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## A STUDY ON MOTHERS' ROLE IN FORMATION OF STUDY HABITS AND DEVELOPING MORAL BEHAVIOUR OF CHILDREN

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### Abstract:

This study examines the mothers' role in formation of study habits and developing moral behaviour of children. The study was conducted on 40 households from 4 villages of Dibrugarh district. Data were collected using an interview schedule, and information was obtained from the mothers' of the sampled households through door to door visits. The findings reveal that most mothers actively guide their children's studies, ensure the availability of learning materials, take care of their health and teach human values such as cooperativeness, honesty, discipline, responsibility towards family members as well as neighbours. In addition mothers encourage their children to participate in socio-cultural and religious activities. Mothers monitor their children's peer interactions and supervise their use of social media to promote positive behaviour. The study highlights that maternal involvement significantly enhances both academic performance and moral development, emphasizing the importance of supportive home environments and active parental guidance in shaping children's overall growth.

**Keywords:** Mothers' Awareness, Mothers' Guidance, Study Habits, Moral Development, Child Rearing.

### 1.0 INTRODUCTION:

Child rearing is one of the most important parts of human life, as it helps in shaping the physical, emotional, social, and moral development of children. The early years of a child's life are especially important because children learn by observing and imitating the behaviour of others, particularly their mothers. Therefore, the attitudes, practices, and awareness of mothers have a direct impact on a child's overall development. Among all family members, mothers play a central and significant role in the upbringing of children. From early childhood, the mother acts as the primary caregiver, teacher, and guide, influencing the child's behaviour, personality, and development. That is why the mother is often called the first teacher of the child. Mothers' proper guidance helps in the formation of good habits, developing moral values and social behaviour and academic achievement of the children which are essential for their balanced development.

In the modern context, child rearing has become more complex due to changing lifestyles, increasing use of social media and modern technology. Mothers are required to balance multiple roles and responsibilities while ensuring the proper care and development of their children. Their awareness and understanding of effective parenting practices play a crucial role in shaping children into responsible and well-adjusted individuals.

### 2.0 LITERATURE REVIEW:

Kaur (2015)<sup>1</sup> found that parental involvement, particularly by mothers, is crucial for developing study habits among school students. Children whose mothers regularly supervised their studies and maintained proper routines performed better academically and showed consistent learning behaviour.

Sharma and Gupta (2018)<sup>2</sup> emphasized that the home environment and parenting practices significantly influence both academic and moral development. Mothers, as primary caregivers, play a key role in instilling discipline, responsibility, and moral values through daily guidance.



Singh (2020)<sup>3</sup> highlighted that moral development among children is largely shaped by family practices and parental behaviour. Children learn ethical values such as honesty, respect, and cooperation mainly from their mothers, who spend more time with them.

Das and Dutta (2016)<sup>4</sup> revealed that mothers' education and awareness significantly affect children's academic development. Educated mothers guided their children effectively, ensured availability of study materials, and encouraged regular study habits.

Gogoi (2017)<sup>5</sup> conducted among Sonowal Kachari tribal students in Tinsukia district, this study found a positive relationship between parental involvement and academic achievement. Mothers' supervision and encouragement helped children maintain disciplined study habits and improved performance.

Saikia and Singha (2023)<sup>6</sup> examined child-rearing practices and found that mothers play a central role in shaping children's moral behaviour. Values such as respect, honesty, and discipline are mainly developed within the family through mothers' guidance.

Talukdar and Borah (2025)<sup>7</sup> reported that a supportive home environment significantly contributes to the development of good study habits. Children receiving proper care, monitoring, and encouragement from mothers were more regular in their studies and showed greater interest in learning.

Khakhlari and Roy (2025)<sup>8</sup> concluded that home environment, emotional support, and parental involvement strongly influence academic achievement. The findings indirectly highlight the role of mothers in guiding children's study habits.

Kalita et al. (2025)<sup>9</sup> studied on parenting styles found that parental behaviour and involvement significantly influence both academic performance and behavioural development. Mothers' active participation helps shape children's study habits as well as moral values.

**3.0 OBJECTIVES OF THE STUDY:**

1. To study the mothers' awareness to promote good study habits of the children.
2. To study the mothers' guidance on children's moral development.

**4.0 RESEARCH METHODOLOGY:**

**4.1 Method Used**

In the present study descriptive survey method is used to examine the mothers' role in formation of study habits and developing moral behaviour of children.

**4.2 Sample:**

A random sampling technique was used to select the 40 households from 4 villages i.e, Baghtoli pather gaon, Kawoimari gaon, Betoni chariali and Niz khawang under Dibrugarh district of Assam. Ten(10) households were randomly selected from each villages for the study. A total of 40 sampled households were selected for the present study.

Table 1: Sample of the study

District	Total no. of sample villages	Total no. of sample households	Total respondents
Dibrugarh	4	40	40



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#### 4.3 Tools used and Procedure adopted for data collection:

An interview schedule was used to gather information from the mothers' of 40 sampled households through door to door visits. The interview schedule addressing key aspects such as demographic profile, home environment, academic environment, availability of study materials, observation on academic progress, mothers' involvement in children studies, study habits, time table for study, children daily exercises, spiritual environment, worship to God, behavioural practices, participation in religious and socio-cultural activities, behaviour with neighbours and elders, parents, types and duration of social media they have used.

### 5.0 FINDINGS AND DISCUSSION OF THE STUDY:

#### i. Mothers' role in creating a peaceful home environment:

Mothers play a very important role in keeping the home peaceful and happy. With their love, care, and understanding, they help maintain good relationships among family members. They manage household work in an organized way, which reduces stress and keeps everything running smoothly. Mothers also listen to the problems of their children and other family members and try to solve them calmly, which helps avoid conflicts. They teach children good values like respect, kindness, and patience, creating a positive atmosphere at home. Because of their emotional support and caring nature, the home becomes a safe and comfortable place for everyone.

In our study, it was found that 100% of the mothers were able to create a peaceful and supportive home environment. All of them managed household responsibilities effectively and maintained harmony within the family. They listened carefully to the problems of family members and tried to resolve them in a calm manner. The findings clearly show that every mother in the study played an important role in making the home organized, peaceful, and happy.

#### ii. Mothers' involvement in the formation of study habits among children:

Mothers play a vital and continuous role in shaping the study habits of their children from an early age. They help in establishing a structured daily routine by allocating specific time for study, play, and rest. Through regular supervision, they ensure that children complete their homework, revise lessons, and prepare for examinations in a systematic manner. Mothers often act as motivators by encouraging children to stay focused and develop interest in learning. Their consistent involvement not only helps in building discipline but also develops a positive attitude towards education, which is essential for long-term academic success.

In the present study, it was found that approximately 82% of mothers actively monitor their children's study routines, establish schedules, and encourage regular study. The findings indicate that such active involvement helps children maintain consistency in their studies, understand their lessons more effectively, and develop a greater interest in learning. Mothers' guidance and supervision play a significant role in forming disciplined study habits and enhancing academic performance.

#### iii. Mothers' observation regarding the availability of study materials for their children:

Mothers take active responsibility in ensuring that their children have access to all the necessary study materials required for effective learning. They regularly check whether textbooks, notebooks, stationery, and other learning resources are available and up to date. In situations where resources are limited, mothers try their best to manage and provide essential materials within their capacity. They also encourage the proper use and maintenance of these materials, teaching children to value and organize them properly. This careful observation and effort help ensure that children do not face barriers in their learning process. A lack of study materials can seriously hamper students' learning, as children may find it difficult to understand lessons, complete homework, and perform well academically. It can also lead to reduced interest in studies. Without adequate materials, children are unable to practice and revise regularly, which negatively affects their overall learning process. Therefore, the availability of sufficient study materials is essential for effective learning and academic success.



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In the present study, about 75% of mothers ensured that their children had all the necessary textbooks, notebooks, and stationery. Mothers regularly checked and provided study materials, which helped children to maintain consistent study habits and improve their learning.

#### **iv. Mothers' guidance towards children's academic progress:**

Mothers play a guiding role in monitoring and supporting their children's academic progress. They regularly check schoolwork, test results, and overall performance to understand the strengths and weaknesses of their children. Based on this, they provide necessary guidance and encouragement to improve academic outcomes. Mothers often communicate with teachers to stay informed about their child's progress and behaviour in school. They also motivate children to set academic goals and work towards achieving them. By providing continuous support, guidance, and encouragement, mothers help build confidence and a sense of responsibility in children towards their studies, which contributes significantly to their academic development.

In the present study, it was found that 75% of mothers regularly checked their children's homework, guided them in problem-solving, and discussed their academic progress. This active involvement helped children stay on track with their studies, clarify doubts, and improve their overall learning performance.

#### **v. Mothers' active participation in teaching behavioural practices to children:**

Mothers are the primary agents in teaching behavioural practices and shaping the character of their children. Through daily interactions, they install important values such as respect for elders, honesty, kindness, discipline, and responsibility. They guide children on how to behave appropriately in different social situations and correct them when necessary. Mothers often use real-life examples and experiences to teach moral lessons, making learning more practical and meaningful. Their consistent involvement helps children understand the difference between right and wrong and develop self-control and empathy. Mothers' active participation in behavioural training plays a crucial role in the overall personality development of children.

In the present study, about 70% of mothers actively engaged their children in lessons on honesty, discipline, patience, and responsibility. This guidance helped children develop good moral habits and appropriate behaviour in daily life.

#### **vi. Mothers' role in encouraging children's participation in socio-cultural and religious activities:**

Mothers play a significant role in encouraging their children to participate in socio-cultural and religious activities. They introduce children to cultural traditions, festivals, customs, and religious practices, helping them develop a sense of identity and belonging. By involving children in such activities, mothers help them learn values such as cooperation, respect for diversity, and social responsibility. Participation in these activities also enhances children's social skills, confidence, and understanding of community life. Mothers often motivate children to take part in school and community programs, which further contributes to their holistic development. This encouragement ensures that children grow up with a balanced understanding of both academic and cultural aspects of life.

The study found that over 90% of mothers encouraged their children to participate in religious and community activities. Such involvement helped children develop social values, ethical behaviour, and a sense of responsibility toward society.

#### **vii. Mothers' observation on children's peer group:**

Mothers closely observe their children's peer groups as they understand the strong influence peers can have on behaviour and development. They try to ensure that their children interact with positive and supportive friends who encourage good habits and attitudes. Mothers often guide their children in choosing the right company and advise them to avoid negative influences. By maintaining open communication, they try to understand their children's social circle and experiences. In



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cases where they notice any negative impact, they intervene and provide appropriate guidance. This careful observation helps in protecting children from harmful influences and promotes healthy social development.

Mothers regularly monitored their children's friends and peer interactions to ensure positive influences. This supervision helped children adopt good habits and avoid negative behaviours promoted by peers.

#### viii. Mothers' observation of children's use of social media:

In the modern digital age, mothers play an important role in monitoring and guiding their children's use of social media. They observe how much time children spend on digital platforms and what kind of content they are exposed to. Mothers try to ensure that social media is used in a balanced and productive manner, without affecting academic performance or health. They guide children to avoid inappropriate content and excessive screen time, while also encouraging the use of digital platforms for educational purposes. By setting rules and maintaining supervision, mothers help children develop responsible digital behaviour. This observation is essential in protecting children from potential risks and ensuring their overall well-being in a technology-driven environment.

Around 75% of mothers observed and guided their children's use of social media. Mothers' supervision helps to prevent adverse effects on study habits and moral behaviour, promoting balanced and responsible use of digital platforms.

#### 7.0 CONCLUSION:

This study shows that mothers play a very important role in their children's learning and behaviour. Most mothers help their children with studies, make sure they have the books and materials they need, teach them good values such as honesty and discipline, and encourage them to take part in cultural and religious activities. They also monitor their children's friends and guide them in using social media. All of these efforts help children study better, behave well, and grow up in a positive way. It is clear that when mothers are involved and supportive, children do much better both in school and in life.

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