



# Study Habits of Adolescent Students in Relation to Gender and Age

FALAK DARJI

Assistant Teacher, Sheth CN English Medium School, Ahmedabad 2

## Abstract:

*In recent time, the adolescent students have very strong Power and knowledge of Technology. However, many of them cannot improve their academic performance due to their poor study habits. Many times, the students are not clear about the content as well as the correct method and time allotment for their studies. Good study habits lead to better academic achievements. Hence, this investigation aimed to check the study habits of adolescent students. Total 300 adolescent students were selected as respondents from higher secondary schools of Ahmedabad. To collect the data, Joshi's questionnaire on study habits was used as a tool. The result revealed that adolescent girls have better study habits as compared to adolescent boys. Study habits among the students were not affected with respect to area of school and socio-economic status of children. Hence, the present study concludes that girls are more sincere for their study and have better study habits as compared to boys.*

**Keywords:** Adolescent, Study habits, gender

## 1. Introduction

The Term 'Study Habits' implies a sort of more or less permanent method of Studying. According to Good's dictionary of education, 'Study habits is the tendency study when the opportunities are given, the pupil's way of studying whether systematic or unsystematic, efficient or inefficient.' Study habits are essence of a dynamic personality. A proper study habits enables an individual to reap a good harvest in future. The present society is a competitive society, where the principle of struggle for existence and survival for fittest exists. Pen has become mightier than sword. Study habit is a process from which and individual gets proper input to feed his hunger and to quench his thrust for knowledge. The study habits thus are of great assistance to actualize the potentialities of individual.

The good study habits lead to good academic record and bad study habits lead to poor academic record as there is direct relationship study habits and academic achievement. Study habits play an important role in human performance in academic field (Verma, 1996; Verma & Kumar, 1999; Satapathy & Singhal, 2000; Vyas, 2002). Ramamurti (1993) has rightly emphasized that despite possessing good intelligence and personality, the absence of good study habits hampers academic achievement. Hence, study habits of students' plays important role in learning and fundamental to school success.

The students studying in private schools have better study habits than the students studying in government schools (Naggappa & Venkataiah, 1995; Sanjeev, 2003). But Chaudhary & Lily (1991) pointed out that students belonging to government and private school were by and large similar with respect to their study habits. The nature of the family, namely, joint and nuclear, does not have any influence on the study habits of students, with respect to home environment, reading, note taking, planning, concentration and general study habits. Whereas, the nature of the family has significant influence on the study habits of students with respect to preparation for examination and school environment (Rajendran et al.; 2009). According to Crede and Kuncel (2008) "Study habits are study routines, including but not restricted to, frequency of studying sessions, review of material, self-testing, rehearsal of learned material, and studying in a conducive environment". Some students with

high scholastic abilities perform poorly in examinations while others with average abilities often do well. Such unpredictable occurrences have been found to be intimately connected with study habits and skills. Each learner is unique with different abilities, interests, way of thinking and responding thus these characteristics have a significant influence on study habits. Individual differences can be analyzed in terms of control focus, gender, success dimensions etc Socioeconomic status (SES).

We hear many students expressing regrets about the results of their exams. Sometimes they blame teachers, sometimes question paper makers sometimes blame question paper investigator. Students mentioned the above reasons for their failures, which are rarely true. Impact of it falls on their academic achievement. If they improve their study habits they achieve their goal. They construct their own career when they aware of study and study awareness also include in study habits. Only students can't improve their study habits. They need support of teachers, family and home atmosphere. Students studying according to their study habits but there is no equation useful to solve that problem. Of course, education psychologists have found the process that is useful for all students. In these circumstances, the teacher can be helpful in studying habits for studying himself as habitually studying the study process. It also has impact on their academic achievements.

- Attempts to connect their experiences to new knowledge.
- Inspiration is for Self-writing.
- It's hard to reach the fiction of fiction.
- New curiosity is known, as curiosity to know.
- Rationality, thinking ability, imagination develop.
- Reference literature is inspired to read.
- Student can take care of their own Knowledge.
- Students can grow their Knowledge.
- Study habits have a very importance in the life of the student and student develops through it.
- Text or detail cannot be captured at speed.
- Though study habits hard-to-studied, it intuitive and easy feel.

## 2. Objectives of the Study

1. To study of study habits of adolescent students.
2. To determine the standard of study habits of students of std-11 of school of Ahmedabad city.
3. To Studying in the context of their sexuality study habits of Ahmedabad city.
4. To studying in the context of their area study habits of Ahmedabad city.

## 3. Hypotheses

**Ho<sub>1</sub>** There will be no significant difference between girls and boys studying in standard 11 of schools of Ahmedabad on the following tool of the study habits.

**Ho<sub>2</sub>** There will be no significant difference between areas of students standard 11 of schools of Ahmedabad on the following tool of the study habits.

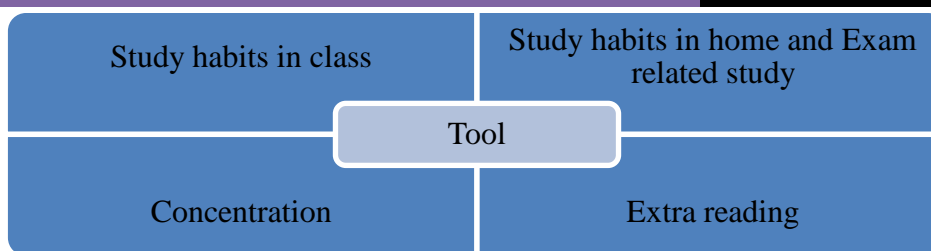
## 4. Methodology

### 4.1 Sample

The study was conducted on a sample of 300 students drawn from 6 schools of Ahmedabad city. Student from each school were selected randomly.

### 4.2 Tool

Study habit inventory (Gujarati version) constructed by Dr.M.L.Joshi was used to measure the study habits of students. The tool consists of 50 items in all distributed in six areas namely;



**Interpretation of obtained score**

Score	Type of study habits
201 to 250	Excellent study habit
151 to 200	Good study habit
101 to 150	Average study habits
51 to 100	Below Average study habits
0 to 50	Poor study habits

Data Analysis The collected data were scored as per manual and analyzed by applying Mean, S.D.; and t-test. Results and Discussion Comparison of Study Habits of Secondary School Students.

**5. Result and Discussion**

After assessing the whole answer, the total recipients were obtained. Recipients received for data analysis were introduced in excel spread sheet Data Analysis The collected data were scored as per manual and analyzed by applying Mean, S.D.; and t-test. Results and Discussion Comparison of Study Habits of Secondary School Students Belonging to area and gender. The mean scores obtained secondary school students on five dimensions of study habits and total study habit along with standard deviation and t-value testing significance of mean differences. The mean score of study habits obtained by whole sample size, Tool of study habit given to students and it has been classified to get the recipient `s marking and it has been classified in table as below.

**Interpretation of obtained score**

Study habit`s standard	Score	Type of study habits	No of students	Percentage%
A	201 to 250	Excellent study habit	83	21.67
B	151 to 200	Good study habit	185	61.69
C	101 to 150	Average study habits	32	10.66
D	51 to 100	Below Average study habits	0	-
E	0 to 50	Poor study habits	0	-
		Total	300	100

Score: Distribution of Students as per Gender

In this table explain 83 students of the entire sample is 27.67% students have Excellent study habit.185 students of the entire sample are 61.69% students have Good study habit,32 students of the entire sample are 10.66% students have Below Average study habits. It means no students have Below Average study habits and Poor study habits.

In the present study the researcher selected boys and girls classified to check the level of the recipients of the study habit tool.

Level of Study habits	Types of Study Habits	Boys		Girls	
		Score	%	Score	%
A	Excellent study habit	29	19.33	54	36
B	Good study habit	100	66.6	85	56.67
C	Average study habits	21	14	11	7.33
D	Below Average study habits	0	0	0	0
E	Poor study habits	0	0	0	0
	Total	150	100	150	100

Score: Distribution of Students as per Area.

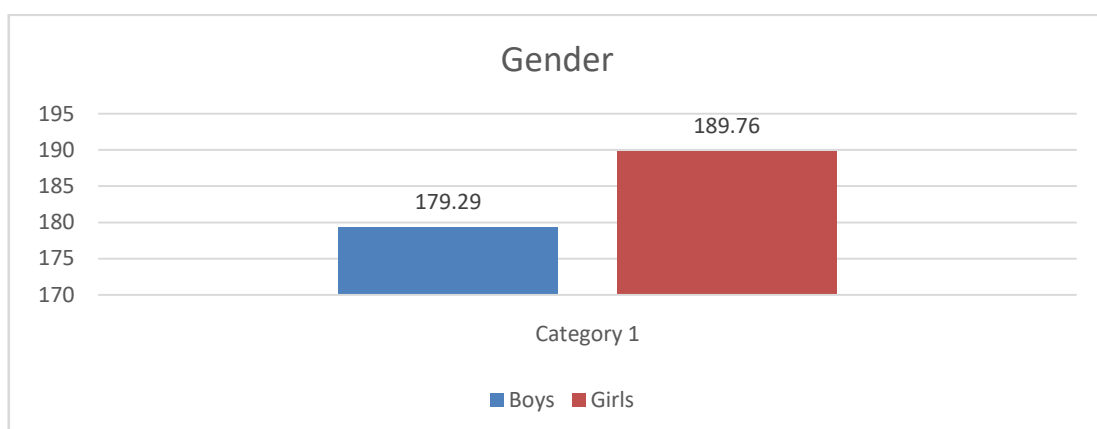
In this table explain girls have excellent study habits compare to boys.

One of the objectives of the present study was to test the effectiveness of their area on the habit of studying. Researcher selected students classified to check the level of the recipients of the study habit tool.

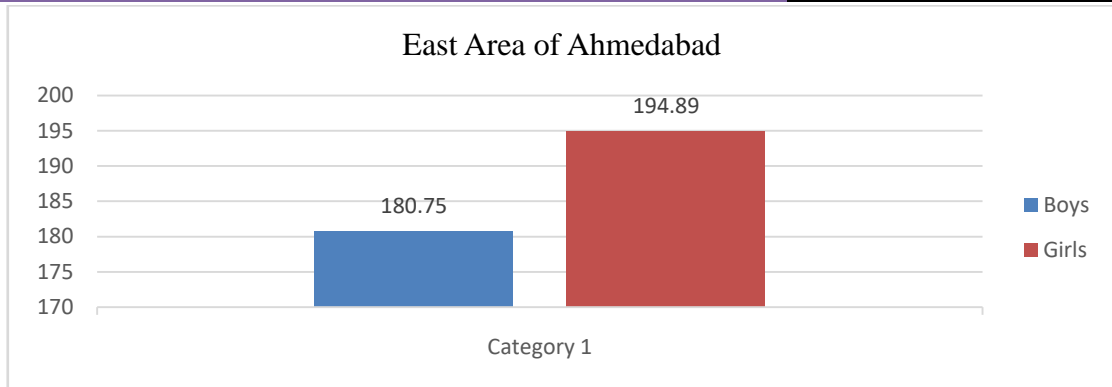
Level of Study habits	Types of Study Habits	East Ahmedabad		West Ahmedabad	
		Score	%	Score	%
A	Excellent study habit	50	33.33	33	22
B	Good study habit	89	59.34	96	64
C	Average study habits	11	7.33	21	14
D	Below Average study habits	0	0	0	0
E	Poor study habits	0	0	0	0
	Total	150	100	150	100

In this table explain students of east area have excellent study habits compare to students of west area of Ahmedabad.

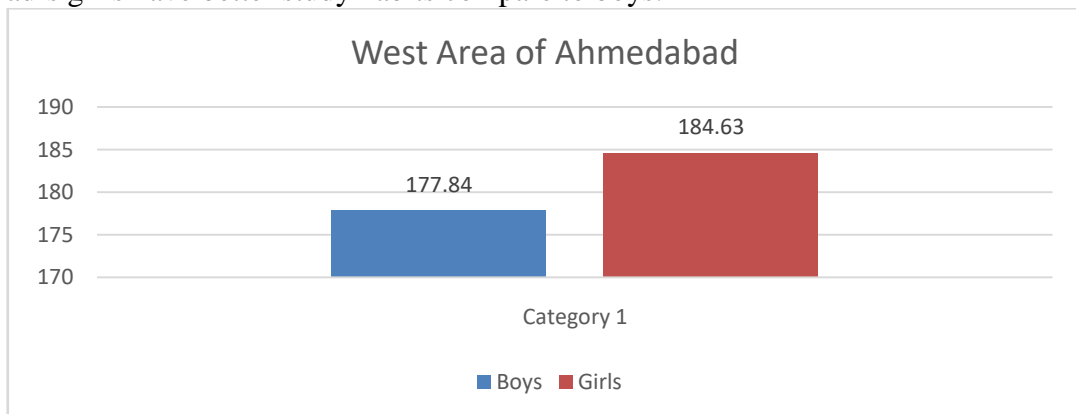
•This chart explains tool of study habits between gender score of mean 179.29 and 189.29,  $SD^2$  535.31 and 646.33, M.D. 10.47, SED 2.80 and CR 3.73. girls have better study habits compare to boys.



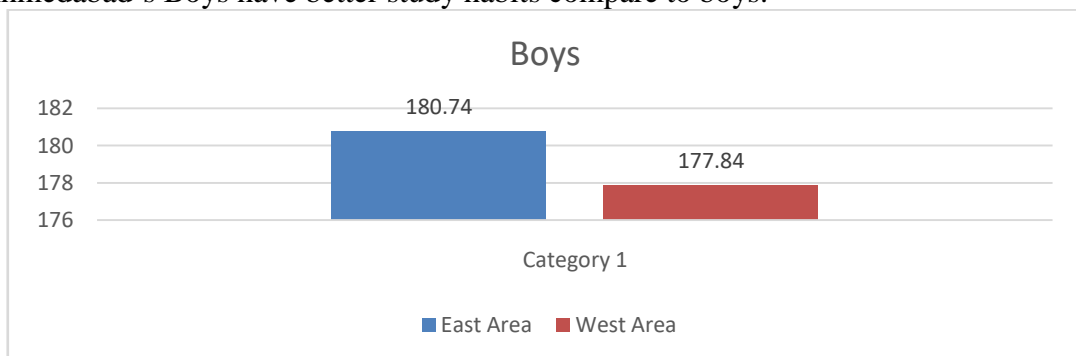
•This chart explains tool of study habits between gender of East area of Ahmedabad score of mean 180.75 and 194.89,  $SD^2$  544.19 and 652.85, M.D. 14.14, SED 3.99 and CR 3.59. In East area of Ahmedabad's girls have better study habits compare to boys.



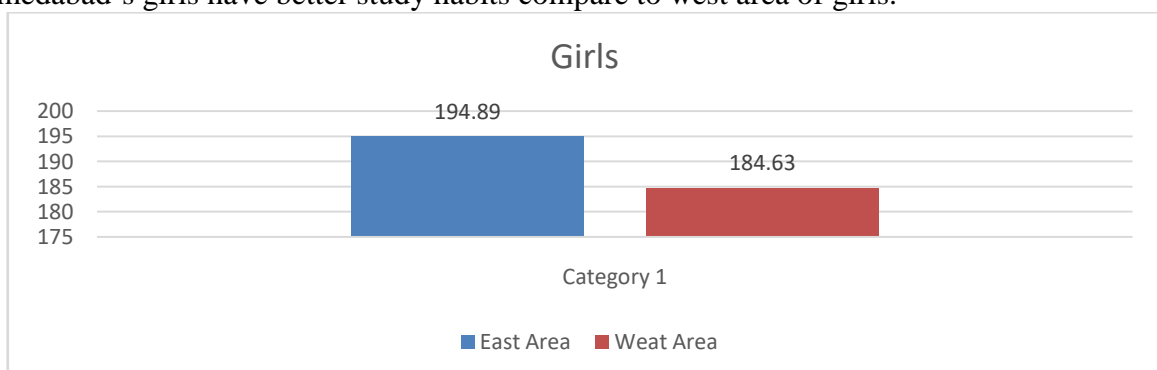
•This chart explains tool of study habits between gender of west area of Ahmedabad score of mean 177.84 and 184.63,  $SD^2$  529.38 and 595.13, M.D. 6.79, SED 3.87 and CR 1.75. In west area of Ahmedabad's girls have better study habits compare to boys.



•This chart explains tool of study habits between East area and west area of Ahmedabad of Boy's score of mean 180.74 and 177.84,  $SD^2$  544.19 and 529.38, M.D. 2.4, SED 3.78 and CR 0.77. In East area of Ahmedabad's Boys have better study habits compare to boys.



•This chart explains tool of study habits between East area and West area of Ahmedabad girl's score of mean 180.75 and 194.89,  $SD^2$  544.19 and 652.85, M.D. 14.14, SED 3.99 and CR 3.59. In East area of Ahmedabad's girls have better study habits compare to west area of girls.



## 6. Conclusion

The following findings have been analyzed and interpreted by the data obtained in the research presented. ON the basis of the score of the whole group, their study habits have been shown that the level B has been better. No students have been poor study habits of whole group. The student`s study habits have found a significant effect of their Gender on the students. Their study habits have been shown significant difference between score of boys and girls. Girls study habits have been shown that the level A has been excellent. The study of students from the east area compared to the west area was considered as the first stage of study.

## 7. Education Implication

The present study is of immense educational importance to the students, course writers, teachers and counsellors. It will help the students to change their faulty study-habits. They should devote equal time to all the subjects. The students should be encouraged to use library books and magazines to develop good study habits. Counselling programs should be organized for the students to developed good study habits in them. The students require more guidance and counselling with regard to study habits so that the students may identify their strengths and weakness in the learning strategies and they may become more conscious about better study habits. There is a need to evolve curricular activities in school programme in which students may actively participate. School education should be made need based and practical oriented. This will promote school effectiveness and hence students` learning.

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