

Study Habits of Secondary School Students in Gyalshing Sub-Division in West District

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Abstract: Study habits of students help them to achieve better results. The aims of the present study are to know the study habits of government and private school students in respect of rural and urban & girls and boys. The sample of the study is comprises 80 students (40 girls and 40 boys) from the Gyalshing sub-division through simple random sampling procedure. The descriptive survey method is employed for the research. Self made questionnaire used for collecting the data and analyze the data through statistical techniques mean median mode and 't' ratio. The study reveals that both the urban and rural students' study habits were almost same and there were no vast differences. Urban areas students' study habits were slightly higher than the rural areas students, due to their parental guidance, literate parents, availability of private tutor and availability of schools nearby. It was found that girls and boys students' study habits were also only on the basis of parental education it was differ.

Keywords: Study habits, descriptive survey, literate parents, private tutor.

INTRODUCTION

Study habit is the pattern of behavior of students adopting during their studies which mean of learning. Study habit also shows the degree to which the student involves in regular acts of studies, and this acts of studies are characterized by regular studying schedule like frequency of studying sessions, reviews of material, etc. by taking place in an environment which is helpful to study. It is the positive attitude of the students towards the particular act of study and the acceptance and approval of the students to all goals of education.

The study habit is the habitual practices one uses to help them study and learn. Good study habits can help students and/or maintain good grades. Teacher plays a significant role in drawing the best potentialities from the student to nourish a good study habit. Again, the

exploration of knowledge claims the regular study of books in different, so the student should have proper study habits. Some students read newspapers for getting more and more information and some read only prescribed books to prepare for their examination. Different students have different study habits, but the achievement of the students depends on good study habits among students (Mittal, 2009).

Some Principles of study habits are as:

- Engage with the course material for a short amount of time every day.
- Create your own study guide and brainstorm potential test question, then answer then.
- Schedule time to study outside of time spent working on course assignments.
- Study at least 2 hours for every 1 hours of class time per week.
- Use all the resources your instructor has made available for the course.
- Watch instructional video from trusted sources to help reinforce material.
- Work in small group and teach each other course material.

STATEMENT OF THE PROBLEM:

The problem of the present study hence stated as: "Study Habits of Secondary School Students in Gyalshing Sub-Division in West District".

OBJECTIVES OF THE STUDY

1. To know the study habits of government secondary school students in respect of rural and urban areas in Gyalshing Sub-Division of west district in Sikkim.
2. To find out the study habits of government secondary school students in respect of boys and

girls in Gyalshing Sub-Division of west district in Sikkim.

HYPOTHESES

H₀₂. There is no significant difference between study habits of government secondary school students in respect of locality (rural and urban areas) in Gyalshing Sub-Division of west district in Sikkim.

H₀₃. There is no significant difference between study habits of government secondary school students in respect of gender (boys and girls) in Gyalshing Sub-Division of west district in Sikkim.

OPERATIONAL DEFINITION OF THE TERMS

Study habits:

Study habits are the core of academic success. Concept of study habits focuses on the students' performance in school. It is the students' hard work and effort to achieve better academic performance in their studies. It is the part of a student's everyday life in school.

Secondary school students:

In this context secondary school student refers to those students who are studying in Sikkim government secondary schools either IX to X under the CBSE board at Gyalshing sub-division in west district in Sikkim.

West District:

West District situated in West Sikkim adjacent with the Country Nepal, its sub-division is located at Geyzing.

DELIMITATION

- The study is delimited to Gyalshing sub-division from west district in Sikkim.
- Study is delimited to 80 students from government secondary schools, girls and boys students' standard – IX & X from Gyalshing sub-division in west district in Sikkim.

SIGNIFICANCE OF STUDY

Habit is the system of behaviour followed by students in the activity of their studies which help us as the mean of learning. Study habit is the degree to which the student involves in regular acts of studies which are characterized by regular studying schedule. Good

study habits improve good achievement and better performance which is important for the students for long term study. Here researcher assume that the present study habits of school going students are what type study, how much they involve in their study either in school and home, how is environment of the study. Here, the researcher tries to know the study habits of the students and generalize it.

REVIEW RELATED LITERATURE

Bhatta, N. G. (2009). Study habits and students achievement. Its aim was to find out the relationship between study habits and student achievement of secondary students in relation to socio-economic status, learning environment, school adjustment and intelligence. The results found that there was significant relationship between study habits and these influencing factors like; socio-economic status, learning environment, school adjustment and intelligence.

Aravind N. Chaudari (2013). Study habit of higher secondary school student in relation to their academic achievement. Objective was to determine the relationship between study habit and academic achievement. It was significant positive correlation between study habit and academic achievement of higher secondary school student as whole and dimension wise.

Chand, S. (2013). Study habit of secondary school student in relation to type of school and family. The results was secondary school students studying in Govt. schools were significantly better on home environment and planning of work and planning of subjects than students studying in private schools. But private school students were better study habits and performance than Govt. school students.

Upadhyay, S. K. & Raino (2017). Academic achievement among senior secondary school students in relation to study habits. The finding was no significant differences were found in the academic achievement of senior secondary school students' boys and girls.

METHODOLOGY

For the present study researcher adopted exploratory descriptive survey design has been used to complete the work.

POPULATION OF THE STUDY:

All the students of secondary level (standard- IX and X) run by department of education, government of Sikkim under the board of CBSE at Gyalshing Sub-division in west district in Sikkim constituted the population of the study.

SAMPLE OF THE STUDY:

In the present study two secondary and higher secondary schools classes- IX and X students both boys and girls total 80 students from Gyalshing sub-

division were selected for the sample of the study through simple random sampling method.

TOOLS USED

Here researcher had prepared self-made questionnaire and employed simple descriptive statistical techniques have been used for analyzing the data: Frequency count, Percentage, Mean, Median, Mode, SD, ‘t’ test etc.

Table No. 1 Measures of ‘t’ value between urban and rural students of study habits

Variables	Number	Mean	S D	$M_1 \sim M_2$	σ_D	df	t	Remarks
Urban	25	71.53	3.65	0.30	1.11	77	0.390.27	H ₁₀ is not significant at 0.05 level
Rural	55	71.83	6.14					

Table No. 1 shown that the obtained ‘t’ value is less than the critical value at 0.05 level and 0.01 level respectively. We can conclude that there were no significant differences between urban and rural study

habits of secondary school students. They had more or less same study habits. So, the null hypothesis is accepted.

Table No. 2 Measures of ‘t’ value between boys and girls students of study habits

Variables	Number	Mean	S. D	$M_1 \sim M_2$	σ_D	df	t	Remarks
Boys	40	71.55	4.47	0.38	0.98	77	0.39	H ₁₀ is not significant at 0.05 level
Girls	40	71.93	4.29					

Table No. 4.7 shown that the obtained ‘t’ value is less than the critical value at 0.05 level and 0.01 level respectively. We can concluded that there is no significant differences between boys and girls study habits of secondary school students. In this research the null hypothesis is accepted. As similar urban and rural, boys and girls had same study habits. So, the null hypothesis is accepted.

As like the urban and rural students, the girls and boys students’ study habits were almost same but, on the basis of parental education study habits of educated parents’ children were more than the non-educated parents’ children. It shows that to make a better performance and set study habits parental involvement is also important for their children study.

FINDINGS

Finding i. On the basis of objective and hypothesis it was found that both the urban and rural students’ study habits were same and there were no vast differences. It represented that more or less each locality students were equally aware and conscious. But, it was also found that urban areas students’ study habits were slightly higher than the rural areas students, due to their parental guidance, literate parents, availability of private tutor and availability of schools nearby.

Finding ii.

LIMITATION

Keeping in view of the study to complete the work, investigator faced many problems. At first he does not know how to select topic and frame the proposal in systematic and scientific way, organize the objectives, formulating hypotheses, preparing tools and collection of data, arrange the collected data, etc,. Investigator tries to resolve the problem in his level best however, selecting the sample of the study in an appropriately, dealt with them and get relevant response and select the dimension was very tough. It was hard to work limit the area in each aspect. However, the investigator tried out the research work and explored the objectives

wise findings of the study on study habits of government secondary school students.

SUGGESTION

On the basis of the discussions of the findings of the study, the researcher has put forth the following suggestions of the study:

- More curricular and co-curricular activities relating to study habits should organize in school and impart knowledge about the importance of study habits in human nature.
- Students should participated seminars, workshops, quiz competition, debates and other training programs, where they acquire and update knowledge and improve their study habits.
- Government should arrange periodical program for the school going students and offer them to invite to deliver the motivational speech in schools or colleges, which help to make more efficient and improve study habits.
- Teachers should encourage to students towards study habits, reading, writing which can be easier to learn and spread education in different level.

RECOMMENDATION

Based upon the above findings of the study, the investigator recommended the following recommendations.

1. Studies can be carried out the study habits among the secondary as well as higher secondary school students in West District.
2. Studies can be carried out to study the study habits of degree college students in West District.
3. Study can be conducted among the teachers of higher secondary and vocational schools in other districts in Sikkim.
4. Studies can be carried out to know the study habits of government as well as private schools teachers in Sikkim.
5. Comparative studies between Private and Government secondary higher secondary and college level students on study habits in entire Sikkim.

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