



## HEALTHY STUDY HABITS AMONG HOSTELLERS AND NON-HOSTELLER NURSING STUDENTS

Ms. Yogyata Kandwal<sup>1</sup>, Mr. Pankaj pandey<sup>1</sup>, Ms. Shilpi Kukreti<sup>1</sup>, Ms. Unnati Joshi<sup>1</sup>, Ms. Tanaya Verma<sup>1</sup>, Mr. Shubham Thapliyal<sup>1</sup>, Ms. Yogita Arya,<sup>1</sup> Ms. Prachi Rajwal<sup>1</sup>, Ms. Shurbhi Sharama<sup>1</sup>, \*Ms. Geeta Singh,<sup>2</sup> Mr. Krishan Mohan<sup>2</sup>

\*Corresponding author E-mail geetasingh664@gmail.com

<sup>1</sup> Nursing students, <sup>2</sup> Nursing Tutor

**Abstract-** Habits are routine behavior that is repeated often and finally it becomes the part of one's life. Adaptation of healthy study habits facilitates the students to become successful. The Nursing profession has a tight schedule for the younger nurses. If we glance at the Master academic plan of Nursing curriculum it seems to be much hectic and comprising a lot of subjects than any other health discipline. The academic theory and practical block are tightly scheduled. It is not an easy task to concentrate the theory classes after a heavy hour of clinicals. It is highly impossible to grasp everything what is taught in classroom<sup>1</sup>. The aim of the present study was to assess the Healthy study habits among Hosteller and Non-hosteller Nursing Students. A Quantitative Approach and Descriptive research design was used to assess the Healthy study habits among B.Sc. and GNM first Year Nursing Students, 140 Nursing students were selected through Simple Random Sampling Technique. Data were collected by using study habits questionnaire in HIHT, Dehradun. Result shows that there was minor difference in the study habits of Hosteller and Non- hosteller Nursing Students. The mean percentage of the hostellers was highest in Reading skills (81%) and lowest in the Study environment (67%) Whereas for Non-hosteller highest in Reading skill (81%) and lowest in Study environment (71%).

**Keywords:** Healthy Study Habits, Hostellers and Non-hostellers.

### INTRODUCTION

Study habits are termed as the methods used for study of students. Study habits are student's way of studying systematic, efficient. The Healthy study habits produce positive academic performance while inefficient study habits lead to academic failure. It has been thought that there is relationship between a student's academic achievement and their study habits (Febregat and Blanch 2004), Fielden 2004 stated

that a good study habit have a good effects towards the academic performance of the students. Gellinger and Seibert 2002 noted a link between poor study habits tends to have poor achievement<sup>2</sup>.

The quality of education is necessary to improve the study habits and study attitudes, those factors are needed to identified which affect these characteristics adversely. Nonis and Hudson 2010 Reported that it was quality of study rather than the time spent studying, that most affected outcomes.<sup>3</sup> Study habits are the most important predictor of academic performance and global research has revealed that study habits affect academic performance. There are many other studies which have shown that there is a relationship between good study habits band the achievements of the students. The need to improve student's study habits and study attitude deemed necessary to improve students' academic performance.<sup>4</sup>

## 1. RESEARCH METHODOLOGY

A Quantitative and descriptive approach was done to assess the assess the Healthy study habits among B.Sc. and GNM first Year Nursing Students, 140 Nursing students were selected through Simple Random Sampling Technique. Data were collected by using study habits questionnaire in HIHT, Dehradun. Uttarakhand, India. Data was collected by using sociodemographic characteristics of the study participants and structured interview schedule by using structured study habits questionnaire prepared by researchers regarding the study habits in HIHT, Dehradun. Demographic variables consist of 7 questions and 6 study habits criteria includes reading skills (5), writing skills (3), Note taking skills (4), test taking/ preparation skills (6), Time management (8) and study environment (4). Questions related to different aspects of study habits with response categories of Always, Sometimes, Rarely & Never.

## 2. RESULT AND DISCUSSION

### Frequency and percentage distribution of Socio-demographic characteristics of study

#### Participants

S.N.	Demographic variables	Frequency	Percentage(%)
1	Age in years		
	(a) 18-21	137	98
	(b) 22-25	3	2
2	Gender		
	(a) Male	20	14
	(b) Female	120	86
3	Last Educational status		
	(a) Intermediate	132	94
	(b) Graduate	8	6

<b>4</b>	<b>Marital Status</b>		
	(a) Married	<b>0</b>	<b>0</b>
	(b) Unmarried	<b>140</b>	<b>100</b>
<b>5</b>	<b>Type of family</b>		
	(a) Nuclear	<b>14</b>	<b>17</b>
	(a) Joint	<b>12</b>	<b>20</b>
<b>6</b>	<b>Family Income per annum</b>		
	(a) Rs.50,000-1.5 Lakh	<b>57</b>	<b>41</b>
	(b) 1.6-2.5 Lakh	<b>26</b>	<b>19</b>
	(c) 2.6 Lakh-3.5 Lakh	<b>24</b>	<b>17</b>
	(d) 3.6 Lakh and above	<b>33</b>	<b>23</b>
<b>7</b>	<b>Area of residence</b>		
	(a) Hosteller	<b>71</b>	<b>51</b>
	(b) Non-hosteller	<b>69</b>	<b>49</b>

Table No. 1 shows that total 140 Participants were included in the study. Most of the study participants 137 (98%) were in the age group of 18-20 years. Out of 140, 136 (86%) were females. Last educational status of majority i.e. 132 (94%) of the study participants were Intermediate, all the study participants were married. Most of the 105 (75%) study participants were from nuclear family. Most of the study participants 57 (41%) were having Rs 50,000-1.5 Lakh per annum. Nearly equally numbers of the study participants were living in hostel and home with 71 (51%) Non-hosteller and 69 (49%) Hosteller.

#### Mean of the different study skills of Hosteller and Non-hosteller Nursing Students

S.N.	Study Skills	Area of living	Mean± S.D.	Mean difference
1	Reading skills	Hosteller	16.2±1.73	0.1
		Non-hosteller	16.3±1.48	
2	Writing skills	Hosteller	9.02±1.7	0.28
		Non-hosteller	9.3±1.13	
3	Note taking skills	Hosteller	12.2±2.18	0.17
		Non-hosteller	12.7±2.01	

4	Test preparation skills	Hosteller	17.8±1.99	0.1
		Non-hosteller	17.7±2.37	
5	Time management	Hosteller	23.1±3.09	1.4
		Non-hosteller	24.5±2.88	
6	Study environment.	Hosteller	10.8±1.73	0.6
		Non-hosteller	11.4±1.87	

Table no. 2 shows the mean comparison of both hosteller and Non – hosteller study participants which revealed that Non-hosteller students were good in Reading, Writing Notes taking skills, Time management and study environment as compared to Hosteller students. Hosteller students were good in Test preparation skills.

## CONCLUSION

The Study concluded that the Hosteller and Non-hosteller Nursing students were having similar study habits with a little bit of difference in different study skills i.e. reading skills, writing skills, note taking skills, test taking/ preparation skills, time management and study environment.

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