

# A Study of Study Habits Among, Medical and Engineering Students

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doi.org/10.64643/IJIRT1218-191418-459

**Abstract**— The main purpose of this research is medical student and engineering student their study habit in is to be measured. Study habits are very important for students. In which here  $2 \times 2$  has been researched by factorial design. In which I have taken a sample of 120 in which we have taken 30 boys and 30 girls which is medical student and 30 boys and 30 girls which is engineering student, in which a standardized study habit questionnaire was used. In which a difference has been observed in the study habit of boys in medical student and engineering student and a difference has been not observed in study habit of girls in medical students and engineering students.

**Index Terms**—Study habits, Boys, Girls, Medical students, Engineering students.

## I. INTRODUCTION

Education is the basic birth right of every individual. To be educated through formal education has become very easily accessible to the common man. The Indian education system dates back to the Vedic periods where it was restricted to a collective group of the community and women rarely received the necessary education. Which was unfair but man has grown from that point and today education is the fundamental right of every citizen of the country. Study habits simply mean how students manage their time in such a way that can review and study their lessons in school regularly. It becomes a habit or way of life of the student just like brushing their teeth every after eating, taking a bath every day, and other activities that they are doing. A student who developed their study habits could not sleep or go to school without studying their lessons. A student can be more intelligent and have selfconfidence in class compared to those who do not develop their study habits. A student who does not have a good study habit cannot do well in class

recitation, daily quizzes, and school demonstration since they did not study and review the lessons learned.

There are various factors that affect the students' academic achievement. Amongst these factors are some activities called study habits which the students gained, preferred and like to do for learning at and out of school. Few things affect a student's performance as much as the development of productive study skills. Study skills encourage areas such as work attitudes, time management, homework strategies and test-taking skills. Many study skills are taught in the classroom, but others can only be addressed at home. This study focuses on the study habits of undergraduate students and the various factors that affect the study habits. In the further sections various poor study habits of students have been described and the various effective study habits that a student must follow in order to gain an increase in learning and hence his/her grades. Research on study habits shows a strong positive relationship between good habits and academic achievement, influencing factors like comprehension, motivation, and exam performance.

How to improve study habits:

- Eliminate distractions
- Create a routine
- Stay healthy
- Organize materials.
- Seek support

## II. RELATED REVIEW

1-Sharath Kumar: 2023 A StudyXXXXX on Study Habits and Attitudes Among Secondary School Students, BGS B.Ed College, Kuvempunagar, Mysore, India.

There was no significant difference found in the study habits of SBSE and ICSE secondary school students

as well as any difference in the two genders study patterns. On an average it was found that the majority of the students in both the education systems had a poor study habit. This paper attempts at giving plausible solutions to improve the students study habits and attitudes.

2-Safi Roohullah: July 2025, The Impact of Study Habits on Academic Performance: A Meta-Analysis, Department of English Language and Literature, Faculty of Education, Sayed Jamaluddin Afghani University, Kunar, Afghanistan.

These studies employed various research methodologies, including quantitative, qualitative, and mixed-method designs. They examined the impact of behaviors such as time management, note-taking, goal setting, and self-testing on academic outcomes.

#### Objective

1-A study of study habits among medical and engineering students.

2-A study of study habits among boys and girls in medical and engineering students.

#### Hypothesis

HO<sub>1</sub>-There will be no significant difference in medical students and engineering students' boys.

HO<sub>2</sub>-There will be no significant difference in medical students and engineering students' girls.

#### Sample

In my research I have sampled 120. 60 medical students in which 30 boys and 30 girls and 60

engineering students in which 30 boys and 30 girls were selected.

#### Variables

A- Independent Variable: - Medical and engineering students.

B- Dependent Variable: - To get study habit score in medical and engineering students.

C- Controlled Variable: - The present research sample consists of only 120 students.

#### Design

2 × 2 factorial design

N=120, n=30

A1		A2	
Medical students (60)		Engineering students (60)	
B1	B2	B1	B2
Boys	Girls	Boys	Girls
n = 30	n = 30	n = 30	n = 30

#### Tools & Sample

The study habit scale was developed and standardized by Dr. M. L. Joshi and Dr. Harsha R. Patel. In this scale 50 statements pertaining to five domains aim for study habit. In this questionnaire has some positive questions and some negative questions.

Statistical Technique: -

Here is the study 't' test was used for data interpretation.

### III. DATA ANALYSIS

Table no. 1-Showing results of data analysis for study habit in medical students and engineering students' boys.

Variable	Sample	Mean	SD	't'-value	Level of Significance
Medical students' boys	30	153.43	12.07	0.17	Sig 0.05
Engineering students' boys	30	155.83	74.07		

Table no. 2-Showing results of data analysis for study habit in medical students and engineering students' girls.

Variable	Sample	Mean	SD	't'-value	Level of Significance
Medical students' girls	30	155.1	9.80	2.38	N. Sig 0.05
Engineering students' girls	30	146.23	17.86		

### IV. RESULT DISCUSSION

Research on study habits shows a strong positive relationship between good habits and academic

achievement, influencing factors like comprehension, motivation, and exam performance. Education is the basic birth right of every individual. To be educated through formal education has become very easily

accessible to the common man. The Indian education system dates back to the Vedic periods where it was restricted to a collective group of the community and women rarely received the necessary education. There will be significant difference in medical students and engineering students' boys. There will be no significant difference in medical students and engineering students' girls.

#### V. CONCLUSION

- 1-There will be significant difference in medical students and engineering students' boys.
- 2-There will be no significant difference in medical students and engineering students' girls.

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