

SECONDARY SCHOOL STUDENTS OF INDIA: NEEDS TO IMPROVE THEIR STUDY HABITS

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Abstract

In India, we have very different and diverse students in our classrooms. Are all of them able to grasp, read and practice in same way, same time and also same technique? No it is not possible. To solve this problem, we have to pay attention on individual differences. According to their IQ, interest, mental set, grasping level, age, location as well as study habits. In this study researcher focused on , the students study habits and studied that relationship with academic achievement. Sample was 164 students of Hindi medium secondary schools of Agra district of India. Descriptive research design was used for this study. For data analysis t test was used. Study found positive relationship between Academic achievement & Study habits and significant relationship in academic achievement of secondary school students having good and poor study habits. Apart from this study also found; no significant difference between academic achievement and study habits of secondary school students in terms of gender. There should be facility in the schools for students as well as for teachers, how to improve study habits.

Keywords: Achievement, Gender, Study Habits, Secondary Students.

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1. Introduction

Recently published a report of new global education monitoring (GEM) announced by UNESCO; India is expected to achieve universal lower secondary education in 2060 and universal upper secondary education in 2085. We have large numbers of secondary school students in all over India with different needs. Why we far away to reach the goal of universal secondary education?

Many reasons may be behind this. One of them; if we see the report of MHRD, dropout rates at secondary levels for all categories of students in India are fifty percent. Dropout Rates In case of Secondary level it has gone down from 82.5 in 1980-81 to 50.3 in 2011- 12. In 2011-12, Dropout rates at Secondary levels for all categories of students are 50.3.

Researcher wants to focus on other reason; behind dropouts of secondary school students is poor Study Habit.

Although it is low from 1980, but its point to be think. Many students drops their classes cause of lacking money, backward in class, not clearing concept, not paying attention by the subject teacher, no parent's involvement, not knowing how to improve their study habits for high achievement.

We can see problems of secondary education in India, mentioned in many reports, surveys and researches done by our educationist and researchers. Some problems of them are family instability, single parents, some students have job after school, teachers routine work and also poor study habits.

In school, the teachers while at their home the parents should guide the student for his/her study habits (Khan 2016).

If we see the related literature since 1952 to 2017 that majority of them found positive relationship between study habits and academic achievement of secondary school

students in India and also in foreign countries. Researcher wants to focus on the problem of poor study habits of our secondary school students in this study.

Academic Achievement

Academic achievement means the amount of knowledge gained by the students in different subjects of study.

Study habits

Tope (2011) “This is a behaviour style that is systematically formed by students towards learning and achievement.”

Why Should Improve Study Habits

Many secondary school students do not know how to study effectively. Some schools are not taking interest to improve study habits. Present time many coaching institute are doing this type of work, so going coaching after school time is now become common trend. Some coaching centres became big education hub now.

If we review all the researches from independence to present time across the India, there is a possibility to generalize that there is a positive relationship between study habits and academic achievement of secondary school students. So for better achievement of secondary school students, it is time to see that what will be the solutions or strategies to achieve the goal of universal secondary education. So it is very important to pay attention on students study habits and their parents to help them How to study.

What Is Poor Study Habit?

(Garman & Brown 2005) students who have poor study habits usually read without recognizing meaning or skim so quickly they miss important facts. They also may be careless, messy in their paper work, or tend to overlook or skip problems and tasks.

Students with poor study habits are easily discarded do not stick to a task, daydream or try to study while watching television or listening to music. They rarely ask meaningful

questions or they constantly ask question just to avoid getting to their assignments. Many poor students have never received help to learn “how to study.”

Affairs Require To Good Study Habit

There are many things recommended by many educationists to improve study habit. Some of them are mentioned here by the researcher as given below---

Self command / Individualize Instruction

Provide one type of learning environment of in which, learner can use independently his or her own pace. It involves willingness, attention and management of time. But sometimes it is very difficult to develop among secondary school students. Parents can help to develop this ability among them.

Home work

With the help of home work we can promote curiousness, interests and practice among students. If they do their home work daily it will help to improve study habit.

But home work as punishment does not improve study habit; rather, it can have the opposite effect. (Garman & Brown 2005)

Entertainment

Good study habits require demand more attention. TV music, telephone, visitors should be in the limit.

Proper Place & Time

Area of the study should be away from noise. Time should be according to the active mode of the body.

Ask for Help

Students should not feel shy to ask their problems to the teachers, parents, friends even their competitors. Fight with yourself not to others. Students should try to know that what his or her best level is; try to cross own again and again.

Parental efforts

Parents should praise their child, check home work carefully and notebooks daily. Meet with their teacher constantly. Help them to associate the things in daily life.

Knowing own dominant learning style (Fleming 2010)

Every student has their own special learning style in which they feel comfortable to learn and recall faster and effectively.

Provide counselling to improve study habit (Edoh & Aluto 2012)

Secondary schools should provide counselling to the students about improvement in study habits. Short time sessions or extra classes can be run in the schools with the help of principals, teachers or experts.

Review Of Related Literature**Researches related with Academic Achievement and Study Habits.**

Recently Joseph & Vishwanathapa (2017) support the finding that there is positive relationship between Study Habits and Academic Achievement of secondary school students; as well as others Danskin & Burnet (1952), Putman Jr.(1961), Crow & Crow (1963), Saleem (1965), Shamin (1966), Bokhari (1966), Jehan, Dar & Haq (1967), Allen et al.(1972), Lenger & Neal (1987), Nglailinkin (1988), Ramaswamy (1988), Gupta (1990), Ben et al. (1992), Deb & Grewal (1990), Freeman & Mars (1993), Ramawati (1993), Verma (1996), Munji (1998), Modugle (1999), Verma & Kumar (1999), Satapathy & Singhal (2000), Onwuegbuzie (2001), Vyas (2002), Dizney (2003), Thakkar (2003), Aluja, Fabregat & Blanch (2004), Pazhanivel (2004), Bhaskara & Rao (2004), Misra(2005), Hussain (2006), Sood & Kumar (2007), Okegbile (2007), Bagongon & Edpalinand (2009), Bhatta (2009), Nuthan & Venagi (2010), Kale (2010), Parua & Archana (2011), Rana & Kausar (2011), Singh (2011), Tope (2011), Advocat, Lane & Luo (2011), Vanita (2011), Edoh & Alutu (2012), Oluwatimilehin & Owuyele (2012), Anwar (2013), Jato, Ogumnyi & Olubio (2014), Andruo et al. (2014), Chamundeshwari, Sridevi & Archana (2014), Singh & Mahipal (2015), Rajia (2015) Sharma (2015) Sherafat & Murthy (2016), Khan (2016) and Verma(2016).

Researches related with difference in the Academic Achievement and Study Habits of secondary school students in terms of gender.

Sharma (2012) found that boys had better study habits in comparison to girls. Sutherland (2011) found girls mean scores were higher in study habits but academic performance was poor; with Sud&Sujata (2006), Nagappa et al (1995).

Singh&Mahipal (2015) found significant relationship in academic achievement and Study habits in terms of gender; with Sunita&Mayuri (2001), Rajia (2015), Begum(2013), Reddy&Nagaraju (2001), Cristian (1983), Khan (2016).

Satyarthi (2017) found Gender has no effect on academic achievement in geography students of both groups (Control & Experimental). Hassan (2012) there is no significant difference in academic achievement and Study habits in terms of gender as well as Vakharia (2017) and Susai (2009).

Objectives

1. To check study habits of secondary school students in terms of gender.
2. To check the academic achievement of secondary school students in terms of gender.
3. To investigate the relationship between study habits and academic achievement of secondary school students.
4. To find the relationship in academic achievement of secondary school students having good and poor study habits.

Hypotheses

1. There is no significant difference in the study habits of secondary school students in terms of gender.
2. There is no significant difference in the academic achievement of secondary school students in terms of gender.
3. There is no significant relationship between study habits and academic achievement of secondary school students.
4. There is no significant relationship in the academic achievement of secondary school students having good and poor study habits.

2. Methodology

Descriptive research design was used for this study by the researcher. One hundred sixty four

students were randomly selected from the five private secondary schools of Agra District of Uttar Pradesh State of India. 87 Girls and 77 boys were out of 164 students. All the 9th class students were of Hindi medium. To collect the data for academic achievement of secondary school students in this study concerned was the percentage of marks obtained by them in the last annual exam of last class.

For testing study habits, test of study habits & attitudes by C P Mathur (2005) was used for secondary school students. It has nine dimensions as Attitude towards teachers, Home environment, Attitude towards education, Study habits, mental conflict, Concentration, Home assignment, Self confidence, Examination with 60 numbers of items. Reliability value of this test for age group of 13 to 16 is 0.87 and 16 to above 0.89. Independent sample t test was used to analyze the data along with mean and standard deviation through SPSS.

3. Results and Analysis

Hypothesis1. There is no significant difference in the Study Habits of secondary school students in terms of gender.

Comparison in Study habits (SH) of secondary school students in terms of gender

Table1

S	Gender	N	Mean	SD	df	T
H	Girl	87	33.43	8.38	162	.262
	Boy	77	33.09	8.47		

Table 1 shows that the calculated value .262 is lesser than the tabulated value which is 1.97 with df 162. T value is not significant at 0.05 level so null hypothesis accepted in this condition; we can say that there is no significant difference in study habits of secondary

school students in terms of gender. Girls and boys were performed equally in study habits in this study.

Hypothesis2. There is no significant difference in academic achievement of secondary school students in terms of gender.

Comparison in Academic achievement (AA) of secondary school students in terms of gender

Table2

AA	Gender	N	Mean	SD	df	T
	Girl	87	67.55	16.94	162	1.45
	Boy	77	63.72	16.57		

Table 2 shows that the calculated value 1.45 is lesser than the tabulated value which is 1.97 with df 162. T value is not significant at 0.05 level so null hypothesis accepted in this condition; we can say that there is no significant difference in academic achievement of secondary school students in terms of gender with supporting of these Satyarthi(2017),Susai(2009),Vakharia(2017), Hassan(2012). Girls and boys were equally performed in academic achievement.

Hypothesis3. There is no significant relationship between study habits and academic achievement of secondary school students.

Relation between Study Habits (SH) and Academic achievement (AA)

Table3

	N	Mean	SD	R
AA	164	65.75	16.83	.403
SH	164	33.27	8.40	

Table 3 shows that the Pearson correlation value is .403, which is positive but moderate correlation between study habits and academic achievement of secondary school students. Study habits positively correlate with the academic achievement.

Hypothesis 4 there is no significant relationship in the academic achievement of secondary school students having good and poor study habits.

Comparison In Academic Achievement (AA) Of Secondary School Students Having Good And Poor Study Habits

Table 4

	Study Habits	N	Mean	SD	df	T
A	Poor	23	55.48	14.17	54	4.58
A	Good	33	74.48	15.94		

Table 4 shows that the calculated value 4.58 is greater than the tabulated value which is 2.00 with df 54. T value is significant at 0.05 level, so null hypothesis rejected in this condition; we can say that there is significant difference in academic achievement of secondary school students having good and poor study habits. High achievers were significantly related with good study habits and low achievers were significantly related with poor study habits.

4. Conclusions

Researcher found that, there is positive relationship between academic achievement and study habits of secondary school students. There is significant relationship in academic achievement of secondary school students having good and poor study habits. There is no significant difference between academic achievement and study habits of secondary school students in terms of gender.

In this study researcher find out that we should provide facility to our students to improve their study habits as well as we should promote and trained our teachers to improve the study habits of low achievers. With this study researcher also found and may be

generalized, new research area related with; what practices can be use in the school to improve study habits and academic achievement for Secondary school students.

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