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STUDY HABITS AMONG GOVERNMENT AIZAWL COLLEGE STUDENTS

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Abstract

Study habits forecast and contribute significantly to the development and accomplishment of students. A study habit tells how much a student wants to grab knowledge, how much he wants to learn and grow, and how much he wants to succeed. Therefore, it is important to understand students' study habits so that the students have a fruitful prospect. The present study attempts to find out the study habits of Government Aizawl College using study habit inventory scale developed and constructed by Dr. M. Mukhopadhyay and Dr. D.N. Sansanwal (1983). Mean, S.D and z-score was used to analyse the data. The results showed that majority of the Government Aizawl College students have average study habit.

Keywords: Study, Habits, Student, Ability, Academic, Language, Performance.

Introduction

Study habits forecast and contribute significantly the development and achievement of the students. Having a regular and habitual action of reading and taking notes to achieve certain objectives or goals through learning is study habit. A study habit tells how much a student wants to grab knowledge, how much he wanted to learn and grow, and how much he wanted to succeeds. Every parent and teacher want and expect their children to have a good academic performance. Good study habit is the key to good academic performance. Therefore, it is essential to create captivity, inviting and comfortable place for the students in order to help them cultivate good study habits. (Jato,2014).

Review of related literature

Chaudhari (2013) studied 'Study habits of higher secondary school students in relation to their academic achievement'. The result showed that there is a significant positive correlation between study habit achievement of higher secondary school students as a whole and dimension wise. A significant difference was also found between high and low academic achievements students on study habit in general.

Kumar (2015) studied 'Study habits of undergraduate students. The study signified that most of the students do not fully comply to have effective study habits and they have low study habits.

Malsawmi & Lalmuanzuali (2015) studied 'Study habits of high school students in Aizawl City' and found that majority of the students have poor study habits.

Najar & Sultan (2019) studied 'Study habit and self-esteem of secondary school students of Kashmir' and revealed that there is no significant difference in study habits among secondary school students with positive and negative self-esteem.

Rationale of the Study

Enhancing a learning style or suitable studying habits for a student is important to keep their (students) ultimate goal alive. Good study habit develops good academic performance, discipline, time management, confidence and retention in the student. So, it is important for the educators, teachers to inculcate good study habits. Hence, the investigator finds it necessary to conduct the research.

Operational Definition of the terms used

Study Habits

Study Habits is the habitual practices one uses to help them study and learn. Good study habits can help students achieve and / or maintain good grades. (Writer, 2020).

Objectives of the Study

To find out the study habits of Government Aizawl College students.



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Methodology

The present study is descriptive in nature. Descriptive survey method has been employed. Quantitative method was used for the analysis of data.

Population and sample

The population of the study comprised of all Government Aizawl College students. 92 students were selected on stratified random sampling in order to. The sample of the study comprised of 420 students. Samples were selected based on stratified random sampling in order to ensure equal representation of genders.

Tool used

Study Habits Inventory (1983) developed by Dr. M. Mukhopadhyay and Dr. D. N. Sansanwal was employed by the investigator to collect data. The scale contains 52 questions relating to study habits. It covers 8 dimensions - comprehension, concentration, task orientation, interaction, drilling, supports, recording and language.

Data analysis

In order to analyse the data collected, appropriate statistical methods were employed. Descriptive statistics like percentages, mean and standard deviation were used.

Major Findings: Study habits of Government Aizawl College students.

In order to group the sample students into appropriate groups according to the strength of their study habits, the raw scores were transformed into Z scores by the principle/formula of $\pm 1\sigma$ from the mean. Those students who score more than $+ 1\sigma$ were grouped as having good study habits. Those students who scored less than -1σ were grouped as having poor study habits. Students who fell between -1σ and $+1\sigma$ were considered to have average study habit.

**Table No-1
Study Habits of Government Aizawl College Students**

Dimensions	Total (N)	Mean	Standard Deviation	Poor	Average	Good
Study Habits	92	91.06	10.65	17.39%	65.21%	17.39%
Comprehension	92	26.17	4.60	16.30%	69.56%	14.13%
Concentration	92	24	4.40	34.78%	61.95%	3.26%
Task Orientation	92	20.04	3.07	8.69%	78.26%	13.04%
Interaction	92	4.29	1.99	13.04%	73.91%	13.04%



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Drilling	92	6.07	1.92	21.73%	67.39%	10.86%
Supports	92	5.27	1.71	10.86%	65.21%	23.91%
Recording	92	5.35	1.54	15.21%	61.95%	22.82%
Language	92	3.11	1.09	29.34%	63.04%	7.60%

The above table showed that 17.39% of Government Aizawl College students had poor study habits, 65.21% had average study habits and 17.39% had good study habits. The in-depth result of study habits among Government Aizawl College students can be perceived from the following dimensions of study habits tested:

- 1) **Comprehension:** 69.56% of Government Aizawl College students have average ability to comprehend their lesson, 16.30% have poor ability in comprehending their subject matter while only 14.13% have good ability in comprehending their learning material, lesson and subsume recent education with the preceding knowledge.
- 2) **Concentration:** Majority (61.95%) of Government Aizawl College students have average ability to concentrate while studying. Some (34.78%) students have poor ability in concentrating and surprisingly, only quite a few students (3.26%) have good ability concentration in their study habit.
- 3) **Task Orientation:** Most (78.26%) Government Aizawl College students have average ability in task orientation. 13.04% have good ability in task orientation while, 8.69% have poor ability in task orientation.
- 4) **Interaction:** 73.91% of Government Aizawl College students have average interaction ability and 13.04% have poor ability interaction, at the same time 13.04% also have good ability in interaction.
- 5) **Drilling:** 67.39% of Government Aizawl College students have average ability in drilling, 21.73% have poor ability in drilling and 10.86% have good ability in drilling.
- 6) **Supports:** A large number (65.21%) of Government Aizawl College students have average ability of supports, 15.21% have poor ability of supports and 23.91% have good ability of supports.
- 7) **Recording:** Majority (61.95%) of Government Aizawl College students have average ability to record, some (22.82%) have good ability to record while a few (15.21%) students have poor ability to record.
- 8) **Language:** Most (63.04%) Government Aizawl College students have average ability in language, several (29.34%) students have poor ability in language while, quite a few (7.60%) students have good ability in language.

Discussion and Conclusion



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The above result clearly stated the students of Government Aizawl College image in study habit in which majority of the students have average study habits.

Majority of the students of Government Aizawl College had an average capability to comprehend their subject matter, average aptitude to concentrate and task orientating skills such as fixing routine like daily, weekly or monthly. Most of the students had an average potential to interact with their friends, teachers and parents. They also had an average ability drilling, which is a common practice at school level, i.e., practising a particular learning over again. A large number of Government Aizawl College students had an average supports study in a particular discipline which gets a sound backup from a boarder study based like different types of books which is helpful in the learning of their subjects besides their course or syllabus. Many students had an average recording competency in the form of text, class-notes or preparing one's own notes. Several of them also depended only on the class notes dictated by the teacher. Generally, the students had an average ability in language, which affects the students' comprehension, concentration and duration of study.

Each 8 dimension of study habits showed that most of the students who had good study habits are still lesser than those who had poor study habits. The investigator believed that certain remedy could be put into practice for the students as well as the teachers with regard to their colleges' schedule or routine. The investigator also has high expectation if the 8 dimension – comprehension, concentration, task orientation, interaction, drilling, supports, recording and language could be implemented with a meaningful intention or plan.

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