

STUDY HABITS OF HIGHER SECONDARY SCHOOL STUDENTS OF AIZAWL CITY

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ABSTRACT: *The study habits are a well-planned and deliberate pattern of study which has attained a form of consistency on the part of the students toward understanding academic subjects and passing in examination. The present study revealed that majority of the students are having very unsatisfactory study habits and it means that the students at higher secondary stage nowadays did commit in their studies and it may affect their academic results as well. Even science students did not have a good study habits, it is expected that science students should have a good study habits in general view but only 5.5% had excellent study habits and majority of the students which is 53.53% had very unsatisfactory study habits.*

KEYWORDS: Study Habits, Higher secondary students.

INTRODUCTION: Study habits can be defined as the sum total of all habits, determined purposes and enforced practices that the individual has in order to learn. It is necessary for the students to develop special study habits and skills. It is a well- formed habit that furnishes its own source of motivation. Students who study according to the time table, regularity in preparing and learning lessons, adopting a suitable sitting posture while studying, struggling had to overcome difficulties or in other words by put in their best efforts are like to excel others of equal intelligence only because of their superior study habits. Study habits is very important characteristic of all human beings who are being educated and are educated. It has long reaching effects deep into the life of individuals and by cumulative and interactive effects in the society. Study habits have been considered to be constituted of nine different kinds of study behaviours.

Need and importance of the study:

Study habits and degree of learner's involvement in studies have long been considered to be important factor in the academic success or failure of students. Study Habits help the students to do something with less efforts and thought. In the field of education habits of thinking regularly, proper reasoning, concentration on study, punctuality help the students in their proper adjustment and learning. If we look at our very own state i.e. the state of Mizoram people always talk about students learning habits. The living atmosphere of today's students is saturated with modern technology like video games and social media etc. Because of these influenced, most students are engaged with these technological gadgets and did not study properly that cause many failure in their studies. Besides many people also assumed that science students are more engaged in their studies and the students who belonged to arts background are less serious in their studies and think that science students are having better knowledge and abilities in many ways.

Therefore, the investigator is interested in finding out of the exact study habits of the students at higher secondary level as well as the study habits of both streams.

Objectives of the Study:

1. To study the study Habits of higher secondary school students in Aizawl City.
2. To study the study Habits of Arts higher secondary school students in Aizawl City.
3. To study the study Habits of Science 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 compare the study Habits of Male and Female higher secondary school students in Aizawl City.
6. To compare the Study Habits of Govt. and Private Higher Secondary School Students in Aizawl City.

Hypotheses of the Study:

1. There is no significant difference between the study habits of Arts and Science higher secondary school students in Aizawl city.
2. There is no significant difference between the study habits of Male and Female higher secondary school students in Aizawl city.
3. There is no significant difference between the study habits of Govt. and Private higher secondary school students in Aizawl city.

METHODOLOGY AND PROCEDURE

Method of the study:

Descriptive survey method was adopted for the study.

Population and Sample:

The Population of the present study consisted of all class XII students of Private and Government Higher Secondary School Students within Aizawl city.

Sample:

In the present study, the sample consisted of 200 students from class XII Arts and Science Stream with 100 students from Arts Stream and another 100 students from Science Stream. Further, 50 male and 50 female students were selected from Arts Stream and another 50 male and 50 female students were selected from Science Stream randomly from two Government and two Private Higher Secondary Schools in Aizawl City.

Tool Used:

The investigators used standardized test '*Study Habit Inventory* developed by *Prof. M.N. Palsane (Pune) & Anuradha Sharma (Agra)* published by National Psychological Corporation, 4/230, Kacheri Ghat, Agra as a tool for the present study.

Procedure and Analysis:

The distribution of questionnaires were collected by the investigator and then tabulated, analysed and interpreted carefully. For analysing data, statistical technique i.e. mean, standard deviation, percentage is employed to find accurate results. General 't' test was applied for comparison and then descriptive interpretations were made to draw the conclusion.

ANALYSIS AND INTERPRETATION OF THE STUDY:

TABLE-1. Overall study Habits of Higher secondary school students.

Category	No. of Students	Percentage
Excellent	7	3.5
Good	10	5
Average	32	16
Unsatisfactory	19	9.5
Very Unsatisfactory	132	66

Detail study of the data figured out from the samples of 200 students, 7 students which is 3.5% had **excellent** study habits, 10 students which is 5% had **Good** study habits, 32 students which is 16% of students had **Average** study habits, 9.5% students which means 19 students had **unsatisfactory** study habits and 66% which is 132 students had **very unsatisfactory** study habits.

Category	No. of Students	Percentage
Excellent	2	1.98
Good	1	0.99
Average	11	10.89
Unsatisfactory	8	7.92
Very Unsatisfactory	79	78.21

TABLE-2. Study Habits of Arts higher secondary school students.

It is inferred from table 2 that out of the samples of 101 arts students, there are 2 students which is 1.98% had excellent study habits, 1 students which is 0.99% had Good study habits, 10.89% students which is 11 students had Average study habits, 7.92% students which means 19 students had unsatisfactory study habits and 78.21% which is 79 students had very unsatisfactory study habit.

TABLE-3. Study Habits of Science higher secondary school students.

Category	No. of Students	Percentage
Excellent	5	5.05
Good	9	9.09
Average	21	21.21
Unsatisfactory	11	11.11
Very Unsatisfactory	53	53.53

A perusal of Table 3 highlights that out of 200 samples 99 are science students, there are 5 students which is 5.5% had excellent study habits, 9 students which is 9.09% had Good study habits, 21.21% students which is 21 students had Average study habits, 11.11% students which means 11 students had unsatisfactory study habits and 53.53% which is 53 students had very unsatisfactory study habits.

TABLE-4. Comparison of study habits between arts and science higher secondary School students.

Stream	No. of Students	Mean	SD	t-value	Significance Level
Arts	101	49.74	7.2	5.36	Significant at 0.01 level
Science	99	55.04	6.76		

From table no. 4 it can be observed that the mean scores and S.D. scores of study habits of science and arts students are 49.74, 55.04 and 7.2, 6.76 respectively. The 't' value is 5.36 which is greater than critical value at the required level of significance which indicates that the null hypothesis i.e. 'there is no significant difference between the study habits of arts and science students of higher secondary schools' in Aizawl city is rejected at 0.01 level of confidence. Since the mean score of science stream (M= 55.04) is higher than that of arts stream (M=49.74) it is concluded that the study habits of Science students are better than arts students.

TABLE-5. Comparison of study habits between male and female higher secondary school students

Gender	No. of Students	Mean	SD	t-value	Significance Level
Male	100	52.19	7.75	0.33	Not Significant
Female	100	52.54	7.2		

It can be seen from table no. 5 shows that the mean scores and S.D. scores of study habits between male and female students are **52.19, 52.54** and **7.75, 7.72** respectively. The 't' value is **0.33** which is smaller than critical value at the required level of significance which indicates that the null hypothesis i.e. 'there is no significant difference between the study habits of male and female higher secondary schools students in Aizawl city' is accepted.

TABLE-6. Comparison of study habits between Govt. and Private higher secondary school students.

Type of School	No. of Students	Mean	SD	t-value	Significance Level
Govt.	100	52.19	6.46	0.33	Not Significant
Private	100	52.54	8.36		

Table no. 6 indicates that the mean scores and S.D. scores of study habits between Govt. and private students are **52.19, 52.54** and **6.64, 8.36** respectively. The 't' value is **0.33** which is smaller than critical value at the required level of significance which indicates that the null hypothesis i.e. 'there is no significant difference between the study habits of Govt. and private higher secondary schools students in Aizawl city' is accepted.

MAJOR FINDINGS:

1. The present study reveals that out of the entire samples of 200 students, **3.5%** of the students had **excellent** study habits and **5%** had **Good** study habits, the other **32** students which is **16%** of students had **Average** study habits as well as **9.5%** students had **unsatisfactory** study habits and majority of the students which is **132** students had **very unsatisfactory** study habits.

2. Among the respondent of arts higher secondary schools students **78.21%** which is **79** students had **very unsatisfactory** study habits and 10.89% of the students had good study habits and only 1.98% students had excellent study habits. We can concluded that majority of the arts stream of higher secondary school students have poor study habits.

3. The present study shows that only 5.5% of science students had excellent study habit it means good study habits and the other 21% of the students had an average Study Habits and 53.53% of the students had unsatisfactory study habits, it states that even among science students majority of them had a poor study habits.

4. Based on the finding science students had a better study habits than arts students and science students give more time to study than arts students.

5. It was found that there is no significant difference between male and female higher secondary schools students with regard to their study habits.

6. Based on school no significant difference is found between Govt. and Private higher secondary schools students with regard to their study habits.

DISCUSSION:

a) Discussion on the finding related to overall study habits

The present study found that majority of higher secondary schools students had very unsatisfactory study habits and this finding is supported by the finding of Lalrintluangi (2018) who also found that 30% and 35% have average study habits and unsatisfactory study habits respectively, while a big portion of students 25.65% are have very

unsatisfactory study habits. The study highlight that under graduate students in Aizawl city by and large have unsatisfactory study habits.

This finding indicates that majority of the higher secondary schools students need to improve their study habits. There could be many reasons that why majority of the students have unsatisfactory study habits at higher secondary stage. Among those reason home environment is one of the crucial factor that caused unsatisfactory study habits because most of the students are belonging from poor family and living in rented house, therefore they do not have enough space or separate room for study.

(b) Discussion on the finding related to stream

It was also found that there exist a significant difference between the study habits of arts and science higher secondary schools students in the present study.

This finding is also supported by Kumar (2017) conducted a study on All Senior Secondary School students studying in Science and Arts stream he also found that there is significant difference between the study habits of science and arts students of senior Secondary schools. It clearly showed that science students given more time to their studies than arts students and Joshi and Sharma (2017) conducted a study on "The Effect of Using Internet on Study Habits of Senior Secondary Students", he also found that Science students had a better study habits than arts students even among the internet users. Dinesh (2003) in his investigation of study habits of class IX selected randomly from government and private senior secondary schools of Chandigarh concluded significant difference in the study habits of students belonging to science and arts streams.

(c) Discussion on Finding related to Gender

The present study found that no significant difference between the study habits of male and female higher secondary schools students. This finding is corroborates with the finding of Satyarthi (2018) study on "Secondary School Students of India: Needs To Improve Their Study Habits" found that there is no significant difference between academic achievement and study habits of secondary school students in terms of gender. Even Singla (2007) conducted her study on a sample of 200 boys and girls studying in 10+1 class in the senior secondary Schools of Chandigarh in order to compare their study habits. He found insignificant Difference study habits of boys and girls and also supported Upadhyay (2017) conducted a study on A Study of Academic Achievement among Senior Secondary School Students in Relation to Study Habits and no significant difference was found in the study habits of male and female senior secondary school students.

(d) Discussion on finding related with type of school

No significant difference was found between the study habits of Govt. and private higher secondary schools students in the present study and this finding is contradict with Sharma (2017), he conducted a study on Study Habits of Class Viii Students: A Comparative Analysis and found that the study habits of Government-aided schools students are better than that of the students in Private schools students and also contradict with Lawrence (2014) conducted a study on "Relationship Between Study Habits and Academic Achievement of Higher Secondary School Students" and found that the government school students have high level of study habits than the other School students.

CONCLUSION:

Generally, it is a proven fact that the study habits of the learner enabled them to take active part in the teaching learning process. If students are aware of their study habits, they can willingly involve themselves in the teaching-learning process.

Thus knowledge of study habits of students can help the teacher as well as learning immensely to improve the teaching and learning. Knowledge about study habits of students can help the teachers as well as the students to improve and plan their teaching and learning accordingly and thereby resulting in maximum outcome.

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