

Study Habits and Academics Achievement of Under Graduate Students in Aizawl City

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Abstract: Academic achievement is the extent to which students accomplish the educational objectives. Student success and the quality of educational institution are mostly evaluated on the outcome of academic achievements. There is a strong pressure on student to score high mark since academic achievement is considered as one important factor for securing jobs in latter life. One of the most important factors affecting academic achievement is study habits. Good Study habits helps in promoting confidence, motivation, time management and resulting in achieving the educational objectives, while bad study habits put students on the disadvantage side resulting in failure, despair and drop out of the course. Regardless of the facts that College in Aizawl city impart good and uniform pattern of instruction to each and every students, student's performance is of wide range and large number of students who did good in higher secondary tends to fail in under graduate level, and therefore, the study try to resolve the relationship between academic achievements and study habits. The present study found that under graduate students have unsatisfactory study habits, both male and female from urban and rural shows similar pattern of study habits.

Keywords: *Academic achievement, Study habits, education, student, examination*

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I. INTRODUCTION

The purpose of education is to make life successful. Education brings about personal advancement, economic progress, provides better opportunities to set goals in life and fulfilling these goals. Education plays a paramount role to remove social issues of inequality, illiteracy and barriers of different religion, caste, race and creed. Education develops the learner's mind to aware towards various problems of the world and gives a solution to solve economic, social and political problems faced by the modern world. The main objective of education is to make human a whole human, by providing the best kind of education to the learner. John Dewey rightly said "Education is not preparation for life; education is life itself."

Learning outcomes is generally assessed by Academic achievement, academic achievement is the extent to which the learner is successfully completing and achieving the task and attaining satisfactory learning. Academic achievement is important for future educational and occupational success. Academic achievement is the overall performance outcomes that indicate the extent to which the learner has accomplished the specific goals and it signify future success in life. Academic achievement often serves as predictors for securing a job, career growth, accepting to change, adapting to new situations and developing positive self-esteem and self confidence. However it is observed that learners in the same learning environment vary in their scholastic achievement. The factors for these variations in academic achievement are intellectual, emotional and environmental. Among the three factors, the environment, predominantly study habits influenced the achievement of the learner to a great extent.

Study habit is how one studies; Study habits are of two types namely good study habits and poor study habits. Study habits are those techniques, such as, preparing study time table, self discipline, concentration, obtaining and organizing study material, reading textbooks time management and note taking. Studying is a skill. Being successful in school and college requires a high amount of good study habits. Students need to learn and exercise effective study habits, practice them and develop effective study habits in order to be successful.

According to Good's dictionary of education, "Study habit is the tendency of pupil to study when the opportunities are given, the pupil's way of studying whether systematic or unsystematic, efficient or inefficient." A proper study habits enable the student to achieved their objectives and become successful in life.

We are living in a technological competitive world, where students spend many hours in social networking sites which keep them away from their studies and from interacting with their own natural

surroundings. Their education is hampered because surfing these social networking sites keep them more involved and it is difficult to concentrate on their studies. Rana and Kausar (2011) agreed with this finding that many students fail not because they lack ability but because they do not have adequate study skills. Students who have difficulty frequently in college do not have adequate study habits. Noohi et al (2008) conclude that Students need to learn study skills early in their university life. Weakness in study habits and study skill are related to deficit in planning and time management, concentration and note taking skill, and further suggest educational course or workshop about university skills for students.

II. RATIONALE OF THE STUDY

It is generally observed that students having effective study habits are the ones with good academic record and who secure desired jobs in later life. This research work is an attempt to study the relation between academic achievement and study habits among Under Graduate students in Aizawl City. Students securing high marks in Secondary school do not always achieve well in collegiate level, in many cases consistency in academic performance is rare and sometimes performance is decrease to a greater extent. This study could facilitate in identifying the causes of poor performance and even drop outs of students and suggest remedial measures to help students to develop effective study habits.

III. OBJECTIVES

1. To find out the study habits of under graduate students in Aizawl
2. To find out the study habits of under graduate students in Aizawl with reference to their academic achievement
3. To compare the study habits of under graduate students in Aizawl with reference to their gender
4. To compare the study habits of under graduate students in Aizawl with reference to their locale.

Hypothesis

1. There is no significant difference in the study habits of under graduate students in Aizawl with reference to their academic achievement.
2. There is no significant difference in the study habits of under graduate students in Aizawl with reference to their gender.
3. There is no significant difference in the study habits of under graduate students in Aizawl with reference to their locale.

Sample of the study

The sample for the study consists 230 under graduate's students of 110 male and 120 female IV semester students studying in 4 different colleges in Aizawl city in the academic year 2015-2018.

Tools used

Palsane & Sharma's study habits inventory (PSSHI) National Psychological Corporation, was administered on the sample subjects to elicit their responses on various areas of Study habits namely, budgeting time, physical conditions, reading ability, note taking, learning/motivation, memory, taking examination and health.

Analysis and Interpretation

Analysis of the present study is done in accordance with the objectives of the study
Objective no 1: To find out the study habits of under graduate students in Aizawl city.
 The study habits of the sampled students in accordance with the norms provided in the manual.

Table No. 1Frequency and percentage of study habits of all respondents on different levels of study habits.

No of Students	Excellent Study Habits	Good Study Habits	Average Study Habits	Unsatisfactory Study Habits	Very Unsatisfactory Study Habits
230	4 (1.73%)	17 (7.39%)	69(30%)	81 (35.21)	59 (25.65)

The above table indicate that only 1.73% of students have excellent study habits. The table also reveals that 7.39 % of under graduate students have good study habits and majority of the students 30% and 35% have average study habits and unsatisfactory study habits respectively, while a big portion of students 25.65% are have very unsatisfactory study habits. The table highlight that under graduate students in Aizawl city by and large have unsatisfactory study habits.

IV. DISCUSSION

A large number of students attend college without specific aims and goals. Many students fail to realize the importance of higher education; most students do not recognise the worth of spending time in the library, they rather utilise most of their time for chit chatting is social network sites. In such competitive world, Parents as well as the teacher needs to cultivate in the mind of the students, the importance of higher education for physical, mental and social well being. Good education is constructive in nature which constructs our future forever.

Objective no. 2: To find out the study habits of under graduate students in Aizawl with reference to their academic achievement.

The following table no 2 highlight the comparison of study habits of under graduates students in Aizawl city with reference to their academic achievement. Students were divided into two groups based on their performance in their previous university examination as above 60 % or first division and below 60 %.

Table No. 2 :Study habits of under graduate students and their academic achievement.

Groups	No of students	Mean	SD	MD	SEMD	t-value	Sig Level
Above 60 %	122	64.85	8.65	5.95	1.31	4.5351	**
Below 60 %	108	58.9	10.95				

** Significant at .01 level

Table no.2 reveals that there is a significant difference in the study habits between the two groups, there is a significant difference at 0.01 level and the state hypothesis ‘There is no significant difference in the study habits of under graduate students in Aizawl with reference to their academic achievement’, is rejected.

Discussion: Good study habits helps students prepare for what is ahead, and helps in achieving educational goals. Students who give more attention toward their studies are the one who achieve better in the final examination and success in future. It is secure to conclude that, academic achievement is largely influence by the kind of study habits the learners develop. Lack of study habits is the main reasons students’ lost interest in studies, resulting in failure to fulfil the demand of the institution and finally leading to out drop out of college. Proper study habits ensure planning ahead, proper utilisation of leisure and builds motivation and interest.

Objective no. 3: To compare the study habits of under graduate students in Aizawl with reference to their gender

Table No.3Comparison of study habits of under graduate students in Aizawl based on their gender

Sex	No of students	Mean	SD	MD	SEMD	t-value	Sig Level
Male	110	53.23	11.70	3.77	1.41	2.67	**
Female	120	57	9.5				

**Significant at .01 Level

Table no 3 shows that the ‘t’ value is significant and the mean of male students is lower to the mean of female students and the standard deviation reveals that female score are less scattered than that of male students. This indicates that the two groups of students are significantly difference and therefore, the hypothesis ‘There is no significant difference in the study habits of under graduate students in Aizawl with reference to their gender’ cannot be accepted.

Discussion: College is academically challenged but particularly male students employ much of their time on motorcycles, relationship, mobile phones, games and sports. A few numbers are indulging in drinking liquor while many of them just tend to lose concentration and interest in studies for no apparent reason at all, resulting in shortage of classroom attendance. At the same time shortage of attendance indicates idleness in much aspect concerning education. Many under graduate student’s mostly male students are habitually late to submit assignments and wait until the last minute to complete assignments. Teachers as well as parents must encourage the student to develop time-management, academic independence, accountability and responsibility on the part of the learners.

Objective no.4: To compare the study habits of under graduate students in Aizawl with reference to their locale.

Table No. 4: Table no. 4 shows the study habits of under graduate students both from urban and rural background.

Locale	No of students	Mean	SD	MD	SEMD	t-value	Sig Level
Urban	125	54.5	7.62	1.75	1.039	1.68	NS
Rural	105	52.75	8.10				

The above table denotes that there is no significant difference between urban and rural students in their study habits. Both groups are almost similar and thus, the hypothesis ‘There is no significant difference in the study habits of under graduate students in Aizawl with reference to their locale’ is not rejected.

Discussion: Under graduate’s students in Aizawl coming from different locality exhibits similar pattern in their study habits, the main reasons maybe because of internet accessibility from almost every part of the state, availability of library in every college and easy accommodation of college and private hostel. However, from general observation it is possible to say that under graduate’s students coming from both urban and rural area have unsatisfactory study habits.

Table No 5.: Correlation between study habits and academic achievement:

Coefficient of correlation in between	r^2
Study habits and academic achievement	0.68

There is a substantial moderate correlation between study habits and academic achievement. Study habits were positive and significantly related to academic achievement as coefficient of correlation index „r“ of 0.68.

Suggestion for improving Study Habits of Students

Education is not the problems of the teacher and students alone. Establishing good study habits is the responsibility and crucial role of the teachers, students, parents and educational institution

Teachers

Teacher’s role is tremendous when it comes to developing study habits, the teacher should create a learning situation where students will be able to adopt satisfactory, effective and efficient study habits, the teacher should generate a classroom condition which promotes independent learning skills and impart responsibility in building one’s own future.

The teacher should motivated the learners to understand the importance of education so that the latter may develop interest, concentration and the will power to overcome obstacle in learning, and a desire to plan ahead for achieving educational goals.

Students

Effective Study habits are a skill that can be mastered through experience and practice. It is personal skill based on individual interest, abilities and efforts. Students must bear in mind that to reap the fruits of success one must follow the path of diligent, concentration and sacrifice. In spite of things they like to indulge, stimulus which leads to disadvantages to learning, students needs to engage in making study time table, focus on learning, consulting numerous reading material, spending time in the library and the courage to disengage on activities which hampers their studies.

Parents

Most modern parents dream that their child to be a successful learner, without the deliberate actions, support and involvement of the parents, desirable learning outcomes are hard to obtain. Parental guidance and encouragement for learning activities helps in establishing good study habits. Parental involvement in the children learning right from elementary level is vital to children’s education.

Educational Institution

Most learning experience is the results of effective administration, cooperation’s of schools personnel, parents and community. Good human resources and well infrastructure facilities like internet facilities, first-rate laboratories, and well-equipped libraries promote ability to learn, it provides opportunity for quality education resulting in achievement and economic growth. The consequence of productive partnership between parents,

students and educational institution is able to establishing positive study habits and resulting in academic achievement.

V. CONCLUSIONS

The present study investigated the study habits of under graduate's students in Aizawl city based on their academic achievement. For successful learning in present and future situation, it is necessary to inculcate good study habits right from elementary level. It is the duty and responsibility of the parents and the teacher to persuade students to develop measures for establishing good and satisfactory study habits for academic achievement. Since study habits has significant impact and correlates with academic achievement, it is essential to establish study habits for the growth and prosperity of the individual and for the nation

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