



## AN OBSERVATIONAL STUDY OF STUDY HABITS AMONG FIRST YEAR MEDICAL STUDENTS, JAIPUR, RAJASTHAN

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### ABSTRACT

**Background:** To perform well in academics medical students has to acquire good skills and knowledge, for which study habits are very important. **Objective:** To assess quality of study habits among first year MBBS students and its associated factors. **Material and Methods:** Observational cross-sectional study among 140 MBBS first year students of SMS Medical College, Jaipur from Mar 2023 to May 2023. The data was collected by using Study habits inventory questionnaire. **Results:** Out of all 140 students, 61% were females. 10% had Good, 78% had average and 12% had poor quality study habits. Various factors are associated with quality of study habits in our study like gender, residence and source of inspiration to study. **Conclusion:** Present study found that only 10% students had good quality study habits. Female gender, home residency and self-motivation among students were found associated with good quality study habits.

**KEYWORDS :** Study habits, study habits inventory, first year MBBS students

### INTRODUCTION

Education is a dynamic process that has to be refined periodically. Medical college has an exceptionally challenging and rigorous academic environment. Majority of students who enter in medical colleges through competitive exams were at the top in their class in academics. In spite of this, students in medical college have to find new ways to study effectively.

Study habits are defined as "the sum of all the habits, determined purposes and enforced practices that the individual uses in order to learn" according to the manual of Rao's study habits inventory.

In academics of medical college there are both factual and procedural knowledge. Procedural knowledge is the practical part of medicine. While the practical knowledge can be learned through simulation and regular practice, factual knowledge is obtained through books reading, memorizing, understanding and revising which is more difficult to obtain.<sup>1</sup>

Medical knowledge is progressing constantly and medical students and physicians have to keep themselves updated by acquiring, expanding and questioning. Medical students are trained through complex curriculum and many types of teaching and learning formats and regular assessments to acquire knowledge, skills and attitude at the optimum level for becoming future doctors.<sup>2</sup>

The central factor in determining both the quality and quantity of medical students learning is their approach. The depth of information and understanding of knowledge depend upon the study habits of medical students.<sup>3</sup>

The attributes, behavior, learning environment, and educational activities of students affect their performance and achievement. Associations between academic performance and study skills, study habits, research attitudes, and motivation has been observed.<sup>4</sup>

As understood that for medical students to perform well in academics and to acquire good skills and knowledge, study habits are very important. Out of all professional years, the first year of MBBS is special as it is the most crucial period for students to develop new and effective study habits which

determine their future course of success in medical carrier. Since there is a lack of such studies in India, so keeping this in mind we are doing this study to assess the study habits of first year medical students of S.M.S. Medical College, Jaipur.

### OBJECTIVES

1. To assess study habits among first year MBBS students
2. To study factors associated with study habits among first year MBBS students

### METHODOLOGY

**Study Type and Design:** Observational type of Cross-Sectional study

**Study Location:** S.M.S. Medical College, Jaipur

**Study Duration:** March 2023 to May 2023

**Study Population:** First year MBBS students, S.M.S. medical college, Jaipur

**Study tool:** Study habits inventory, a pre-validated 25 item questionnaire based on Likert scale. Each question has 3 choices – rare, sometimes and often, which is scored 1, 2 and 3 respectively. Maximum score is 75 and minimum score is 25. Range of 25-40 is considered as good, 41-57 is average and 58-75 is poor quality study habits.<sup>5</sup>

### Inclusion criteria:

All first year MBBS students who were willing to participate.

### Exclusion criteria:

Students not giving consent and who were critically ill were excluded from study.

**Sample size and recruitment of participants:** As there are 250 MBBS first year students sample size of 125 first year MBBS students was calculated at 95% confidence level taking maximum variance of 50% and absolute allowable error of 10%. This sample size was increased to 140 students to enhance precision of study.

### RESULTS

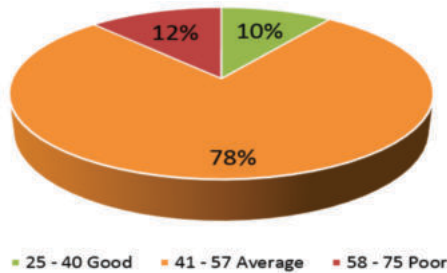
Age of all 140 students was between 17 to 22 years and 61% were females.

Out of all students 29% live at their home, 42% in hostel and 29% on rent while 84% of students had their own self-interest in the course whereas 16% of students were in the course due to force by others.

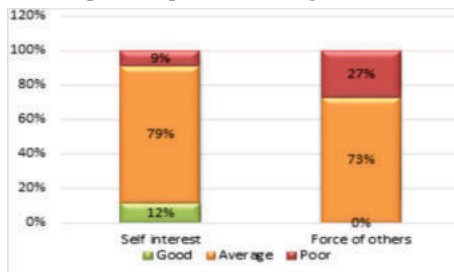
Quality of study habits among students, Quality of study habits according place of residence, Quality of study habits according to gender, Quality of study habits according to source of inspiration are given in fig. 1, fig.2, fig.3 and fig.4 respectively.

**Table 1 Quality of study habits according to various characteristics**

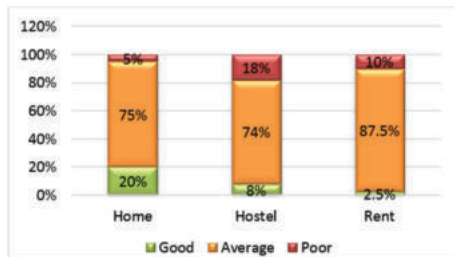
	Good	Average	Poor
Overall (140)	10%	78%	12%
Male (55)	1%	91%	8%
Female (85)	15%	70%	15%
Home (40)	20%	75%	15%
Hostel (60)	8%	74%	18%
Rent/Other (40)	2.5%	87.5%	10%
Self-interest (118)	12%	79%	9%
Forced by others (22)	0%	73%	27%



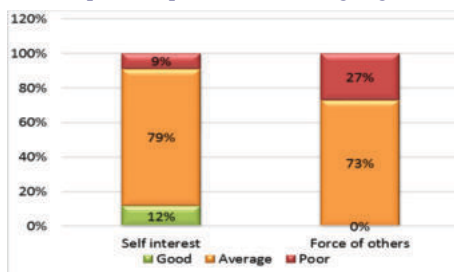
**Figure 1 Quality of study habits among students**



**Figure 2 Quality of study habits according to place of residence**



**Figure 3 Quality of study habits according to gender**



**Figure 4 Quality of study habits according to source of inspiration**

**DISCUSSION**

The main aim of all the medical colleges is to create doctors with optimum quality of knowledge and skills for providing proper health care services in the community. Study habits are crucial in effective learning of students. In our study we found only 10% of first year students had good quality study habits whereas a study done in Tamil Nadu found 27% students have good study habits<sup>5</sup>. As our country is much populous, there is need for optimally trained doctors but majority of students not having good quality study habits may be an obstacle in path of providing optimally trained doctors to community.

We found various factors associated with quality of study habits in our study like gender, residence and source of inspiration to study. In our study we found 15% of females had good quality study habits whereas only 1% males had good quality study habits. This difference is of much concern which is consistent with a study done in Ahmedabad which showed that female gender had good quality study habits.<sup>6</sup> In this study we found that among the students who were living at home, 20% had good quality study habits which is much higher as compared to students living in hostel or on rent. This shows that place of residence may play important role in developing study habits which is consistent with a study done by Hamilton et al which showed that parent's home is more suitable for study.<sup>7</sup>

The motivation of students to enter in a medical college is also important. In our study the among students who prepared for and took admission in the course by force of others, none had good quality study habits. This may be due to the reason that after taking admission in the college by force of others, students may find it difficult to develop good quality study habits due to lack of their self-motivation.

**Strength And Limitations**

Our strength is we tried to find out quality of study habits among future doctors which are very important in providing optimally trained doctors to community. Being a single center-based study is limitation of our study.

**CONCLUSION**

Our study concluded that only a few students possessed good quality study habits. Female gender, home residency and self-motivation among students were found associated with good quality study habits.

**Recommendations**

Students must know how to learn and this should also be part of the curriculum, and students should be informed about the different utilities of varying learning techniques.

Parents and teachers should not force their decisions about future career on students. They should help and counsel the students in choosing their career options.

To make learning effective, students should test themselves while learning, revise, recall and retest at regular interval of time for factual knowledge.

The college administration should make some arrangements for organizing training sessions at regular interval for students to improve their study habits. There should be a separate reading room and library for students in hostel. Hostel administration should also take necessary steps to improve study habits of hostel students.

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