```xml
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:id="@+id/lv"
tools:context="com.example.itech_mgr.mylistview.MainActivity">

<ListView
    android:id="@+id/my_list"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:layout_editor_absoluteX="8dp"
    tools:layout_editor_absoluteY="8dp" />
</LinearLayout>
```

java

```java
package com.example.itech_mgr.mylistview;

import android.support.v7.app.AppCompatActivity;
import android.os.Bundle;
import android.widget.ArrayAdapter;
import android.widget.ListView;

import java.util.ArrayList;

public class MainActivity extends AppCompatActivity {

    ListView language;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);

        language=(ListView)findViewById(R.id.my_list);

        ArrayList<String> val= new ArrayList<>();
        val.add("PHP");
        val.add("c++");
        val.add("Kotlin");
        val.add("java");
        ArrayAdapter<String> adapter = new
ArrayAdapter<String>(this,android.R.layout.simple_list_item_1,val);
        language.setAdapter(adapter);
    }

}
```