



## Significance of study habits for effective learning of students

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### Abstract

Study habits refer to learners behaviours during the learning process which leads to progress and a better learning experience. Study habit is a pattern of action that has been mastered to the extent that it can be carried out without deliberate effort. It is important for students to enhance suitable studying habits that will help them keep focused on their ultimate goal which is academics. Some research studies have been analysed in this research paper to understand the significance of study habits. Proper references have been given at the end of this research paper whose studies have been referred. In this paper, a systematic attempt has been made to discuss about significance of study habits for effective learning of students.

**Keywords:** study habits, academic performance, learner behaviour, achievement

### Introduction

Study habits refer to learners behaviours during the learning process which leads to progress and a better learning experience. Learnings are the ways in which students are encouraged to work privately and to lead the growth of their own cognitive processes as they learn. Study habit is a pattern of action that has been mastered to the extent that it can be carried out without deliberate effort. Study habits is the manner in which a pupil reads for school-related assignments after he has mastered the content. Good study habits are good asset to learners because study habits allow students to attain mastery in areas of specialisation and ensure excellent results, while the reverse becomes constraint to learning and achievement leading to failure. The habits is the tendency of doing, thinking or acting in its simplest form as one have done, thought or act in the past. Whenever the habits are created, every time the nervous system is used. Intellectual, spiritual, emotional, temperamental, and physical behaviors are just as real. The laws of exercise and effect are the two great laws of habits creation. Drill is the usual approach used for habits forming by all groups of individuals. With many habits, the sooner you start practicing and developing good habits, the better chance you will have that you will continue with them. We all know that good study habits are essential to educational success. Good study habits are an important part of any student's success. We probably can diminish the academic dishonesty by promoting good study habits with students, and letting the students know that good study habits are very important when it comes to school. Still, even procrastination can be overcome with proper study habits, and improving your study habits is the key to better studying. Good study habits are a great tool to have in the toolbox of life. Many of the tips for success for online students are the same as those for students in an onsite classroom. Consider asking your school's student council to take on a study tips project. Following a few simple study tips can help students effectively learn new concepts and theories. There have been numerous published tips students can use as a guide for good study habits.

A good way to stay organized is to use folders so your child can keep his/her assignments until needed and it is a great way of staying organized. Once children reach the grades where homework and tests are part of the curriculum, there are many things parents can do to encourage good study habits. An effective way to study is to study before and while you do the homework. A little amount of homework may help elementary school students build study habits. Being organized and having homework routines are the most important things in helping your child develop good study habits for life. All learning, however, is a process which settles into certain steps. Students with learning problems, however, may still have generally inefficient and ineffective study habits and skills. Becoming aware of your study habits will help you to understand why you sometimes get frustrated with common study methods.

### Research Analysis

Some research studies have been analysed below to understand the significance of study habits. Kohli (1977) [7] stated that the healthy study habits allow the person to transcend the limits of his intellect. Unhealthy study patterns become a threat to the Individuals accomplishments and don't encourage him to make the most of his abilities by pulling him down to poor academic results and thus rendering him a loser. Study habits are thus highly necessary in order to reach a sufficient degree of achievement. Study habits are common for an individual to study and learn effectively as a habitual activity or practice. Studying activities help students understand their studies quickly and appreciate their learning experience. Some students may have poor and inefficient study patterns that can lead to learning difficulties and dissatisfaction. The most important aspect of the learning process is good study habits. Good study habits all concentrate on the day-to-day and fair treatment of all subjects. If your habits are poor, take a course in "study skills" or have someone teach you good habits of study. The problem is that these secondary school patterns are difficult to break. Hard labour is an asset to be nurtured and successful study habits are. Obviously,

motivation and learning patterns are also important. Crow and Crow (1992) <sup>[5]</sup> viewed that effective learning habits include plan/place, a certain time table and short ordered notes. Effective learning activities can help students attain and/or sustain good grades. The habits of learning are automatically nominal, acquired behavior patterns that encourage students to learn how to study. A successful study habits has established a behavioral pattern that encourages him to calm down and focus on his job at the very least.

Mayer (1992) <sup>[8]</sup> opined that students including primary school students, middle school young people, and adults in colleges and schools or educational programs, learn from teachers and books are a prevalent activity in their lives. They are supposed to become competent learners and are seldom educated. Study patterns also remain, despite their value as a part of the secret curriculum. The material that cannot be taught heavily but is required to be mastered by the pupil. Successful pupils, in a way, learn research methods while technique teaching has not been largely included in the curriculum. Knowing when and where a certain learning technique is being used is a meta-cognitive ability that lets students develop their study habits. Excellent students are committed to optimizing learning from learning experiences, tracking their success and making improvements as appropriate to meet their goals.

Azikiwe (1998) <sup>[2]</sup> assume that a student who learns consistently would master the subject in a faster manner. Study habits refer to a lifestyle of learning that contributes to achievement of a learner's desired outcome by appropriate means.

Ainley and Patrick (2006) <sup>[1]</sup> state that educational system suffers from lot of hazards and poor study habits is one of them. Poor study habits is one of the important causes of educational backwardness whereas the educational progress of students depend on their study habits. All often, students perform poorly in school simply because they lack good study habits. Lack of effective study habits is a common educational problem among secondary school. Study habit is a mechanism from which a person receives the right information to feed his appetite and to quench his thirst for awareness. Study patterns are the normal way to workout and practice the learning skills. There are methods a subject uses to study systematically and stereotypically as a result of lengthy application or practice. Study habits are self-studied activities that encourage students to learn how to study.

Crede and Kuncel (2008) <sup>[4]</sup> remarked study habits 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. Study patterns indicate what people are inspired to learn and how good they can perform in a field of study. College life has an important impact on academic achievement, since it is the most valuable practise for studying. Students should use approaches for studying successfully, and they can get successful outcomes from creative methods. Each student learns at his or her own speed. Some students opt for studying in a secluded area, but others need more privacy. Study habits usually denotes the degree to which students participates in routine activities of studying that are distinguished by adequate studying keeps (review or material) occurring in an atmosphere that is favourable to studying.

Crow and Crow (2008) <sup>[6]</sup> assert that study habits can be

interpreted as a planned program of subject matter mastery. It is important to learn knowledge and behaviors to face new circumstances by interpreting thoughts, judging and generating new ideas and simply improving life, gaining ideal skills and changing attitudes. It has generally been noted that multiple students schedule their studies at home. They also expend time learning various subjects according to 24 hours criteria. Because of the gaps in the studying, some train alone and some study together, some study in the morning till night. Time schedule helps to tailor the research and other tasks to the Individuals requirements. The best way to measure the time is to keep a one-week record of all events during the day. This diary is evaluated to help budget the time. Students may maximize their performance in their studies and in their outsourcing activities by budgeting time. Chamundeswari *et al.* (2014) <sup>[3]</sup> remark that habits are what we do again and again. Habits establish additional habits. Inspiration is what starts us, inspiration keeps us on track, and the work automatically makes us. Anything we do for long enough become part of our system and a habit. The routine of research is a habit that is performed on a daily and planned basis.

It may be concluded from above research studies that Study habits are commonly known as the usual behavior or habitual practices by a person in order to study and learn effectively. Study habits help students make their studies easier to understand and make their learning experience comfortable and enjoyable. Having good study habits are important for a student because it will help them to improve their academic learning and skills. Some students may have ineffective and inefficient study habits which may cause them learning problems and get frustrated.

### **Suggestions for Developing Proper Study Habits**

It is important for students to enhance suitable studying habits that will help them keep focused on their ultimate goal which is academics. Educators maintain that while studying habits may be overlooked, there are numerous benefits that come along with it. Such habits are important especially when it comes to organisation and building effective studying skills. A vital aspect is for students to learn how to have expectations on what they want to achieve in academics and in life in general.

Teachers can as well help students with this because they are the ones who know the strengths and weaknesses of all students. This can be achieved by identifying areas in a student's life that need more attention. Teachers should allow learners to suggest or even ask questions on what they don't understand or where they feel they are not comfortable, then schedule time to focus on such areas. This can help achieve or improve the studying habits for learners, as they will be familiar with whatever they will be studying. Extracurricular activities among others are just some of the things students need to have in their routine, as part of ensuring effective studying. Parents should help their children set expectations. They should also come in to monitor and do a follow up on the expectations on whether they are being achieved or not. Parents should as well provide a conducive environment where their children can study.

During study time while at home, keeping children away from the TV, noise and even away from their younger siblings if they have some at home is very important. This helps learners concentrate on studying which is also an

effective study habit that boosts academics. Besides, encouraging your children as a parent to think positively when studying can help boost their confidence. Confidence developed through study habits is an important factor in educational success. When a student loses self-esteem, they may lose motivation in learning. By building confidence in students, parents and educators can safeguard this important aspect, especially in students' lives as far as success is concerned. Teachers can also help students form study groups at school. This is important because it also promotes good habits of learning among students. Working in groups can help students when they're struggling to understand a concept and can enable them to complete assignments more quickly than when working alone. It's also through the groups that learners get a chance to share their experiences, and what they think should be done to achieve certain objectives. When it comes to promoting good habits of learning, parents and teachers should keep into their minds that 'all work with no play makes Jack a dull boy'. Teachers should schedule a time for learners to involve in extracurricular activities and if possible, let them engage in what they are interested in. The same should be applied to parents; they should not restrict them from playing with their peers. This should be done all the time.

### Conclusion

Effective study habits are a very important part of the learning process. Good study habits are all about keeping to a daily routine and giving all subjects equal treatment. If student's study habits are weak, take a "study skills" course or have someone show student good study habits. The problem is that those high school study habits are hard to shake. Hard work and good study habits are assets that should be nurtured. Motivation and study habits are obviously crucial as well. Good study habits are important for all students to protect investments of time and money and to achieve educational goals. After that experience your study habits are permanently altered, this will help your own preparation as you start teaching and last a lifetime. The main priorities are class attendance, time management, and great studying habits which are necessary workings for an academic success. Good habits are important to protect time and money investments and to achieve educational objectives for all students. This experience will change your studies forever, helping students to prepare themselves when students start teaching and continue to live. The key goals are good modes of learning, high self-efficacy, class engagement, time management and good research.

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