether active or reflective learning is preferred among dental students. Background: A number of different models have been proposed to explain these varying learning styles. Among those styles active and reflective learning is a style of learning. (1) Active learners tend to retain and understand information best by doing something active with it such as discussing or applying it or explaining it to others (2). Whereas reflective learners prefer to think about it quietly first. Active learners tend to like group work, more than reflective learners, who prefer working alone. (3) Sitting through lectures without getting to do anything physical but take notes is hard for both learning types, but particularly hard for active learners (4). Reason: The reason for this study is to analyse the learning style among dental students and thereby modify the teaching pattern that would benefit the students (5)

Keywords: Preference of Active vs Reflective learning among dental students

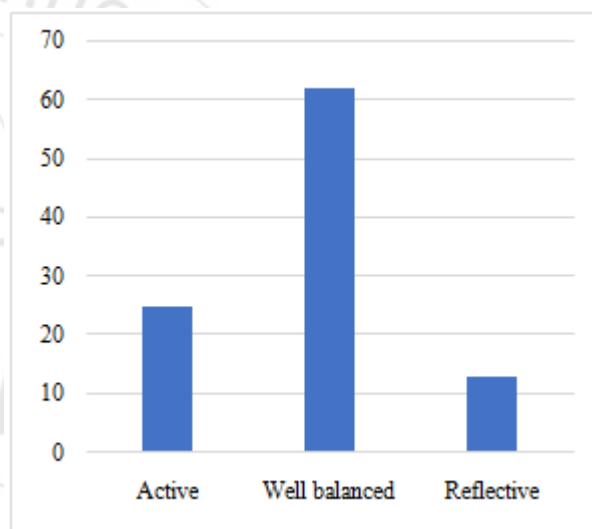
1. Introduction

Every person is unique in their own way and so are their learning styles. Various theories have been proposed with an aim to express the different styles of learning (6). People are classified according to their style of learning. Learning styles are highly essential as they guide the students to determine the most effective ways of studying. (7) People tend to use different learning styles in different circumstances. Some of them use multiple learning styles and multiple intelligences which has been considered as a new approach. (8) Besides, visual, aural, verbal, physical, logical, social, solitary learners, active and reflective learners are one such learners. Active learners are those who learn by involving themselves actively in group discussions. Whereas reflective learners are silent learners. People are active learners in some situations and reflective learners in other situations. (9)

2. Materials and Methods

It was a questionnaire based study and the study was conducted among 100 students of Saveetha Dental College, Chennai. They were asked to fill a standard questionnaire of 44 questions. The results were tabulated and statistically analysed. (10)

3. Results



4. Discussion

Out of 100 dental graduates who were analysed, 62 of them were found to be well balanced. 25 and 13 of them were found to fall under active learning and reflective learning categories respectively. It was found that majority of the graduates analysed are well balanced. (11) This was because they strike a balance between active learning and reflective learning. That is they are active learners in certain cases and reflective learners in certain other cases. There were situation based questions included in the questionnaire which helped in the analysis of the type of learning style followed by the subjects. (12) It was found that majority of the subjects were likely to get pictures when they think of the previous day's situations instead of words. This increases their chance of being an active learner. Nearly half of the subjects were comfortable to talk about the learnt topics instead of thinking to oneself silently. Active learners prefer learning in a group by performing group activities, skits, having discussions with the group members, etc., whereas reflective learners calmly think to themselves and learn. They don't take part in any sort of group activities. Whereas

the people belonging to the category of well balanced learn both actively and reflectively.(13)

5. Conclusion

The study aimed at assessing the learning styles of the dental graduates and help them perform well. Knowing about one's learning styles are highly essential not only to help them score better in examinations but also help them remember and recall informations better and reproduce them in the future. Assessment of the learning styles of the students help the institutions to modify their teaching methodologies for the betterment of the student.

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