

Study Habits

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Introduction

Wholesome maximum development of the child is the primary concern of any established educational system. Varied views have been advanced regarding this optimum wholesome development and ways of attaining it. Despite differences of views, there is agreement on one point that academic achievement of the individual is the most important component of wholesome development. However, the goal of education cannot be restricted merely to develop the competence of 3 Rs in the student. Infact, it aims at developing the well integrated person so as to enable him to get adjusted in the society. Hence, the aim of education may be put as bringing out broad personality changes in the individual which includes attitudes, interests, ideals, ways of thinking, work habits, personal and social adaptability etc. besides imparting subject matter knowledge to him. The education of a child starts at very young stage in the family. The parents are the first teachers of a child. This education is called informal education. The education plays the role of an instrument of social change which is imparted to the children initially in the home environment. Here it is of great consideration that the socio-economic status (Socio-economic status of parents means educational level of parents, the income of family, environment in the family and standard of living of the family) of parents plays an important role in the academic achievement and social behaviour of the students. In home environment there are a number of factors which contribute towards the wholesome development of the child namely, staying facilities, means of recreation, parental personality, administrative and supervisory policies at homes, humanistic relations and democratic discipline among the family members etc. All these factors help in creating a conducive home environment for learning and development. The income of family, education level of parents, the quality of life in family, home environment and standard of living influence the educational and social development of children.

What is Study Habits

Study habits are well-planned and deliberate pattern of study which has attained a form of consistency on the part of students toward understanding academic subjects and passing at examinations. Reading habits determine the academic achievements of students to a great extent. Both reading and academic achievements are interrelated and dependent on each other. Students often come from different environments and localities with different levels of academic achievement. Therefore, they differ in the pattern of reading habits. While some students have good reading habits, others tend to exhibit poor reading habits.

Study habits contribute significantly in the development of knowledge and perceptual capacities. Study habits tell a person that how much he will learn and how far he wants to go, and how much he wants to earn. These all could be decided with the help of one's study habits, throughout the life. Therefore it is assumed that study habits are correlates of scholastic or academic achievement. In this study, the association between study habits and academic performance of students is examined. Sample of 270 students were taken from two colleges Govt. Allama Iqbal College for Women, Sialkot and Govt. Technical College for boys, Sialkot. The association between study habits and academic performance was checked by using chi-square test. The results showed that there is significant relationship between study habits and academic performance of the students.

The concept of study habit according to Husain (2000) is broad, as it combines nearly all other sub-concepts such as study attitude, study methods and study skills. Attitude is a mental and natural state of readiness, organized through experience, exerting a direct influence on the individual's response to all objects and situations with which is related. Attitude towards study has great contribution on academic achievement, and good study pattern. Successful learners adopt positive attitude towards study, and do not waste time or energy over what they have to do. If the learning experience is pleasant, the learner's attitude and motivation is usually positive, and if the learning experience is not pleasant he tends to avoid it. Negative attitude towards study sometimes finds expression in comment such as "I study but cannot remember what I study" or "the lessons are too long". Attitude serves as index on how we think and feel about people, objects and issues in our environment. Study attitude, according to Husain (2000), refers to the predispositions which students have developed towards private readings through a period of time. According to him, study attitude offers great possibilities for successful achievement in studies. Study method is the knowledge and application of effective study skills or techniques by students. Several study methods have been identified several effective study methods and skills that could be used by students based on the learning environment (Husain, 2000). Kelli (2009) posits that for students to succeed in their studies, they must be able to appropriately assimilate course content, digest it, reflect on it and be able to articulate the information in written and/or oral form. What is fundamental is the ability of a student to acquire effective study habits. Many students feel that the hours of study are the most important. However, students can study for hours on end and retain very little. The more appropriate question is how students should study more effectively. Developing good time management skills is very important. Students must realize that there is a time to be in class, a time for study, time for family, time to socialize and time to just be alone. The critical issue is recognition that there must be an appropriate balance. Students should also have vision. A clearly articulated picture of the future they intend to create for themselves is very important and contributes to students' success in school. This will promote a passion for what they wish to do. Passion is critical and leads to an intense interest, dedication and commitment to achieving career goals and objectives. Marc (2011) explains that students with learning problems, however, may still have generally inefficient and ineffective study habits and skills. Becoming aware of your learning habits or styles will help students to understand why they sometimes get frustrated with common study methods. He observes that good study habits are essential to educational success; as they contribute to a successful academic future. Good study habits lead to good grades while good grades lead to admissions to better colleges and universities, possibly with a scholarship thrown in. This in turn, will lead to a great career. Developing good study habits to Marc is very crucial for every student irrespective of his level of education. It boosts students' ability to be selfdisciplined, self-directed and ultimately successful in their degree programs. The sooner a student starts practicing and developing good habits, the better chance he will have that he will continue with them. Procrastination can be overcome with proper study habits and improving one's study habits is the key to better studying. Being organized and having homework routines are the most important things in helping a child/student develop good study habits for life. Developing good study habits help spell success and a student will find himself working more efficiently and experiencing lesser stress in the process. He adds that having effective study habits creates a more efficient academic environment. Planning your study schedule as a student in advance and faithfully sticking to it saves time. When students have good study habits, they tend to be less stressed. Students who are anxious on exam day are typically the procrastinators who come unprepared. Students who organize their lives and stick to their established study schedules are confident and relaxed at test-taking time (Marc, 2011). Ashish (2013) opines that if students must ensure academic success throughout the entire year, it is important to ditch bad study habits and establish good ones. He further maintains that no matter what age or academic level, employing effective study strategies can make all the difference between acing a class, barely passing or worse and failing miserably. She admits that many of today's most common study methods or habits can lead to utter disappointment despite best efforts and intentions. To Ashish (2013), knowing exactly what does and does not work on a personal level, even tracking study patterns and correlating it with related grades and

then proactively creating a study plan and schedule around the proven effective methods, is the most powerful study tool of all. Adeninyi (2011) maintains that good study habits allows students to study independently at home and aspire for higher educational career. The formation of good study habits in secondary school level further serves as the basis for students' performance in external examinations such as West African Examinations Council (WAEC), National Examinations Council (NECO) and Joint Admissions and Matriculation Board (JAMB). In the view of Agba (2013), unserious students do study anyhow without specific techniques, and he submits that such students are most likely to perform below average. Thus, he concludes that good study habits help students to: attend classes very often and do so on time. It also helps them to submit their assignment on time, read or prepare very well for tests and exams, take down notes and develop the points independently, ask relevant questions in class; thereby having good grades at the end of the term or semester. Monday (2008) writing on bad study habits maintains that developing good study habits in school will help students succeed in class and achieve educational goals. Similarly, Bolling (2000) asserts that good study habit through planning helps students prepare for what is ahead, and accomplish their academic goals. Thus, lack of study habits clearly puts students at a disadvantage, and is one of the main reasons students need remedial classes, fall behind in coursework and drop out of school. Developing good study habits drastically lowers students' risk of academic struggles, and failure to complete a college degree. Hence, Bolling (2000) submits that students who tend to perform high across most of their subjects can be considered to have good study habits by being actively involved in their own learning process, continuous planning and carefully monitoring of the educational task that they are required to complete. Different students have different and unique study habits. What may be a good study habit to a particular student may be a bad one indeed to another student. As such, it is often difficult to practically pin-point that this is good and that is bad. In the opinion of Katelyn (2013), there is no doubt that different people study in different ways and it is a near certainty that what works for one person may not work for another. John (2010) opines that not all students are alike. There are several key study habits that are crucial to all students' success. One of such is study in a good environment, a little bit of background music, such as classical with no lyrics are fine and a good studying location. Whether studying in rain or shine, day or night, what is most important is to be consistent and stay on one schedule. Generally, study habits can be classified into two-good study habits, and bad study habits. Good study habits according to Katelyn (2013) are sometimes referred to as positive or productive study habits. As the name implies, they are those pleasant study habits which have the tendency to improve the academic performance of students or that seem to produce good results. They are the study habits which make students successful in their studies after developing and applying them throughout their academic career.

Good Study Habits

7 good Study Habits help students to achieve the goal. These are :-

- 1. Organized:-** Get organized between homework, tests, and extracurricular activities, it's all too easy for things to slip through the cracks.
- 2. Know the Expectations:-** Students shouldn't have any surprises when it comes to how and what they will be graded on. By middle school and high school, most teachers will provide a course outline or syllabus, which can serve as a guide for the session.

3. **Designate a Study Area:-** Students must design their study area to complete study materials.
4. **Develop a Study Plan:-** First things first: students need to know when a test will take place, the types of questions that will be included and the topics that will be covered.
5. **Think Positively:-** Positive thinking can improve the study habits of students.
6. **Read Actively:-** It's all too easy for students to skim over an assigned book chapter and not know the main points of what they just read. Help student to practice active reading by asking him or her to note the main idea of each passage and look up unfamiliar words or concepts.
7. **Practice Active Listen in:-** It's important for students to concentrate and avoid distractions when an instructor is presenting. Some tips to share with your child include: try concentrating on the main points being made, think about what the speaker is saying and pay attention to how things are said (gestures, tone of voice, etc.). They should avoid talking or thinking about problems when listening.

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