

## **Reading Attitude and Habit Among Nandalal Ghosh B.T. College Students: A Case Study**

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**Abstract:-**This paper presents the results of a study of reading habit and attitude of the students in B.Ed. students of Nandalal Ghosh B.T. College. A survey questionnaire adapted from Smith's adult survey of reading attitude(ASRA ) and Pandian's reading habit questionnaire were employed for this study . The questionnaire was distributed to forty nine students from all departments in this college. The purpose of this study is to describe the reading attitude and reading habit Nandalal Ghosh B.T. College. Findings from this study will provide insights into the reading behaviors of these students. Finally, the paper will highlight the implications of the findings in terms of instructional material within reading context.

**Keywords: -** 1. Reading attitude, Reading habit, B.Ed. Trainee students.

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### **I. INTRODUCTION**

Education is a life-long process, so there is a special role in human life lessons. When students read books that are different than their text books and other too developed the habit of reading through the text. They were never practical information that can easily dominate contents. Reading helps us in a special way in the formation of self and personality.

I survey the Nandalal Ghosh B.T College in west Bengal under Barasat state University B.Ed Trainee-Teachers session (2015-2017) attitude and reading habit with academic study as well as 49 students reading habit and attitude. A survey questionnaire adapted from Smith's adult survey of reading attitude(ASRA ) which is (15) statement are shown with three variables and it has been described by Likert's scale and Pandian's reading habit questionnaire were employed for this study .

The term "reading" is used in different ways by different people to mean different things. If we think of reading as a process, we will have at least three categories of words that define reading (Nuttal 1982) viz-

- (i) Articulate, pronounce, speak, enunciate, etc.
- (ii) decode, identify, decipher, segmentation, etc.
- (iii) Comprehend, interpret, making sense, searching meaning, etc.

Reading is a way to get better knowledge of one's own experiences and it can be an exciting journey to self-discovery. Reading transfers experiences to the individual so that the reader may expand one's horizons, identify, extend and intensify his or her interest and gain deeper understanding of the world (Green, 2002). In simple words, it is a process of interpreting printed and written words. In depth, it is an effective process of conscious learning that influences the accuracy of information

Reading has been the passion of the greatest personalities of all times. Humans have been reading since ages and thus words of knowledge have been passed on through generations. The reading habit influences in the promotion of one's personal development in particular and social progress in general. Regular and systematic reading sharpens the intellect, refines the emotions, elevates tastes and provides perspectives for one's living; and thereby prepares a person for an effective participation in the social, religious, cultural and political life. Reading fires the imagination of the person. It adds new sight to eyes and new wisdom to mind. "*A dumb person becomes a communicator and a lame climbs mountains of knowledge through reading*" is an old saying. Reading loads the mind with new software (Satija, 2002). The individual who reads well has at his command a means for widening his mental horizons and for multiplying his opportunities of success. Reading is a vital factor affecting intellectual and emotional growth. Sir Richard Steele has logically quoted, "*Reading is to mind what exercise is to body*".

The definition of reading has undergone through many changes. In the past, reading simply meant to extract visual information from any given codes or systems. However, thereafter, reading became much more complex and involved the understanding of a whole text composed of written signs. Smith & Robinson (1980) defined reading as "an active attempt on the part of reader to understand a writer's message". According to Toit (2001) "Reading is as a process of thinking, recalling and relating concepts under the functioning of written words."

The theoretical aspects of the process to reading, we can try to define it . But, as we all know, it is very difficult to define reading:

1. Reading is thinking under the stimulus of printed page.
2. Reading comprehension is understanding a written text. (Understanding a written text means exacting the required information from it as efficiently as possible.)

We can also consider the recent definitions of reading by experts. Here a varied list of definitions of reading is given:-

- a) Reading means “dealing with language message in written or printed form” (Urquhart & Weir, 1998)
- b) Reading on the Web is similar to reading in print, but varied from both cueing systems and transactional perspectives, it is clear that Web reading is more complex than print reading” (Eagleton and Fobler, 2007)

### **Reading Habit :-**

- Habit is our best friend and worst enemy.
- Habit are integrated system of conditioned responses, involving altered responses as well as extended range of effective conditioning leading to fairly stereo-typed form of responses in the face of recurrent situations of familiar type

Reading habit refers to the behavior, which expresses the likeness of reading and tastes of reading (Sangkaeo, 1999). It is a way of how the reader organizes his or her reading. Similarly, Shen (2006) identifies reading habits, as how often, how much, and what the readers read. Researchers in the past have devoted efforts to examining learners’ reading habits (Mokhtari & Sheorey, 1994). With their efforts, these researchers have discovered that reading habits are correlated with gender, age, educational background, academic performance and professional growth.

## **II. READING ATTITUDE**

Attitude:-An attitude is an emotionally toned pre-disposition to react in a certain way toward a person, an object, an idea or a situation.”- Kolesnik: Educational psychology.

Attitudes toward reading are defined as an individual’s feeling about reading. It causes learners to adopt or avoid a reading situation (Alexander & Filler, 1976). Attitude and interest toward reading can be related to feeling and their willingness to read. Reading attitude is defined by McKenna, Kear and Ellsworth (1996) as a system of feelings related to reading which causes the learner to approach or avoid a reading situation.

Attitudes, morals, beliefs, judgments and action of readers (Panigrahi & Panda, 1996; Eyre, 2005). Reading is regarded as one of the most important components in learning language and it is an essential tool for lifelong learning for all learners (Pandian, 1997; Mokatsi, 2005). This view supported Krashen (1993), who states that through reading, readers develop a good writing style, an adequate vocabulary and advanced grammar and becomes excellent spellers. This improves the language proficiency and makes the reader to a better speaker.

### **N.G.B.T.C B.Ed Students Reading Habit and Attitude**

Statistical data from the revealed that NGBTC students for read at average of progressed to books and other reading materials. Recent findings reveal that the Trainees students in the NGBTC B.Ed Students indicate high frequency or ability of using the Bengali language among the students irrespective of their type of workplace or level of study. NGBTC B.Ed Students have not poor reading but also shown are very high habits among their respondents based on this study.

The reading habits & attitude which are supplementary with Educational performance to each other.

**Definition and meaning of Education:-** This is related with Reading attitude and reading habit that is to be flowed in Educational life.

- Education is the manifestation of perfection already in man. Like fire in a piece of flint, Knowledge exists in the mind. Suggestion is the friction which brings it out. (Swami Vivekananda)
- By Education I mean an all-round drawing of the best in child and man-body, mind and spirit. (Mahatma Gandhi)
- Education is the preparation of complete living for future. (H. Spencer)
- Education is the influence of the environment on the behavior with a view to producing a permanent change in his habits of behavior, of thought and attitude. (G.H. Thompson)
- **Plato said that** –turning the inward eye of soul. (“I mean by education that training which is given by Suitable habits to the first instinct of virtue in children.”)

- Monroe said about *plato's* philosophy of education- Plato attempted to formulate a new basis for the moral life which gives sufficient scope for the individual while at the same time providing an ample basis for institutional life.(Monroe)
- **Plato said that** – “I mean by education that training which is given by suitable habits to the first instincts of virtue in children”
- Programme of liberatory education supporting and to compliment larger social struggle for liberation.  
**(Paulo Freire, 1921-1997)**
- Freire’s Philosophy of Education-“ A human Education is a path through which men and women can become conscious about their presence in the World”
- ”A student should realized that from the highest good to the meanest grass the same power is present in all weather manifested or not” (Swami Vivekananda)

### III. EDUCATION IN THE BROAD SENSE

Education in the wider sense is a lifelong process. It begins with the birth of a child and ends with death. Life is ever-changing. Education is also ever-changing and dynamic. Education must help one to adjust with this changing pattern life. “**Education, in its broadest sense, is the means of the social continuity,**” says John Dewey.

Education does not mean only learning of 3R'-reading writing and arithmetic. It consists of development of 3H also- head heart and hand.

Most valuable reveal of Jonh Dewey about Habit.-

Jon Dewey says “life is a bundle of habits –good and bad. Educational efforts are directed to the formation of good habits. It is the child’s plastic nature which helps the formation of all types of habits – intellectual, social, emotional and moral. Formation of habits helps us to grow. Habits encourage accuracy and clarity. Growth requires the Cultivation of habits- intellectual, social, emotional and moral. Use of intellect or intelligence helps the formation of habits.

#### **Necessity of the survey: -**

The Current B.Ed Session as well as (2015-2017) academic student-teachers reading attitudes and reading habit their responses have been recorded by the Pandian questionnaire used for this study. The analysis found that the students in the current age of globalization, different people have different ways to collect their approach knowledge or habit, which is make a ideal Teacher and also standard for attention and reading attitudes by which students develop the mind as well as their role in the formation of the controller by himself.

- 1) If the library services are develop and other facilities to get information on science and technology are more benefits the trainee Students.
- 2) Teaching syllabus for the course, but the longing for the growth of a popular book list must be given to the student’s .The leisure time reading books and searching for text in a variety of delightful extensive knowledge will increase with interest.
- 3) The B.Ed. Trainees are more benefited if the library can provide with including the computer internet facilities ,it will be increase the library reader &increase the reader's reading standards and with the use of the library , is expected to improve and consequently quality of education must be progressive day to day by reading habit.

#### **The purpose of Reading Habit : -**

Since the Nandalal Ghosh B.T.College Trainee students Reading attitude and habits of students of these studies have been expressed by the students wanted to know exactly what the purpose of the College Teaching Reading and their attitudes toward is mentioned below -

- 1) To achieve a higher degree.
- 2) For Pleasure /To Acquire knowledge.
- 3) In order to verify any of the information.
- 4) In order to get answers to any questions in his mind.
- 5) The text for criticizing on the text.
- 6) To collect information or to gate information.
- 7) Every teacher are to be need the Teacher-ship Train for teaching purpose according to NCTE- rules & regulations of the teachers must use the teaching –technique to the students.

On this circumstance says that if you want to build some things, you must need efficient & conscientious with craftsman.

So what many of those contributions of the teachers were immortalize in the world, that is to say that Teachers are one of the handicraftsman & also they are conscience of the nation.

**Importance of Reading Across Curriculum With Reading Habit**

- A. Francis Bacon said “Reading maketh a full man "Reading that people become filled man use”.
- B. Dan Lacy said- “But if men are human, because they can talk, they are civilized, because they can read.
- C. AcharyyaPrafulla Chandra Roy “a great Scientist, educationist, & philanthropist who said about the study or reading & it compared with austere (sadhna) or ardnous practice. We are known his famous book (Adhyayan ‘o’ Sadhna) “Study & Austere” which book is mention about the benefit of reading to massage on the “Story of Study & Knowledge Chapter” (Adhyayan ‘o’ Gayan Probondhe)  
The main duty of the students to their study and also again reveal that the study is nothing but also it religious austerities or asceticism to students.

The main turning with absorbedly attentive the asceticism to become successful. Consequently the students are automatically increased their acquisition of knowledge.

**Research Questions:-**

This study attempts to answer the following research questions:-

RQ1: What is the reading habit of the NGBTC Trainee students in terms of the following?

1a. Types of reading material they read?

1b. Time spend on reading?

1c. Activities during their leisure time?

RQ2: What are the students’ attitudes toward reading?

**IV. RESEARCH METHODOLOGY**

This study is a descriptive study in which the sample was elected by means of random sampling and closed structure questionnaire are adopted for this survey. A survey was used as a method of collecting the data. The data analysis is descriptive in nature. A total of 49 respondents took part in this study. They were B.Ed Trainee students from N.G.B.T COLLEGE in WESTBENGAL STATE UNIVERSITY. The Trainee has Students-Teachers, they are from the same level of education background. All of them have finished their 04 Semester examination in between two years. Among the respondents, 20 students (41%) were males and the remaining 29 students (59%) were females.

**V. INSTRUMENT**

The study adopted the Adult Survey of Reading Attitude (ASRA) from the work of Smith (1991).The respondents answered based on a four-point Likert-type scale (4 = "strongly agree"; 1 = "strongly disagree"). The three dimensions of reading attitude are stated below.

- i. Reading activity and enjoyment (eight items) measured the extent to which the person reads for pleasure.
- ii. Anxiety and difficulty (five items) measured the extent to which the person experience problems or becomes upset when reading.
- iii. Modality (two items) measured extent to which the individual prefers to use sources other than reading when faced with a learning task.

**As for the reading habits, six questions were asked:**

- a. Why do they read?
- b. What activity do they like to do during their leisure time?
- c. In what language they prefer to read?
- d. How often do they read leisurely?
- e. How long do they surf internet in a day?
- f. How long do they play computer/mobile games in a day?

Respondents were also asked to respond on the types of reading materials they like to read and how long they read in a day

**.Findings and Discussions**

Table:-1 **Demography of respondents**

	<b>Number of students</b>	<b>Percentage (%)</b>
Total(49)	Male =20	41%
	Female=29	59%
Streaming	Arts=35	72%
	Science=10	20%
	Commerce=04	08%

**VI. DEMOGRAPHIC**

A total of 49 respondents took part in this study. Among the respondents, 20 of them (41%) were males and the remaining 29 respondents (59%) were females. It is reported that 10 (20%) of them were from Science stream , 04 respondents (08%) were from Commerce, 35 respondents (72%) .

Table:-2 **Types of reading materials:-**

SL.No	Reading materials	Number of respondents	Percentage (%)
1	Newspaper	38	78 %
2	Academic	38	78 %
3	Website	24	49 %
4	Magazine	15	31 %
5	Novel	21	43 %
6	Journal	17	35 %
7	Comic	11	22 %

**Reading Habit:-**

Findings on reading habits were analyzed through the(07) seven types of reading materials read, amount of time spent on reading per day, their preferences on their leisure time activities, the language they prefer to read, amount of time spent on surfing internet and computer/ mobile games etc.

**Types of reading materials:-**

Table-2 illustrates the distribution of seven types of reading materials, i.e. newspaper, academic book, website, magazine, novel, journals and comic. The majority of the students read newspaper (78%) everyday and academic books and text books also read everyday i.e. (78%)

This is followed by magazines (31%), websites (49%), novels (43%), comic (22%) and journals (35%). The results pointed to the high rate of newspapers and academic books and text books also read everyday's this may explain why B.Ed Trainee students were found reading for not only entertainment but also read for academic purposes and performance their future life.

The majority of the student read newspaper and academic reference books and text books are most of them time a week and every day for highest reading materials used for their study purpose.

Table:-3 **Amount of time spent on reading per day.**

SL.No.	Hours	Number of respondents	Percentage (%)
1	Less than 1 hour	00	00%
2	1 to 2 hours	09	18%
3	2 to 3 hours	16	33%
4	3 to 4 hours	19	39%
5	More than 4 hours	05	10%

**Time spent on reading (per day):-**

Table 3 shows the distribution of amount of time spent on reading per day by the respondents. The result indicates that B.Ed Trainee-Teachers spent significant amount of time on reading per day. A total of 39 % of the students read between three to four hours per day. This result is somewhat expected due to academic activities that require a significant amount of reading time in order to succeed academically. However, the amount of time spent on reading should be attributed to reading academic books and other materials such as newspapers or fictions are also read for develop their knowledge. The result is slightly higher than the study conducted by Mokhtari and Sheorey (1994) on university students in the USA, where the average reading time per week was 4.75 hour

Table:-4 **Preferred leisure time activities**

SL.No.	Activities	Number of respondents	Percentage (%)
1	Reading	00	00
2	Surfing Internet	12	24
3	Music	10	21
4	Movies	27	55

**Favorite leisure time activity**

Respondents were also asked about the types of activities that they like to do during leisure time. Table 4 provides the list of activities in a descending order. A majority of the respondents were found to choose Movies their main activities during the leisure time like as (55%) which also includes Face booking and Internet surfing like as(24%) for their reading purpose . This is followed by listening to the music, playing computer games, and watching television/movies. This indicates that the students don't prefer to read during their free time. Similar to earlier research, the results of this survey showed that many students prefer to read as well as supported the (8) statement respondents prefer to read in their spare time. This is supported by Pandian (2000) who also found that with the advancement of the technologies and electronic media, it may be said that students increased their reading habit and attitude but also they get more involved with Internet, watching TV and playing electronic games in their spare time.

Table:-5 Preferred language for reading

SL.No	Language	Number of respondents	Percentage (%)
1	Bengali	38	78%
2	Hindi	01	02%
3	English	10	20%

**VII. PREFERRED LANGUAGE FOR READING**

This survey showed that 38 (78%) of the respondents said that they prefer to read in Bengali compared to other languages. The possible reason for such findings could be due to the use of Bengali as the medium of instruction As a result, very few students choose to reading materials in English and Hindi. There were only 10(20%) students who prefer to read in English and other Hindi prefers to read 01 student (02%). The distribution of students' preferred language for reading is illustrated in Table 5.

Table:-6 Amount of time spent on surfing Internet

SL.No.	Hours	Number of respondents	Percentage (%)
1	Less than 1 hour	18	37%
2	1 to 2 hours	12	24%
3	2 to 3 hours	13	27%
4	3 to 4 hours	06	12%

**Amount of time spent on surfing internet**

Table 6 shows the distribution of time spent on surfing Internet per day by the respondents. The result indicates that B.Ed Trainee students spent considerable amount of time on surfing internet per day. A total of 27 % of the students surf between two to three hours per day and less than one hour are 37% of the students.

Table:-7 Amount of time spent on computer/ mobile games:-

SL.No.	Hours	Number of respondents	Percentage (%)
1	Less than 1 hour	26	53%
2	1 to 2 hours	15	31%
3	2 to 3 hours	05	10%
4	3 to 4 hours	03	06%

**Amount of time spent on computer/ mobile games:-**

A total of 26 of the respondents (53%) spent lesser than one hour on computer and mobile games. 31% of the respondents spent one to two hours and 10% spend two to three hours playing computer or mobile games. The respondents were not willing to spend more time on computer and mobile games as they have other academic activities that they have to attend such as classes, extra co-curricular activities and assignments. For their higher study and necessary to improve for extra ordinary used for gate to higher Educational performance and also how to developed their Teaching Skill.

Reading Attitude Reading attitude is a construct comprising of 15 items adopted from the Adult Survey of Reading Attitude (ASRA) (Smith, 1991). The construct was categorized into three variables namely

- (i) Reading activity and enjoyment (Eight items)
- (ii) Anxiety and difficulty (Five items) and
- (iii) Modality (Two items).

The descriptions of the three variables are provided in Table 8.

Table: - 8. **Reading attitude variables**

Variables	Questions
	Reading is one of my favorites activities.
	I read when I have the time to enjoy it.
Reading activity and enjoyment	I get a lot of enjoyment from reading
	I spend a lot of my spare time reading.
	When I am at home I read a lot.
	I want to have more books of my own.
	I quickly forget what I have read even if I have just read it.
	I try very hard, but I just can't read very well.
Anxiety and difficulty	I get upset when I think about having to read.
	Encountering unfamiliar words is the hardest part of reading.
	When I read I usually get tired and sleepy
	I often feel anxious when I have a lot of reading to do.
	I need a lot of help in reading
Modality	Reading is one of the best ways for me to learn things.
	There are better ways to learn new things than by reading a book.

Table: - 9. **Descriptive statistics of reading attitude:-**

N=(49)Total No of Technical Students		
Variable	Number Respondents of Students	Mean Value
Reading activity and enjoyment	Total (8) statements Respondents=1195	3.048
Anxiety and difficulty	Total (5) statements Respondents=535	2.183
Modality	Total (2) statements Respondents=357	3.642
Attitude overall	Total (15) statements Respondents=2087	2.839

For the measure of reading attitude, the study adopted the Adult Survey of Reading Attitude (ASRA) from the work of Smith (1991) with three variables and respondents responded to the statements on a four point Likert-type scale (4 = "strongly agree"; "3=Agree",2=Disagree" 1 = "strongly disagree"). The result indicates that the average score for enjoyment is high (mean value 3.048), sending a message that the majority of the respondents strongly agree that reading is an enjoyable activity. Thus the high value of Reading activity enjoyment is (mean value 3.048) on the other hand of anxiety and difficulty towards reading (mean value 2.183).

This mean that the respondents Strongly agree for Reading activity and enjoyment their reveal that B.Ed Trainee Students of NGBTC (2015-2017) session they are very fast for their study attitude on the other hand than the Anxiety and Difficulty are shown in their respondents mean value (2.183) is very low rather than the Enjoyment mean value(i.e. 3.048) which indicated

Consequently their modality mean value is shown 3.642 and also over all attitudes is 2.839 mean value indicated Special Reading attitude of the B.Ed Trainee Students this structure of reading attitude shown in the table-9.

### VIII. CONCLUSION AND RECOMMENDATION

This study was conducted in an attempt to enhance with understanding about reading habit and attitude of a particular of B.EdTrainee students of N.G.B.T. College under WBSU Barasat, West Bengal. In this effort, 49 students-Teachers of Various departments were chosen randomly and close structure wise as the respondents.

The overall result indicates that these B.Ed Trainee students spend quite a significant amount of time Spend on reading and other amount of time to attract surfing the Internet, playing computer/mobile games and other technology-related activities compared to reading.

Reading is only regarded as a minor activity during their leisure time but also they are engagement another professional activities .This group was reading activities are more fast because they are maximum time sped on study with Teaching-technique skill development on their academic process.

On the Other hand the reading attitude findings of this study revealed that the B.Ed Trainee students most of them enjoyment to reading activities that are shown by their statement that is also including with technology.

They find reading as not Anxiety and difficulty but also more enjoyable present to, future life and professional life.

On the basis of numbers of respondents Students reveal of statements according to their strongly agree that Reading is more Enjoyment & activities On the other hand it will be more progressive their attitude to their personal life.

Simultaneously it will be more Increased when the Technology media are more fast included their reading materials .Therefore this case Study Indicated more performance to the Reading Habit like as a Reading Enjoyment which here mean value is (3.048) and Anxiety and difficulty mean value is 2.183 which are the Compared the result in the Reading of Enjoyment activities is very high.

Just like at the Nandalal Ghosh B.T.College study centered on the study of the book of wisdom, so let's demand for an alternative way to increase further reading has become necessary to Internet Service.

- 1) Therefore, in accordance with the opinion of such studies or surveys of students that can be expressed by, for ease of reading instruction in one of the most delightful work to develop or enhance a student's progress are seen with Likart's scale.
- 2) To gate the access of modern technology facilities their reading attitude will be increase automatically and also students are expected to read more (Because that is going to study the functions of reading and enjoyment activities average value (3.048), which concerns and Anxiety and difficulty value (2.15) is very low than reading Enjoyment mean value.
- 3) Even used the pandian questionnaire for reading habit of the trainee students from expressing the opinion that, if gain the knowledge to must read the book and other reading material tool to find out their goal, There is no alternative smooth away to success of reading habit, but also in the current era of Globalization out of necessity as a means of technological media habit can be observed as an instrument of a special tools.
- 4) The results of the survey of this case study by likert's scale the reading attitudes and habit of students will increase, if we are supported their getting the right financing and Technological develop by management of their use of technology in education and teaching more efficient and also I hope that it will be attract the attention and more fruitful to achieve their goal for present to future life.

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