

# "A Comparative Analysis of Study Habits in Senior Secondary Students: The Role of Maternal Work Status"

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## **ABSTRACT:**

*This study presents a comparative analysis of study habits among senior secondary students, with a focus on the influence of maternal work status. Recognizing the significance of effective study habits in academic success, the research investigates how the employment status of mothers—whether working or non-working—impacts the study routines of their children. The study employs a descriptive survey method to gather comprehensive data from a diverse group of senior secondary students. In the present study a representative sample of one hundred twenty students studying in senior secondary schools in 10th class of city of Shimla of Himachal Pradesh were selected randomly. In this study the Palsane and Sharma Study Habits Inventory developed by Palsane and Sharma was used for collecting the data. Findings from the analysis revealed that the Senior secondary school students of working and non-working mothers do not differ significantly in their study habits. This research contributes to the existing body of knowledge by revealing the intricate relationship between maternal work status and study habits among senior secondary students.*

**Keywords:** Study habits, Senior secondary school students, descriptive survey, Maternal Work Status.

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## **I. Introduction:**

In the modern educational landscape, the academic success of students is intricately linked to their study habits and the myriad of factors that influence them. Among these factors, the dynamics of a student's family environment, particularly the maternal work status, play a pivotal role in shaping the learning journey of adolescents, especially those in their senior secondary years. As the global socio-economic structure evolves, with increasing numbers of women participating in the workforce, understanding the impact of maternal work status on students' study habits becomes an essential endeavour. This comparative analysis aims to delve into this critical interplay and shed light on its implications for senior secondary students.

Over the years, the concept of study habits has garnered considerable attention in educational psychology, recognizing their significance in determining academic performance and long-term educational achievements. Study habits encompass a range of behaviours and routines that students adopt to facilitate effective learning, such as time management, note-taking techniques, self-regulation strategies, and the ability to maintain a focused and organized study environment. These habits are influenced by a multitude of internal and external factors, with the family environment being a prominent external influence.

Maternal work status, as a subset of the family environment, has undergone a transformative shift in recent decades. The traditional notion of mothers solely engaged in homemaking has evolved into a diverse landscape where many women balance their familial roles with professional pursuits. This transition has introduced new dynamics into family structures and prompted discussions about its potential impact on children's academic experiences. While some researchers argue that a maternal work role may lead to reduced parental involvement and, consequently, poorer study habits among adolescents, others posit that exposure to a working mother can foster a sense of independence and self-discipline in managing academic responsibilities.

This study aims to contribute to this ongoing discourse by conducting a descriptive survey of study habits among senior secondary students based on their maternal work status. By examining both sides of the argument, this research endeavours to provide a comprehensive understanding of how maternal employment influences study habits, encompassing not only its potential challenges but also the potential benefits it might offer.

## **The Importance of Study Habits:**

Study habits are the behaviors, routines, and strategies that students employ to manage their learning and enhance their understanding of academic material. Effective study habits encompass activities such as time management, organization, active engagement with the content, and the utilization of various resources. These habits contribute significantly to the mastery of subjects, critical thinking skills, and overall academic performance. Senior secondary education, which often serves as a bridge to higher education and career pathways, demands more sophisticated study habits compared to earlier stages of schooling.

### **Characteristics of Habits:**

Some of the main characteristics of habit are the following: -

1. **Facility and Convenience:** - Activities which are easy to perform are quickly converted into habits. Besides, when an activity becomes a habit, it is easy to perform it. Facility and convenience are the reasons why habits are formed.
2. **Uniformity:** - Habits make the performance of a particular activity uniform. A habit is an acquired behavioural pattern in which uniformity is maintained. On example of this, the habit of writing or composing.
3. **Interest:** - Interesting activities give pleasure to the performer and this pleasure leads to the activity being transformed into a habit.
4. **Quick Response:** - Quick response is found in habited activities.
5. **Promptness:** Promptness is another features a habit. When a habit is formed the activity is performed quickly and smoothly, without there being and delay or hesitation. The performance of a habit requires neither time nor attention.
6. **Lack of attention:** Once a habit has been formed. There is no need for attention on the individual keys of typewriter once he has formed the habit of typing.
7. **Resistance of change:** When as a result of some specific cause or circumstances the need arises for a change in the habit, the individual experiences considerable difficulty in changing or giving it up.
8. **Mechanical Activity:** A habit is a mechanical activity of body. An activity which becomes a habit is performed mechanically by the body and the very fact it's being mechanical obviates the need for reflection, though.

### **Maternal Work Status in the Modern Context:**

Over the past few decades, societal changes have led to a reconfiguration of traditional family dynamics. One notable transformation is the increasing participation of mothers in the workforce. The dual-income family model has become more prevalent, driven by economic pressures, changing gender roles, and advancements in gender equality. Consequently, maternal work status has a significant influence on family dynamics, including parenting styles, household responsibilities, and the time available for engaging with children's education.

### **Success through study habits in School and Life:**

A habit is simply a behaviour pattern that is repeated until it become automatic. The word automatic implies that you perform the habits without thinking much about it. Study habits are effective or ineffective depending upon whether they serve your child or not. Study habits that serve the child create better grades, a better relationship with the teacher, and a sense of competence or confidence.

Before we look at how to create good study habits, let's look more closely at habit in general. Consider the habit of brushing your teeth a life affirming habit. If you brush your teeth, your gums stay clean and healthy and you prevent tooth decay. Understanding that, why habit is important because all habits even unhealthy once are started for a reason. If you Brush your teeth every night before you go to bed, then you do it automatically - you don't have to think about it. We want to help our children to create good study habits that start for a reason, but become automatic. Study habits have been the most important predictor of academic performance and play a special role in the academic achievement of students.

## **II. Reviews of Literature:**

**Husain (2000)** conducted a study on academic achievement in relation to study habits at secondary level and it was concluded that study habits and academic achievement may be positively correlated and also suggest to organize special programmes on sport, games, meditation and yoga for such students. These activities make them healthy and keep their mind fresh. This will help to improve the habit of concentration study attitude offers great possibilities for successful achievement in studies.

**Bala (2001)** conducted a study on the study habits of Navodaya Vidyalaya and government secondary school students in relation to their gender, caste, and parental education. It was found that there was no such difference in study habits of Navodaya Vidyalaya and government schools.

**Bhan and Kumar (2003)** conducted a study on the study habits of 12 science students of Hamirpur. It was found that there was no significant difference in the study habits of girls and boys. Girls show better habit of planning of subjects and preparation for examinations than boys. Boys depict good study habits of group concentration in comparison to girls.

**Chand (2013)** revealed that there exists no significant difference between secondary school students belonging to nuclear and joint family on different components of study habits and on total study habits. Some studies revealed that the lack of mothers' presence can impact a child negatively but nothing was discussed about the impact if the mother does not work.

**Lawrence (2014)** conducted a study to see the relationship between study habits and academic achievements of higher secondary school students and it was found that there was no significant difference between study habits and academic achievements of higher secondary school students.

**Tus (2021)** conducted a study on the influence of study attitudes and study habits on academic performance of students and it was concluded that students are still improving their learning attitudes and study behaviors, showing mild teacher acceptance, welcoming education, resisting hesitation, and working methods. These can be due to their families knowledge, the outstanding curriculum and procedures the college gave them.

### **The Research Gap:**

While the relationship between parental involvement and educational outcomes has been widely explored, limited attention has been directed towards understanding the specific influence of maternal work status on students' study habits, particularly in the context of senior secondary education. This research aims to bridge this gap by investigating whether and how maternal work status affects study habits among senior secondary students. The study recognizes that maternal employment can influence the family environment, time management, and the support available to students. By uncovering the potential interplay between these factors, the research seeks to provide valuable insights for educators, parents, and policymakers.

### **Objective of the Study:**

To find the significant difference in the study habits of Senior Secondary students of working and non- working mothers.

### **Hypotheses of the Study:**

There is no significant difference in the study habits of senior secondary students of working and non- working mothers.

### **Delimitations of the Study:**

The delimitation becomes an essential part of any study in research work because the field of investigation is varied and limitless. So, it is necessary to delimit its scope. For the convenience of the researcher the study has been limited of the following areas:

1. The present study was delimited to the Mandi district of Himachal Pradesh.
2. The study was confined to 10<sup>th</sup> class students only.
3. The study was delimited to 5 government and 5 Private school students.

### **Research Method:**

The present study aims to find out the study habits of Senior Secondary students of working and non – working mothers. Hence descriptive survey method was used to conduct the present study. It helps us to obtain pertinent and precise information concerning current status of phenomenon and whenever possible to draw valid general conclusion from the facts discovered.

### **Sampling Technique:**

In the present study a representative sample of one hundred twenty students studying in senior secondary schools in 10th class of city of Mandi district of Himachal Pradesh were selected randomly. Selection of Mandi district was done on the basis of convenient sampling. However, schools and students were selected through random sampling techniques it may be further made clear that only ten schools of Mandi city were selected. In the total sample of one hundred twenty students, twelve students from each school were selected and out of twelve students from each school six male students and six female students were selected.

**Given below is the list of schools along with the number of the student is presented in Table: -**

**SCHOOL WISE DETAIL OF THE SAMPLE**

Sr. No.	Name of School	Total No. of Students	Male Students	Female Students
1	Govt. Senior Secondary School Kanaid.	12	6	6
2	Govt. Senior Secondary School Gohar.	12	6	6
3	Govt. Senior Secondary School Bhangrotu.	12	6	6
4	Govt. Senior Secondary School Bagla.	12	6	6
5	Govt. Senior Secondary School, Baldwara.	12	6	6
6	Mahavir Public School, Sundernagar	12	6	6
7	Hillock Model School, Ner- Chowk.	12	6	6
8	Morden Public School, Ratti.	12	6	6
9	Alok Bharti Model School, Kotli	12	6	6
10	Bhartiya Public School, Joginder	12	6	6

	Nagar.			
	<b>Total</b>	<b>120</b>	<b>60</b>	<b>60</b>

**Tool Used for data collection:**

In order to collect data for the present study the investigator used the PALSANE AND SHARMA STUDY HABITS INVENTORY developed by PALSANE and SHARMA.

**Statistical Techniques:**

The study is conducted by applying descriptive statistics like mean, standard deviation (SD) was used to compare the two group. The ‘t’ test was performed for testing the research hypotheses.

**Analysis and Interpretations:**

Objective: To find the significant difference in the study habits of Senior Secondary students of working and non- working mothers.

Table 1.1 give the summary of the statistics calculation for obtaining ‘t’- value with regard to study habits among Senior Secondary School Students of working and non- working mothers. Mean, Standard Deviation ant t-ratio was calculated which are given in Table 4.1.

**Table – 1.1**

**Study Habits of Senior Secondary School Students of total Working and Non- working Mothers.**

Sr. No.	Group	N	Mean	SD	df	‘t’	Result
1	Students of Working mothers.	60	55.75	4.28	118	0.57	NS
2	Students of Non-Working Mothers	60	55.28	4.52			

NS- Non significant

It is evident from the table 4.1 that ‘t’ – value testing significance of mean difference of total Senior Secondary school students of working and non-working mothers was calculated out to be 0.57 at 118df, which Is non-significant at 0.05 and 0.01 level of confidence. Which reflect that mean scores of study habits of total students of working mother i.e.,55.75 and mean score of study habits of total students of non – working mothers i.e.,55.28 does not differ significantly.

Hence the Hypothesis states that, “There is no significant difference between the study habits of Senior Secondary school students of total working and non-working mothers.” is accepted.

Thus, it may be concluded that senior secondary school students of total working and non-working mothers do not differ significantly in their study habits.

**III. Conclusion:**

From the finding of the study, it is evident that the Senior secondary school student of total working and non-working mothers does not differ significantly in their study habits further, mean scores of total students of working mothers on study habit are similar as compare to the mean scores of total students of non-working mothers.

**Suggestion for Further Research:**

While the current study suggests that there is no significant difference in the study habits of senior secondary school students from working and non-working mothers, further research could explore additional factors that might influence study habits. Here are some suggestions for further research:

- 1. Parental Involvement:** Investigate the level of parental involvement in the education of students with working and non-working mothers. Parental involvement can include activities such as helping with homework, attending parent-teacher meetings, and providing academic support. A deeper understanding of how parental involvement interacts with maternal employment status could provide insights into study habits.
- 2. Socioeconomic Factors:** Consider examining the socioeconomic backgrounds of the families. Socioeconomic factors can play a significant role in shaping study habits and academic performance. Exploring whether socioeconomic status interacts with maternal employment status could provide a more nuanced perspective on the study habits of students.
- 3. Qualitative Research:** Complement the quantitative analysis with qualitative research methods such as interviews or focus groups. Qualitative insights could provide a deeper understanding of the motivations, challenges, and strategies related to study habits.

By addressing these suggestions in further research, a more comprehensive and nuanced understanding of the relationship between maternal employment status and study habits among senior secondary school students can be achieved.

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