



Towards An Analysis of Study Habits of College Students

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ABSTRACT

The current comparative study investigated the study habits of youth studying Diploma in Electrical and Electronic Engineering and Diploma in Mechanical Engineering in the private polytechnic college, Anguchettipalayam, Kadalur Dist., The purpose of this study was to compare and find out the study habits of youth. The respondents were from the age group of 16-25 years. The sample was composed of 180 students (90 students from D.E.E.E. and 90 students from D.M.E.) and they were selected through convenience sampling. A standardized tool of C. Gilbert Wrenn's study habits inventory was administered for data collection. The collected data was analyzed by SPSS20. The study revealed that overall in both the group students didn't have good study skills.

KEYWORDS

Study Habits, Youth, D.E.E.E. students, D.M.E students.

Introduction

National youth policy of India 2014 defines, youth are those aged 15 to 29. This age-group constitutes 27.5% of Indian population. "Youth is best understood as a period of transition from the dependence of childhood to adulthood's independence" (UN). According to Erikson these age group of people will experience psychological conflict of identity versus role confusion (12-18) and intimacy versus isolation (18-40). Jean Piaget says in his stages of cognitive development that this is a period adolescents are in formal operational thinking (11 to approximately 15-20) in which they start to reason out everything.

Good's dictionary of education says, "Study habit is the tendency of pupil to study when the opportunities are given, the pupil's way of studying whether systematic or unsystematic, efficient or inefficient." Being in a competitive society if the youth has very good study habits they can be a star to the society. Dr. Sanjay Kumar says, "First, students with effective study habits often score good percentage in their examinations. Secondly it results in longer retention of concepts and they felt positive about themselves and their abilities". "Despite possessing good intelligence and personality, the absence of good study habits hampers academic achievement (Ramamurti - 1993). And "many talents and potentialities remain underdeveloped due to less attention given to their academic and personal growth" (Dr. Sanjay Kumar). In this context this study focuses on the study habits of first year students studying in the private polytechnic college.

Results and Discussions

Age of the Respondents

Table 1 portrays that majority of students both in D.M.E. 76 (84.4%) and D.E.E.E. 72 (80%) come between the age group of 16 - 18. Among the rest of the students of D.M.E. 13 (14.4%) belonged to the age of 19-21 and one person (1.1%) comes under 22-24. Among the rest of the students of D.E.E.E. 15 (16.7%) belonged to the age of 19-21 and 2 (2.2%) come under 22-24 and one person 1 (1.1%) comes under 25-27.

Table: 1 Age of the Respondents

Items	16-18	19-21	22-24	25-27	Total (N=180)
D.M.E.	76 (84.4%) 51.4%	13(14.4%) 46.4%	1 (1.1%) 33.3%	-	90 (100%) 50%

D.E.E.E.	72 (80%) 48.6%	15 (16.7%) 53.6%	2 (2.2%) 66.7%	1 (1.1%) 100%	90 (100%) 50%
Total	148 (82.2%) 100%	28 (15.6%) 100%	3 (1.7%) 100%	1 (0.6%) 100%	180 (100%) 100%

Type of Family

Table 2 shows that most of the students of D.M.E., 69 (76.7%) and D.E.E.E., 76 (84.4%) are living in a nuclear family whereas 21 (23.3%) of D.M.E. and 14 (15.6%) of D.E.E.E. are living in a joint family.

Table: 2 Type of Family

Items	Joint Family	Nuclear Family	Total (N=180)
D.M.E.	21 (23.3%) 60%	69 (76.7%) 47.6%	90 (100%) 50%
D.E.E.E.	14 (15.6%) 40%	76 (84.4%) 52.4%	90 (100%) 50%
Total	35 (19.4%) 100%	145 (80.6%) 100%	180 (100%) 100%

Prior Education of the Respondents

Table 3 gives a picture of the education status of the respondents before joining the polytechnic college. In this 32 (35.6%) of D.M.E. have passed higher secondary, whereas 58 (64.4%) passed high school studies only. Among D.E.E.E. 47 (52.5%) have succeeded in higher secondary and 43 (47.8%) have succeeded in high school studies.

Table: 3 Prior Education of the Respondents

Items	X-th	XII-th	Total (N=180)
D.M.E.	58 (64.4%) 57.4%	32 (35.6%) 40.5%	90 (100%) 50%
D.E.E.E.	43 (47.8%) 42.6%	47 (52.5%) 59.5%	90 (100%) 50%
Total	101 (56.1%) 100%	79 (43.9%) 100%	180 (100%) 100%

Study Habits and Use Of Learning Skills

Table 4 gives the result of this study. This shows both the group students didn't have good study skills. The questions answered by the respondents were divided in to eight categories of learning skills, such as, Time management, concentration, note taking, reading comprehension, test preparation and test taking, reading speed, writing skills and test anxiety management.

Among the students of D.M.E., 62 (68.9%) are low and 13 (14.4%) are very low in time managing and 60 (66.7%) are in low and 16 (17.8%) are in very low among the students of D.E.E.E. Regarding concentration 56 (62.2%) are low and 24 (26.7%) are very low among D.M.E. and 58 (64.4%) are low and 23 (25.6%) are very low in D.E.E.E.. Concerning note taking 38 (42.2%) are in low and 14 (15.6%) are in very low level among D.M.E. whereas 42 (46.7%) are in low and 19 (21.1%) are in very low among D.E.E.E. Regarding reading comprehension 50 (55.6%) and 18 (20%) of D.M.E. are in low and very low level respectively. And 55 (61.61%) and 17 (18.9%) of D.E.E.E. are in low and very low respectively. In test preparation and test taking 50 (55.6%) and 28 (31.1%) of D.M.E. are low and very low respectively. And 61 (67.8%) and 16 (17.8%) of D.E.E.E. are low and very low respectively. Regarding speed of reading 51(56.7%) and 17 (18.9%) of D.M.E. are low and very low level at the same time 63 (70%) and 18 (20%) of D.E.E.E. are low and very low. Students of D.M.E. 54 (60%) and 15 (16.7%) are low and very low and 47 (52.2%) and 17 (18.9%) of D.E.E.E. are low and very low in writing skills. Regarding test anxiety management 47 (52.2%) and 28 (31.1%) of D.M.E. students and 54 (60%) and 24 (26.7) of D.E.E.E. students are low and very low level.

The reasons may be, the majority of the students 176 (97.8%) are still in adolescent age group. And 101 (56.1%) students joint the polytechnic college just after completing high school. So they are still in the transition stage. This is the age they want to be independent in all things and don't want to be controlled or guided by anybody. And 145 (80.6%) students are coming to the college from nuclear family where they enjoy more freedom "they perceive their parents as people rather than simply as parenting figurers" (John W. Santrock).

**Table: 4 Study habits of Respondents**

Learning Skills		Average	Low	Very Low	
1	Time Management	D.M.E.	15 (16.7%) 51.7%	62 (68.9%) 50.8%	13 (14.4%) 44.8%
		D.E.E.E.	14 (15.6%) 48.3%	60 (66.7%) 49.2%	16 (17.8%) 55.2%
2	Concentration	D.M.E.	10 (11.1%) 52.6%	56 (62.2%) 49.1%	24 (26.7%) 51.1%
		D.E.E.E.	9 (10%) 47.4%	58 (64.4%) 50.9%	23 (25.6%) 48.9%
3	Note Taking	D.M.E.	38 (42.2%) 56.7%	38 (42.2%) 47.5%	14 (15.6%) 42.4%
		D.E.E.E.	29 (32.2%) 43.3%	42 (46.7%) 52.5%	19 (21.1%) 57.6%
4	Reading Comprehension	D.M.E.	22 (24.4%) 55%	50 (55.6%) 47.6%	18 (20%) 51.4%
		D.E.E.E.	18 (20%) 45%	55 (61.1%) 52.4%	17 (18.9%) 48.6%
5	Test Preparation and Test Taking	D.M.E.	12 (13.3%) 48%	50 (55.6%) 45%	28 (31.1%) 63.6%
		D.E.E.E.	13 (14.4%) 52%	61 (67.8%) 55%	16 (17.8%) 36.4%
6	Reading Speed	D.M.E.	22 (24.4%) 71%	51 (56.7%) 44.7%	17 (18.9%) 48.6%
		D.E.E.E.	9 (10%) 29%	63 (70%) 55.3%	18 (20%) 51.4%
7	Writing Skills	D.M.E.	21 (23.3%) 44.7%	54 (60%) 53.5%	15 (16.7%) 46.9%
		D.E.E.E.	26 (28.9%) 55.3%	47 (52.2%) 46.5%	17 (18.9%) 53.1%
8	Test Anxiety Management	D.M.E.	15 (16.7%) 55.6%	47 (52.2%) 46.5%	28 (31.1%) 53.8%
		D.E.E.E.	12 (13.3%) 44.4%	54 (60%) 53.5%	24 (26.7%) 46.2%

**Suggestions**

Study of Dr.Sanjay Kumar reveals that, "The average time spent by the majority of students in self-study per week is less". To have better time management, following a work diary can help the student to allot time for every subject.

Robinson (1990) says five major aspects that affects concentration. Distractions (internal and external situations), associated with other activities, study materials not convenient, poor lightening and psychological conditions. So, avoiding glaring light, balancing bodily temperature, choosing a place which can stimulate them to study may help them to concentrate on their subject.

A survey says, among the students of first year programming course only 46% of the total numbers had the habit of taking complete notes in the class (Larry G. Richards, Herbert-1999). If the students start to use short abbreviations they can do better.

Robinson (1990) says, "Reading with one's head instead of one's eyes is what effective study habit involve". Thorndike says, "Reading as a process of reasoning". But Study of Subashini Annamalai and Balakrishnan Muniandy says, "The polytechnics students have low interest in reading, and they do not enjoy reading as much as they enjoy doing other technology related activities" If the students cultivate interest of reading, connecting the meaning with any objects or events which they like most, will help them to go further and read between the lines.

**Conclusion**

This study focused on the study habits of polytechnic students who are doing first year D.M.E. and D.E.E.E. The result revealed that both the groups are having low and very low study habits. If they follow the suggestions given above there may be a change in their learning.

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