
Study Habits of Higher Secondary School Students in Aizawl City

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Abstract

Good study habits can enhance the academic performance of students. This study aimed to find out the study habits of higher secondary school students in Aizawl city. Comparison of study habits was done in relation to gender, type of school, stream of study and parental occupation. It was found that majority of the students had above average level of study habits. Significant difference was found between government and private higher secondary school students in relation to their study habits. No significant difference was found with regards to gender, type of schools, stream of study and parental occupation.

Keywords: *Study habits, Students, Higher secondary school*

Introduction

Study habit is a process from which an individual gets proper input to feed his hunger and to quench his thirst for knowledge. According to Lyle, T. (1962), "Psychologically study habits are automatically learned behaviour pattern that enables the students to handle specific type of situation easily." Study habits can also be viewed as the different individual behavior in relation to studying and is a combination of study method and skill. In other words, study habits include behaviors and skills that can increase motivation and convert the study into an effective process with high returns, which ultimately increase the learning. The student who has acquired good study habit has actually developed a behavior pattern which enables him to sit down and begin working on his assignments with a minimum of fuss and maximum concentration.

Lack of effective study habits is a common educational problem among secondary school students. It has been realized that students who possess adequate mental abilities sometimes do not perform well in their academic work either because they do not know how to study effectively or they do not use the most effective method of studying. According to Patel (1976) study habits include: - i) Home environment and planning of work; ii) Reading

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and note taking habits; iii) Planning of subjects; iv) Habits of concentration; v) Preparation for examination; vi) General habits and attitudes; and vii) School environment.

“Poor habits of study not only retard school progress, but develop frustration, destroy initiative and confidence and make prominent the feeling of worthlessness towards himself and the subject of study whereas effective methods ensure success, happiness and sense of accomplishment,” (Smith, Samuel, and Field, 1948).

Rationale of the Study

Good study habits can increase confidence, competence and self-esteem of the students. They can reduce anxiety about tests and deadlines. It can improve one's ability to learn and retain knowledge. Proper study habit is also likely to deliver positive result in student's academic performance and in shaping students career. In this study, an attempt was made to find out the study habits of higher secondary school students in Aizawl city. Comparison of study habits based on gender, type of schools, stream of study and parental occupation was also done.

Objectives of the Study

1. to find out the level of study habits among higher secondary school students in Aizawl city.
2. To compare the study habits of higher secondary school students in relation to their gender.
3. To compare the study habits of government and private higher secondary school students in Aizawl city.
4. To compare the study habits of arts and science higher secondary school students in Aizawl city.
5. To find out whether there is any difference in study habits of students based on their parental occupation.

Hypotheses

1. There is no significant difference between Male and Female with regards to their Study habits.
2. There is no significant difference between Government and Private Higher Secondary Schools students in relation to their Study habits.
3. There is no significant difference between Arts and Science Higher Secondary School students in relation to their Study habits.
4. There is no significant difference in the Study habits of students based on their Parental Occupation.

Method of study

In the present study, the investigator attempts to find out the Study habits among the Higher Secondary School students within Aizawl City which requires test finding and survey so the investigator adopted descriptive survey method.

Population of the Study

The population of the present study consists of all Higher Secondary Schools offering Arts and Science stream within Aizawl City.

Sample of the study

The sample of the present study consisted of 195 Higher Secondary School students. Out of which, 66 are male and 129 are female. Simple random sampling technique was employed by the investigator for sample selection.

Tools used for data collection

Study habits Inventory (SHI-WLCNPA) developed by Dr.Lajwanti, Prof. N.P.S Chandel and Mr.AshishPaliwal was used to collect information. This scale contains 40 items divided into seven dimensions- I Comprehension, II- Concentration, III-Task orientation and sets, IV-Interaction, V- Drilling, VI- Writing and Recording, VII- Supports.

Mode of Data Collection

The investigator personally visited the schools selected for the study and took permission in advance from the Head of Institution. After receiving approval from the concerned authority, the investigator distributed the questionnaire and explained clearly the questions to the students. After the students completed answering, the investigator collected the questionnaire for data analysis and interpretation.

Analysis and interpretation of data

The collected data were classified, tabulated and analysed using appropriate statistics. Objective wise analysis and interpretation are given as follows:

Objective 1. To find out the level of Study habits among Higher Secondary School students in Aizawl City.

Table 1**Level of Study habits of Higher Secondary School students in Aizawl City**

Level of Study Habits	No. of Students	Percentage
Extremely High	6	3.00%
High	45	23.00%
Above Average	74	37.94%
Average/Moderate	63	32.30%
Below Average	7	3.58%
Low	0	0
Extremely Low	0	0

As shown in Table no.1 out of 195 students, 6 (3.0%) students had Extremely High level of Study habits, 45 (23.0%) had High level of Study habits, 74 (37.94%) students had Above Average level of Study habits, 63 (32.30%) students of them had Average level of Study habits and lastly 7 (3.58%) students had Below Average level of Study habits. There were no students which fell under Low and Extremely Low level of Study habits. So, from the study we can conclude that most of the students had Above Average level of Study habits.

Objective 2. To compare the Study habits of Higher Secondary School students in relation to their gender.

Hypothesis No-1: There is no significant difference between Male and Female with regards to their Study habits.

Table No. 2**Comparison of the Study habits of students**

Gender	No. of Students	Mean	SD	t-value	Significance level
Male	66	132.19	13.89	1.09	NS
Female	129	134.58	15.65		

Table No. 2 shows that the Mean and SD of Male and Female students are 132.19, 134.58 and 13.89, 15.65 respectively. The 't' value is 1.09 which is smaller than the critical value at the required level of significance which indicates that the null hypothesis i.e. *'There is no significant difference between male and female with regards to their study habits'* is accepted.

Objective 3. To compare the Study habits of Government and Private Higher Secondary School students in Aizawl City.

Hypothesis No-2: There is no significant difference between Government and Private Higher Secondary School students in relation to their Study habits.

Table No. 3**Comparison of the Study habits between Government and Private Higher Secondary School students**

Type of School	No. of Students	Mean	SD	t-value	Significance level
Government	96	127.85	14.65	5.8	0.01
Private	99	139.51	13.23		

Table No. 3 revealed that the Mean and SD of Government and Private Higher Secondary School students' study habits are 127.85, 139.51 and 14.64, 13.23 respectively. The calculated 't' value is 5.8 which is more than the critical value of 't' at 0.01 level which indicates that the null hypothesis i.e. *'There is no significant difference between Government and Private Higher Secondary School students in relation to their Study habits'* is rejected. Therefore, there exists significant difference between Government and Private Higher Secondary School in relation to their Study habit. The difference is in favour of Private Higher Secondary school.

Objective 4. To compare the Study Habits of Arts and Science Higher Secondary School students in Aizawl City.

Hypothesis No-3: There is no significant difference between Arts and Science Higher Secondary School students in relation to their Study habits.

Table No. 4**Comparison of the Study habits between Arts and Science Higher Secondary School students**

Stream	No. of Students	Mean	SD	t-value	Significance level
Arts	99	130.49	14.37	0.002	NS
Science	96	137.15	15.13		

As shown in table No. 4 the Mean and SD of Arts and Science stream on study habits are 130.49, 137.15 and 14.37, 15.13 respectively. The calculated 't' value is 0.002 which is smaller than the critical value of 't' at the required level of significance which indicates that the null hypothesis i.e. *'There is no significant difference between Arts and Science Higher Secondary School students in relation to their Study habits'* is accepted. So, it is evident that there is no significant difference between Arts and Science stream in relation to their Study habits.

Objective 5. To compare the Study habits of Higher Secondary School students based on their Parental Occupation.

Hypothesis No- 4: *There is no significant difference between the Study habits of Higher Secondary School students based on their Parental Occupation.*

Table No. 5
Comparison of the Study habits of Higher Secondary School students based on their parental Occupation

Parental Occupation	No. of Students	Mean	SD	t-value	Significance level
Government Servant	79	134.79	14.13	0.8	NS
Private Business	116	133.07	15.72		

The above table no. 5 revealed that the Mean and SD of Higher Secondary School students based on their Parental Occupation are 134.79, 133.07 and 14.13, 15.72 respectively. The ‘t’ value is 0.8 which is smaller than the critical value at the required level of significance which indicates the null hypothesis i.e. ‘*There is no significant difference between the Study habits of Higher Secondary School students based on their Parental Occupation*’ is accepted. So we can know that there is no difference in their Study habits based on their Parental Occupation.

References

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