

Study Habits of High School Students

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Abstract

Habits are the product of experiences and practice. In the field of education too, habits exercise a strong impact. Study habits is a kind of desirable habit .It has been agreed that study habits has strong relationship with academic achievement of students. Sample of 120 students of hisar district was selected for the study using random sampling technique. For the purpose of investigation researcher used Study habits inventory by M.N. Palsane and Ravi was used. The obtained data was analyzed through‘t’ test to know the mean difference in study habits of male and female students of high schools. It was concluded that there is significant difference in the study habits of male and female students of high schools at 0.05 level of significance.

KEYWORDS: Study habits, High Schools

Introduction

The process of a change in the behaviour is learning. Learning is not simply one type of activity. It is a composite or complex function involving almost all of the simpler functions in to which the activities of human activities of human mind may be resolved. One of the important aspects which is associated with learning is study habits. Man, in fact is a creature of habits. Habits are the product of experiences and practice. In the field of education too, habits exercise a strong impact. Study habits is a kind of desirable habit .It has been agreed that study habits has strong relationship with academic achievement of students. Study habits are developed in an atmosphere that is conducive to learn by cooperative and consistent efforts on the part of learners, teachers, parents and others. The inculcation of study habits is beneficial as the learner will know how to meet and solve his problem and is able to complete his assignment effectively and successfully. Development of study habits consists of a constant allocation to the work at hand. The learner would have a greater chance to achieve in his studies if he develops good study habits. Study habits are one of the important aspects which is associated with learning. This is universally accepted fact that there are individual differences among learners. They differ in physical, psychological sociological and mental traits. Efficient study habits are the key to academic success. They enhance confidence, increase efficiency and save energy and time of students. Study habits are biologically defined as, “An acquired pattern of behaviour that often occurs automatically.” Study habits of the students play a vital role in reflecting the standard of education and the student’s individual achievements. Sorenson (1991) while outlining the good basic study habits stated that one must study with the primary intention of understanding. This requires one not to be hurry in getting through, instead sustained concentration is necessary. According to Crow

and Crow (1992), the effective habits of study include plan/place, a definite time table and taking brief of well organized notes.

Statement of the problem

Study Habits of High School Students.

Study Habits

Stephen Covey: Study habits are, "The intersection between knowledge, skills and desires."

Good (1973) define the term study habits as, "The student's way of study whether systematic, efficient or inefficient etc."

Pervical and Ellington (1984): Study habits refers to the methods or techniques of effective learning which in turn involves a set study skills as organization of time, effectiveness of time, reading skills, essay writing, note taking, exam-technique and even job hunting skills.

Objectives of the Study

1. To find out the difference in study habits of male and female students of high schools.
2. To find out the difference in study habits of male and female students of private high schools.
3. To find out the difference in study habits of male and female students of government high schools.

Hypothesis

1. There exists significant difference in study habits of male and female students of high schools.
2. There exists significant difference in study habits of male and female students of private high schools.
3. There exists significant difference in study habits of male and female students of government high schools.

Methodology

Sample for the study: Random sampling technique was used in the selection of sample from different Government and private high schools of hisar district. The researcher used survey method to collect the data. The sample consisted of 120 students of high schools.

Tools Employed:

Study habits inventory by M.N. Palsane and Ravi was used.

Statistical techniques used:

The choice of statistical techniques depending upon the nature of the distribution of scores and the hypothesis to be tested. Since the basic objectives of the study were to find out the significance differences between two comparable groups of students of government and private high schools . So' t' test was thought of as the most appropriate statistical technique which had been used to analysis the data.

Result Analysis and Findings

Objective 1:

1. To find out the difference in study habits of male and female students of high schools.

One of the objectives of the present investigations was to compare the study habits of male and female students of high schools. Mean value of two groups were computed and compared by using critical ratio as significant for this purpose. The result obtained is

presented in the table given below.

Table 1: Mean S.D. and C.R. of study habits of male and female students of high schools.

Areas	N	Mean	SD	t-value
Male	60	62.08	6.84	2.18*
Female	60	64.66	6.14	

* at 0.05 level

Table 1 shows that the difference between male and female students of high schools in their study habits. The mean value of male students is 62.08, whereas the mean value of female students is 64.66. This clearly indicates that the mean value of female students is greater than the mean value of male students. The t value is 2.18. It is evident from above table that there is significant difference in the study habits of male and female students of high schools at 0.05 level of significance.

Objective 2:

To find out the difference in study habits of male and female students of private high schools.

To know difference in study habits of male and female students of private high school 't' values were computed and have been shown in the table given below.

Table 2: Mean S.D. and C.R. of study habits of male and female students of Private high schools.

Areas	N	Mean	SD	t-value
Male	60	61.5	9.25	2.32 *
Female	60	66.4	6.99	

* at 0.05 level

Table 2 shows that the difference between male and female students of private high schools in their study habits. The mean value of male students is 61.05, whereas the mean value of female students is 66.4. This clearly indicates that the mean value of female students is greater than the mean value of male students. The t value is 2.32. It is evident from above table that there is significant difference in the study habits of male and female students of high schools at 0.05 level of significance.

Objective 3:

To find out the difference in study habits of male and female students of government high schools.

To know difference in study habits of male and female students of government high school 't' values were computed and have been shown in the table given below.

Table 3: Mean S.D. and C.R. of study habits of male and female students of government high schools.

Areas	N	Mean	SD	t-value
Male	60	63	5.96	1.13 NS at 0.05 level of significance
Female	60	64.8	6.42	

Table 3 shows that the difference between male and female students of government high schools in their study habits. The mean value of male students is 63, whereas the mean value of female students is 64.8. This clearly indicates that the mean value of female students is greater than the mean value of male students. The t value is 1.13. It is evident from above table that there is non-significant difference in the study habits of male and female students of high schools at 0.05 level of significance.

Conclusion

There is significant difference in the study habits of male and female students of high schools at 0.05 level of significance. Significant difference was also found in the study habits of male and female students of private high schools at 0.05 level of significance. There is non-significant difference in the study habits of male and female students of government high schools at 0.05 level of significance.

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