



## Study habits of students of bachelor of education

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### Abstract

Study habits play a very important role in the life of students. Many students do badly academically, due to factors other than low intellectual capacity. One such factor is poor study habits, which often result in poor academic performance even among the naturally bright students. Some students may have poor study habits, which may be due to several factors such as family background, economic status, size of the family, education of the parent etc. The concept of a study habit means the ability of the learner to schedule his time, the plan of the study, the habit of concentration, note taking, mental review, over learning, the judicious application of whole and part method, massed and distributed learning and so on. Individual differences also play a vital role in the study habits of students. Study habits may be different from person to person and they differ in case of high, average and low achievers. Therefore, it is the effort of teachers to develop good study habits among students. This study aimed to measure the Study Habits of bachelor of education students in relation to gender, subject of their study and year of the course.

**Keywords:** study habits, techniques to develop study habits

### Introduction

Many students do badly academically, due to factors other than low intellectual capacity. One such factor is poor study habits, which often result in poor academic performance even among the naturally bright students. The pattern of behavior adopted by students in the pursuit of their studies considered under the caption of their study habits. Study habits reveal students personality.

The study habits influenced by attitudes, personality traits and levels of aspirations, teaching methods adopted and material they are to learn. Therefore, it is the effort of teachers to develop good study habits among students. Such habits are the best equipments with which they can live and lead their lives with confidence.

Good study habits include many different skills such as time management and self-discipline. The concepts study habits, study method, learning method; study skill, learning skill, and study attitude used differently and sometimes interchangeably. Study skills involve reference, reading listening, study habits and strategies. Learning improves with planning of where, when and how much to study. Positive attitude, proper physical condition and balanced emotional states are important factors influencing study habits (Crow and Crow, 1956) <sup>[6]</sup>.

### Definition of study Habit

Author Good defines that the study habit is the way of studying whether systematic or unsystematic, efficient or inefficient. Study habits are those habits developed by a learner for an orderly and systematic plan of study. In broader sense, the term "study habits" indicate the methods and techniques followed by the pupils in studying their lessons. Study skills defined as students' ability to manage time and other resources to complete an academic task successfully.

According to Dictionary of education, "study habits indicate settled tendency of practice and thought to acquire knowledge and information from the book."

The learner's Dictionary has defined study as a "Mental effort to obtain knowledge". "Study habit means a fixed routine behavior imbibed by an individual to learn." (Yadav, Ansari, Savant, 2000, p 914). Crede and Kuncel (2008) define study habit as study routines, including, but not restricted to, frequency of studying sessions, review of material, self-testing, rehearsal of learned material, and studying in a conducive environment.

### Need of study Habits

There is a need, to guide the students about meaningful learning so that they are able to memorize things in a better way. Students improve their performance because they can learn most of the concepts clearly through proper study habits. A student must know learning method and study habits, which help him to achieve the goals of education. Good study habit skills like note taking, having regular time to study, and organizing for a test, while removing the distraction that comes from television or phone call at home can lead to good academic performance (Tschumper, 2006). A proper study habit enables an individual to reap a good harvest in future.

Learning through good study habits is the key process in human behavior. Parents and teachers always show concern for learning of the child because learning through good study habits influences our language, our skills, attitudes, interests and even our goals. Many students learned the things for longer time, hours and hours continuously without understanding. During examination forgetting the initial word of an answer, make it difficult for the students to recall the entire answer. Therefore, they should have proper study habits, which would help them to study and to retain the

concepts correctly and with proper comprehension.

### Importance of study habits

The major group of researchers studied 'study habits' as a correlate or predictor of certain other criterion variables, academic achievement is the most common among them. In fact the study habits is a very important characteristic of all human beings who are 'being educated and are educated'. As much study habits is important for higher academic achievement of students as much it is important for their fruitful use of leisure time. This is why the researcher believes that need for study creates study habits. Many learners need continued guidance for developing good study habits whereas many develop the same for themselves and achieve desired outcomes. Gradually the learner develops study habits to comprehend the concepts of the subject. The structure of the subject or content requires proper study habits on the part of students for present competitive world. Due to lack of appropriate study habit performance suffers as of students not observed in the results of examination. Therefore, there is a need to develop proper study habits, as it will help in acquiring academic excellence. Study habits are of immense importance in the acquisition of a satisfactory level of achievement.

### Skills to develop study habits

Study habits need to develop the skills such as

1. Concentration
2. Organizing
3. Time management
4. Listening
5. Observation
6. Notes taking
7. Remembering

### Follow the following to develop Good study habits

- Try not doing too much studying at one time.
- Try to study at the same times each day.
- Set specific goals for the study times.
- Plan and search both for meaning and for high marks.
- Start studying when planned.
- Work on the assignments that are most difficult first.
- Review the notes before beginning an assignment.
- Tell friends not to call during study times.
- Call another student when there is difficulty with an assignment.
- Review the schoolwork over the weekend.

### Good Study Habits for College students

- Review the lessons prior to class
- Read the material before professor's explanation. Professors are here to interpret and clarify the doubts, and sometimes give their opinion. Learn most of the content from the material yourself. Highlight the parts emphasized, and listen to the way, professor relates it to what you have already learned.
- Take quick notes in class. Do not make notes on what's already in the book, it wastes time and attention.
- Study for at least a total of an hour every day before the next class.
- Do not let social activities take priority before studying.
- Plan your breaks in the short and long term.

If you have to be social, it is great to have a study group.

Study groups help some remember material, and clarify difficult points and are a great way to have a social life in college at the same time as studying.

- **If your friends are in different courses, plan to get together for stress busting**
- Periods, especially during exam week. Midnight power walks make great memories.
- If you are not the person to concentrate, try to lighten your load of classes.

### Way to Improve study mindset

#### Concentrate on what you are doing

Concentration is about avoiding thinking about other things when you study. Three good pieces of advice to increase concentration are:

Always read and write with a question and a purpose;

Take notes while you read; and

Vary your tasks during the day.

If you are sitting at your personal computer, do not open the web browser or mailbox. If we not used in proper way and beyond our control then phones, television, Internet, magazines, etc. are all become potential time-wasting and disturbing elements.

- **Find out where you work most efficiently:** If you are easily distracted, try to establish a fixed work place at a location without disturbing elements where you are outside the reach of the good intentions with all the study material.
- **Planning:** A well-organized study plan offers an overview of tasks, makes it possible, and prepare early for everything. The trick is to prepare a study plan that offers a long-term overview while giving you a short-term detailed time-table of the tasks. The important thing is to divide and prioritize your daily tasks, thus ensuring that there is enough time for all of them. Begin every semester by preparing a study plan. Remember that goals, work schedules and deadlines must be realistic.
- **Break your tasks down into smaller parts:** After preparing the long-term study plan, the individual tasks may break down into smaller parts. In that way, focus on one small part at a time, while still being able to maintain the broader perspective.
- **Learn to speak up at the right time:** It is important not to be afraid of speaking up in class. Of course, you should have relevant contributions to the discussion. The trick is to be active in an academic and constructive way.
- **Reading Technique:** Read the beginning to end of each chapter. Read the introduction to the conclusion. Write, draw or discuss your way to a preliminary overview.
- **Note-Taking Technique:** It is a good exercise to write things down in their own words while working with the academic material or participating in the teaching. Notes primarily used to save and remember important information
- **Mind maps:** Like notes in general, mind maps is mainly an individually adapted tool, the primary purpose of which is to render a graphical perspective. Begin by writing down the central keyword in the middle of a blank piece of paper. Then add sub-topics by means of lines and keywords – like branches on a

tree.

- Aim to think positively when you study, and remind yourself of your skills and abilities.
- Avoid comparing yourself with others, because you usually just end up feeling bad about yourself.
- Take responsibility for yourself. Recognize that in order to succeed you need to make decisions about your priorities, your time, and your resources.

**General objectives of the study**

The main aim of this study is to identify the level of study habits and the significant difference if any in the study habits of B.Ed. trainees in terms of background variables such as Gender, Basic subject of study and year of study course.

**Specific objectives of the study**

- To identify the level of Study Habits of B.Ed. students
- To find the impact of gender difference on Study Habits of B.Ed. students
- To find the impact of basic subject of study on the Study Habits of B.Ed. students
- To find the impact of year of study on Study Habits of B.Ed. students

**Hypotheses of the study**

- There is no Study Habits in B.Ed. students.
- There will be no significant difference in Study Habits of boys and girls students of B.Ed.
- There will be no significant difference in Study Habits of Arts and Science students of B.Ed.
- There will be no significant difference in Study Habits of I-year and II-year students of B.Ed.

**Methodology**

Present study adopts descriptive survey method. It is a study designed to depict the participants in an accurate way. There are three main sections, data collection, measurement and analysis. Sample of 100 B.Ed. students randomly selected from the colleges of education in Dindigul District and data collected through the questionnaire.

**Tools Used for the study**

Study Habit Scale constructed and standardized by Dr. M Mukhopadhyaya and DN Sansanwal (1971) and revalidated by the investigator. It consists of 51 statements based on 9 areas in the following distribution.

**Table 1**

Sl. No.	Areas	Statement Numbers	Total	%
1.	Comprehension	2+, 5+, 6+, 8+, 9+, 10-, 13+, 29+, 30+, 32+, 38+, 49+	12	23%
2.	Concentration	14+, 16-, 17-, 18-, 19-, 20-, 21-, 37-, 40-, 42-	10	19%
3.	Task orientation	22+, 27+, 28-, 33-,35-, 36-, 45-, 47-, 48-	9	18%
4.	Sets	7+, 11+, 15+, 23+, 24+, 25+, 41+	7	14%
5.	Interaction	26-, 43+, 44+	3	6%
6.	Drilling	12+, 31+, 39+	3	6%
7.	Supports	34+, 50+, 51+	3	6%
8.	Recording	3+, 4+	2	4%
9.	Language	1-, 46+	2	4%
		32 positive and 19 negative statements	51	

Symbols + and – shows the positive and Negative nature of the item. The positive items scored 4 for Always, 3 for frequently, 2 for Sometimes, 1 for rarely and 0 for Never. The negative items scored in reverse.

**Statistical Analysis**

Descriptive analysis of mean and standard deviation were calculated. To test the hypothesis, differential analysis ‘t’ test was applied at 0.05 level of significance.

**Data analysis and Interpretation**

**Table 2:** Mean and Standard deviation of B.Ed. students

	All	Male	Female	Arts	Science	I year	II year
No. of students	100	40	60	25	75	50	50
Mean	70	62.5	75	67	71	68	72
SD	21.2	15.9	10.6	29.7	2.8	12.7	15.5

Table-2 show that the B.Ed. students have Study Habits with moderate level. They got the mean value 70 only. Therefore, B.Ed. students have to improve Good study Habits. Compare with B.Ed. female, male students have low

level of study Habit. Similarly, arts subject students have low-level study habits than science students and II year students are having good study habits than I year students.

**Table 3:** Mean, Standard deviation and t-value of B.Ed. students in relation to Gender

Gender	N	Mean	SD	t-value	Interpretation
Male	40	62.5	15.9	4.5	significant
Female	60	75	10.6		

Table -3 shows that the calculated t-value of male and female students is 4.5, which is significant. So the null hypothesis rejected.

It means that there is significant difference in the study habits of male and female B.Ed. students. Hence, the Gender affects the study habits.

**Table 4:** Mean, Standard deviation and t-value of B.E. d. students in relation to the subject Arts and Science

Subject	N	Mean	SD	t-value	Interpretation
Arts	25	67	29.7	0.68	Not significant
Science	75	71	2.8		

Table-4 shows that the calculated t-value of Arts and Science students is 0.68 that is not significant. So the null hypothesis is accepted. It means that there is no significant difference in the study habits of Arts and Science B.Ed. students. Hence, the subject of study does not affect the study habits.

**Table 5:** Mean, Standard deviation and t-value of B.Ed. students in relation to the year of study

Year of study	N	Mean	SD	t-value	Interpretation
I year	50	68	12.7	0.25	Not significant
II year	50	72	15.5		

Table- 5 shows that the calculated t-value of male and female students is 0.25 that is not significant. So the null hypothesis is accepted. It means that there is no significant difference in the study habits of I year and II year B.Ed. students. Hence, the year of study does not affect the study habits.

**Major Findings of the study**

- The Study Habits of B.Ed. students are exists at medium level.
- The Study Habits of B.Ed. students differ based on their gender. Male B.Ed. students have less Study Habits than the Female.
- The Study Habits of B.Ed. students based on their basic subject of study and the year of study found same.

**Educational Implications**

- The colleges of education should take necessary step to develop the Study Habits of B.Ed. students.
- Teacher educators should train the B.Ed. students to measure their own level and their student’s level of Study Habits by appropriate inventories.
- Provide awareness and pave the way to maximize good Study Habits.

**Conclusion**

Based on the findings, there exists a medium level of Study Habits among B.Ed. students. The team effort of Teacher educators in the colleges of education, Parents and B.Ed. students will surely develop the study habits. In future this B.Ed. students will produce new generation with good study habits.

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