

ACADEMIC PERFORMANCE IN RELATION TO STUDY HABITS AMONG SCHOOL CHILDREN

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Abstract

*Study habits are the ways that you study - the habits that you have formed during your school years. Study habits can be good ones, or bad ones. Good study habits include being organized, keeping good notes, reading your textbook, listening in class, and working every day. Study habits are the behaviours used when preparing for tests or learning academic material. A person who waits until the very last night before an exam and then stays up all night trying to cram the information into his head is an example of someone with bad **study habits**. Study habits is the habitual practices one uses to help them study and learn.*

Good study habits can aid a student for their entire life and can lead to a successful outcome. Study habits are the ways to academic success. Without good study habits, a student cannot succeed. It should be always beneficial if every student get an opportunity to understand the importance of keeping a good habit of how to manage time, keeping notes in time, need for good concentration, preparation for examination, importance of favourable home and school environment, etc. For this reason, the present research is more focused on the relation between study habits and academic success. Dr.Vidya Sasidharan and Dr. Balachandran's (2003) study habit inventory was used to assess the student's study habits on the basis of various dimensions. Academic achievement was assessed directly by getting the mark scored during the last terminal examinations by each student. 200 students were selected from various schools in Thiruvananthapuram district. Four higher secondary schools were selected by purposive sampling from the list of higher secondary schools in Thiruvananthapuram corporation area. The students selected mainly are from 9th and 10th classes. The findings indicate that that there is a significant relationship between study habit and academic performance.

Keywords: study habits, academic performance

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Introduction

Learning can be immensely gratifying, but studying usually involves hard work. The first step towards effective study habits is to face up to this reality. One need not feel guilty if one doesn't look forward to studying. Once an individual accepts the premise that studying doesn't come naturally, it should be apparent that one needs to set up an organized programme to promote adequate study. Learning how to study is really a long-term process. As one goes on studying, one finds more techniques and methods that offer new information leading one to an interesting and successful direction. So, learning how to study or to develop good study habits is a lifelong process, and one should be ready to modify one's method of study according to the need of the time. The development of good study habits is the highway to the goals of an individual, whatever they are. A simple, small change in study habits makes a big difference in goal setting and organization of one's life. The success of an individual depends upon his study habits. Education is the manifestation of perfection already existing in man. The tool enabling this manifestation is study habits. Learning requires individual efforts. Therefore the individual initiates, prefers, approaches and adopts his/her own styles. Every learner has his/her own personal framework of learning styles. Such a style evolves and constituted by an individual learner can result in study habits. Study habits play a vital role in an individual's academic achievement. Mace (2002) pointed out that study is a systematic acquisition of knowledge and an understanding of facts and principles that calls for retention and applications. It would seem obvious that good study habits would always produce good academic performance. However, the reality is that good academic performance indeed is multi-factorial in nature due to differences

in socioeconomic status, family background, type of institution etc... Additionally, even factors such as urban vs. rural locale, and individual personalities and social behaviours play a significant role in producing good academic performance.

Study Habits

Study habits are the behaviors used when preparing for tests or learning academic material. A person who waits until the very last night before an exam and then stays up all night trying to cram the information into his head is an example of someone with bad *study habits*. Study habits is the habitual practices one uses to help them study and learn.

Study habits are defined as those skills such as note taking, summarizing and outlining which student utilize to help enable more efficient learning. They include an efficient way of absorbing the given material. Some students are systematic while others suffer from poor organization. Good study habits can aid a student for their entire life and can lead to a successful outcome.

Academic Performance

Academic performance is considered as the effect of study habits or the result of study habits. Many researchers have studied the relationship between study habits and academic achievement or academic performance. Most of them proved that there is a significant relationship between them and some of them proved that there is no significant relationship between them.

Students face many challenges and milestones in their years of education. During schooling, either in early education program or during kindergarten, students must learn to pay attention to the teachers, get along

with other students and find the best path to learning. Over time, other challenges are put in their path such as more difficult curriculum, finding time to complete projects and studying. While students learn how to study during their middle and high school years, it is only the beginning of the challenges.

In the middle or high school, teachers are responsible for leading students to study and prepare for class and tests. The teachers and school administration of the school are also diligent to make sure that students attend class and pass all the needed courses. Because of the direction that the schools give them, they are able to complete the tasks.

Students are subjected to multiple levels of evaluation during their schooling. Exams are the most formative part of analysing the ability of the student to absorb and retain information. Projects are another area where students are gauged against their colleagues to demonstrate their capacity to retain and synthesize a small body of work. There are multilevel challenges in these frameworks to evaluate student progress and many students just do not have the appropriate study habits to perform well in such quantitative and highly structured formats.

In short Academic performance refers to how students deal with their studies and how they cope with or accomplish different tasks given to them by their teachers. It is the way to acquire academic achievement.

Literature Review

Kelly (1998) stated that study is the application of one's mental capacity to the acquisition, understanding and organization of knowledge; it often involves some form of formal learning. **Okorodudu** (2000) explained that study is a programme of subject matter mastery. It involves hard work. However, study involves the individual's thinking, feeling, personality,

social interaction, physical activities and health .He also asserted that, study involves the total of all behavioral patterns (addition, verbal, psychomotor, emotional) determined purpose and enforced practices that the individual adapts in order to learn and achieve competence.

Oladele (2000) explained that a teacher is studying when he examines the results of an experiment, a lawyer when he prepares his case, a salesman when he learns about this product and a citizen when he tries to understand the issues in an upcoming election. Studies require time spent in a deliberate attempt to learn. It should be differentiated from simple leisure to reading.

Effective study consists of a conscious sequential series of inter-related steps and processes. **Thomas & Robinson** (1990) emphasized that; the learner needs to use a systematic discipline and purposive approach to study

They concluded that first of all, secondary school students studying in Govt. schools are significantly better on home environment and planning of work and planning of subjects than their counterparts studying in private school but private secondary school students are significantly better than Govt. secondary school students on preparation for exam component of study habit. However, no significant difference exists between Govt. and Private secondary school students on reading and note taking, concentration, habit and interest, school environment component of study habit and total study habit.

Arul Lawrence, (2013) indicates that in order to improve the quality of education we must develop certain innovative strategies, which will enhance the educational standards. In addition to that from the student's

side there must be some important steps, which form the basis for their academic achievement. Students' needs, requirements, abilities, capabilities, their pattern of studying etc. have been neglected for a long time and they were forced to learn the same thing, by the same method, by the same person in the same environment. Not only is it important that teachers recognize these diversities in their students, but also it is desirable that they value their study habits. Otherwise, even if appropriate strategies are developed and made available to teachers, there may be little proof of gain in the students. Our educational institutions should take into account basic human differences in their studying, thinking etc., to seek better means of individualized instruction for more effective studying.

Rationale

According to Good and Jessenson (1998), the term study habit indicates the ways by which Learning becomes effective and efficient. So it is to be assumed that systematic study habit analysis a prerequisite prior to each academic session/year for effective planning and implementation of curriculum. A general enquiry with the practicing teachers in the field shows such a study habit analysis has not been done systematically in the schools in Kerala, hence the need for this study. The purpose of the study was to find out the relationship between study habits and academic achievement of higher secondary school students. The study believed that if students' study habits are improved and made consistent, academic performance would definitely improve. The knowledge of student degree of study would of course help the teachers and the school counselors to select appropriate techniques of helping students during teaching and learning procedures.

Methodology

Academic performance among students varies drastically in schools. The practice of study habits maybe one among the predominant reasons for this difference. Hence, the present study aims to look at this issue by analysing the relation between study habits and academic performance

The general objective of the study was to know the relationship between study habits and academic performance of secondary school students. It also intended to identify the study habits of the students. The design used for the study was descriptive in nature. The investigator tries to find out the relation between study habits and academic performance of the selected students in Thiruvananthapuram Corporation. The sample of the study consists of total of 100 students which include 50 boys and 50 girls selected from various schools (govt., aided, and unaided) in Thiruvananthapuram corporation.

Data Collection Tools

1. Study Habit Inventory (Sasidharan, & Balachandran.(2003)) . The inventory consists of 90 items categorized into eight variables which comprehensively intends to measure the study habits of students. Eight variables are planning of work, home environment, reading and note taking, planning of subjects, habits of concentration, preparation for examination, general habits and attitudes, and school environment.
2. Academic performance measured by getting the mark scored by the subject during the last terminal examination.

Major findings of the study

Many researchers have studied the relationship between study habits and academic achievement. Most of them proved that there is a significant

relationship between them and some of them proved that there is no significant relationship between them. Here the researcher supports the first one based on his findings that there is no significant relation between study habits and academic achievement of higher secondary school students. The highlights of the findings are presented below.

1. Study habits found positively correlated with academic performance
2. Girls have reported significantly better study habits than boys.
3. Religion of students does not differ significantly in the mean scores of study habit
4. Syllabus (CBSE and STATE) does not differ significantly in the mean scores of study habits
5. Students having no tuition have reported better study habits than students having tuition

Conclusion

This research was started with the objectives to understand the relationship between study habits and academic performance. It also focused on the various aspects of study habits or methods adopted by the higher secondary students. It was an endeavour by the researcher to describe the importance of study habits on academic performance and thus to give idea on developing effective habits on academic achievement. The researcher concludes the study with a wish that the study can enlighten the minds of many students to improve their academic performances by adopting new methods that have to be taken as habits.

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