



## A Study of Relationship Between Study Habit and Academic Achievement of Secondary School Students

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### ABSTRACT

A Study of study habit and Academic Achievement of Secondary School students has been dealt with in this paper. The sample consisted of 300 students of different High schools in Bangalore city. The basis of was Aided - 145 Unaided-155 students. Research tool used in the study was " Vishwaradhya study habit " the research tool has 5 types of activities. Coefficient of correlation and 't'-test' technique was adopted for data analysis. There is slightly positive relationship between creativity and academic achievement of secondary school students and there is no significant difference study habit of secondary school students between boys and girls, and Aided and unaided secondary school students

### KEYWORDS

study habit, academic achievement and secondary school students.

### Introduction

The world is becoming more and more competitive. Quality of performance has become the key factor for personal progress. Parents desire that their children climb the ladder of performance to as high a level as possible. This desire for a high level of achievement puts a lot of pressure on students, teachers, schools and in general the education system itself. In fact, it appears as if the whole system of education revolves round the academic achievement of students, though various other outcomes are also expected from the system. Thus a lot of time and effort of the schools are used for helping students to achieve better in their scholastic endeavors. The importance of scholastic and academic achievement has raised important questions for educational researchers. What factors promote achievement in students? How far do the different factors contribute towards academic achievement? (Ramaswamy, 1990).

Study habits are defined as those techniques, such as summarizing, note taking, outlining or locating material which learners employ to assist themselves in the efficient learning of the material at hand. The term "Study Habit" implies a sort of more or less permanent method of studying. According to Good's dictionary of education, "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. "Study-habits are the essence of a dynamic personality.

A proper study habits enables an individual to reap a good harvest in future. The present society is competitive society, where the principle of struggle for existence and survival for fittest exists. Pen has become mightier than sword. Study-habit is a process from which an individual gets proper input to feed his hunger and to quench his thirst for knowledge. The study habits thus are of great assistance to actualize the potentialities of the individual. Good study habits lead to good academic record and bad study-habits lead to poor academic record as there is direct relationship between study habits and academic achievement.

### Need and importance of the study

In today's world of exponential growth of knowledge, the issue of quality education and students' learning has become a topic of debate. This discussion has resulted in two fundamental changes in the educational enterprise; change in the philosophy of education and change in pedagogical approaches. Knowledge in the past was considered a body of information to be transmitted to students and the job of the teacher was simple to present this information to the students in an organized fashion. This view of knowledge has now been profound-

ly changed.

The students are no longer required to memorize piecemeal facts and isolated bits of information. They, in almost all disciplines, are required to demonstrate high intellectual abilities to develop proper understanding of the subject matter and be able to apply this knowledge in real life situations.

It is believed that students have to play a much greater and active role in the acquisition of knowledge and in the development of their cognitive abilities. Since the last few decades, a new pedagogical approach, "constructivism" has become well-established in the educational institution in many parts of the world. Constructivism means that students should play an active role in their learning and they should be provided with an opportunity to construct their own knowledge and meaning, instead of cramming factual information.

One of the requirements of constructivism is that the students should adopt desired, effective and efficient study habits so that they learn independently at their own pace and as per their needs. Even if the teachers do not believe in constructivism and do not teach accordingly, the students have to work hard to achieve good marks in examinations because of high competition for admission in higher education institution and in the disciplines of their own choice.

Education is one of those fields, which are continuously facing decline for the past many years. The importance of adopting effective study habits by students in the whole process of learning has always been ignored. Although, teachers and parents do desire that students invest time in studies and show good progress, they are hardly made aware of the requirements of higher education in terms of their role to carry out self-study.

Study habits play a very important role in the life of students. Success or failure of each student depends upon his own study habits. Of course, study is an art and as such it requires practice. Some students study more but they fail to achieve more. Others study less but achieve more. Success of each student definitely depends upon ability, intelligence and effort of students. No doubt, regular study habits bring their own rewards in the sense of achievement of success.

### DEFINITION OF KEY WORDS

#### Study habit:

This is a behavior style that is systematically formed by students towards learning and achievement. Also are the ways

that you study- the habit that you have form during your schools years.

**Academic Achievement:**

Is a term used for students based on how well they are doing in their studies and classes. Also is how well one does in school.

**Objectives of the study**

The following objectives were framed for the present study

1. To study the relationship between study habit and academic achievement of secondary schools students
2. To study the study habit of boy and girls of secondary school students.
3. To study the study habit of Aided and Unaided secondary school students.

**Hypotheses**

In pursuance of the objectives 1-3 following Null Hypotheses were set up.

There is no significant relationship between study habit and academic achievement of secondary schools students.

There is no significant difference in study habit of Boys and Girls of secondary school students.

There is no significant difference in study habit of Aided and Unaided secondary school students

**DELIMITATIONS**

- a. The sample is limited to 300
- b. Study is conducted in urban area only
- c. The researcher has taken up only 10 schools for the study.
- d. The study is limited to ninth class only

**METHODS USED**

The present study is a Descriptive survey which involves collecting the data in order to test the Hypotheses.

**Sample of the study**

Sample is a true representative of the population. In the present study researcher has used the random sampling technique for drawing the sample. The sample consisted of 300 students of different High schools in Bangalore city the basis of was aided - 145 Unaided-155 students.

**Tool Used For Collection of Data**

Research tool used in the study was " vishwaradhya study habit " the research tool has 5 types of activities. The reliability of the tool value 0.92 which above the normal value and the test is said to have high reliability. The investigator collects the annual examination marks of the students for academic achievement of the students.

**Statistical Technique Used**

Coefficient of co-relation test was used to find the relationship between study habit and academic achievement of students and 't' -Test significance of the gender and types of school.

**Major findings**

**Table 1: Coefficient of co-relation between study habit and Academic Achievement of secondary school students**

variables	N	mean	SD	r- value	signifi- cant
study habit	300	150.15	27.93	0.120	S*
academic achievement	300	69.84	13.71		

\*Significant at 0.05 level

The above table reveals that the obtained 'r'-value 0.120 is greater than the tabled value (0.113) at 0.05 levels of significance. Therefore null hypothesis in this regard is rejected. It means that there is slightly positive relationship between study habit and academic achievement of secondary school students.

**Table 3 't' Test for Difference study habit in Aided and Unaided secondary school students**

variable	N	df	Mean	SD	t-value	p-value	sign
Aided	145	299	148.8	27.53	0.813	0.05>	NS

The above table reveals that the obtained t-value 0.813 is less than the tabled value (1.96) at 0.05 levels of significance. Therefore null hypothesis in this regard is accepted. It means that there is no significant difference study habit of secondary school students between boys and girls.

**Table 2:'t' Test for Difference study habit in Boys and Girls of secondary school students**

variable	N	df	Mean	SD	t-value	p-value	sign
Boys	147	299	148.75	28.54	0.912	0.05>	NS
Girls	153		152.05	28.12			

The above table reveals that the obtained t-value 0.912 is less than the tabled value (1.96) at 0.05 levels of significance. Therefore null hypothesis in this regard is accepted. It means that there is no significant difference study habit of secondary school students between aided and unaided school students.

**Conclusion**

The study habits has a significant effect on academic achievements and according to the importance of study habits on academic performance and educational progress that finally effect on academic and career future, so it is essential to consider and planning to improve methods and study habits of students. According to researchers, the people's study habits are teachable and learnable and several steps can be taken in this field.

In the school the teacher conduct different programmes to develop the study habits among the students. Even the parents also give importance to develop the study habit of their children and give encouragement their children so this is most important to our future children life and improve their academic performance.

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