

# A STUDY OF ACADEMIC ACHIEVEMENT IN RELATION TO STUDY HABITS

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**Abstract:** *The importance of Study-Habits cannot be over stated. Sound Study-Habits economize energy, time and reduce fatigue. In the beginning, there is more fatigue while we carry on a task. After we have become habitual to it, the onset of fatigue is delayed. Sound Study Habits also simplify movement involved in learning and ensure accuracy in them. The scholastic success both in schools and college depends to a considerable extent, on the student's habits of reading, notes-taking, habits of concentration and planning of time. A person who cannot budget his time well, is bound to fail to achieve his target fully. The good Study-Habits will prevent maladjustment and serious problems like truancy, daydreaming, with drawl and juvenile delinquency. Effective planning of study efforts progressively increase scholastic achievement and provides a new orientation to boys and girls, who will learn to find more joy and adventure in work at school.*

**Keywords:** *Academic achievements, study habits, students, teachers, English language, education, factors affecting achievement.*

## 1. INTRODUCTUON:

Progress of a Nation depends upon the collective responsibility of all its citizens. It is possible only when the environmental conditions are conducive for the nurturance of talent. The progress made by Japan during the post second world war era must be an eye opener for all of us. Such progress had been possible because every Japanese realize that the prosperity of his country was in his hands. Whether he worked in a huge electronic company making T.V. sets or in a small cottage industry making ceramics, everyone drew out the best from him. It is not that, we in our country are lacking "in brain or brawn", what we lack is the necessary motivation to achieve. An achievement-oriented society is bound to make progress.

The world is undergoing change every second. With the scientific and technological developments, complexities of life are increasing. In order to meet psychological and physiological needs, one has to strive hard. Achievement is the instrument which helps the student in making better adjustment in life. Academic records are the basis on which the future of personality depends. In this complex and competitive society quality of performance or achievement has become the key factor for professional. A lot of stress is experienced by child to achieve higher in academics so as to gain recognition in society. Parents also desire that their children should climb the ladder of performance to the highest level. In fact, the academic achievement of students has become a parameter to predict the future of the child.

## 2. ACADEMIC-ACHIEVEMENT:

Modern society is achievement-oriented. Academic achievement is given a lot of weightage in admitting the students for vocational oriented aspects. Academic achievement depends upon a number of factors like personal-interest, aptitude, intelligence, socio-economic environment, which in turn determines the failure and success of a student. Thus it will be of immense interest and importance for a researcher to know these factors, which are contributing to the academic achievements.

As stated in Dictionary of Education, "academic achievement is the knowledge acquired and skill developed in the school subjects generally indicated by marks obtained in tests."

Academic achievement is related to the acquisition of principles, generalizations and the capacity to perform efficiently. Assessment of academic performance has been largely confirmed to the evaluation in terms of information, knowledge and understanding. It is universally accepted that the acquisition of factual data is not an end in itself but an individual who has received education should show evidence of having understood them. For obvious reasons the examinations are largely confirmed to the measurement of the amount of information which students have acquired.

Examination in one form or another was employed by people ever since the day of civilizations. Examinations are not only used extensively, they vitally affect and determine the career of student. From the earliest times teachers have taught as well as examined. Some kind of measurement or evaluation seems suitable in education and it is an essential part of the teaching learning process.

It is universally accepted that marks serve as the basis of classification and certification, motivation and measurement of educational performance. Academic Achievement has always been the center of educational research. The importance of scholastic or academic achievement has raised several important questions for educational researchers viz. what factors promote academic achievement in students? How far do the different factors contribute

towards academic achievement? Researches have come out with varied results, at times complementing each other, but at times contradicting each other.

According to Christian (1980) "The word achievement indicates the learning outcome of students. As a result of learning different subjects, the behavior pattern of the students change learning affects three major areas of behavior of students,

- (i) Cognitive (intellectual development, recall and recognition),
- (ii) Affective (self concept and personal growth),
- (iii) Psychomotor (developing of muscular skills).

He says that all three levels are not affected in equal measure at a time means, a student may be at a higher level in one domain and lower in another".

Academic-achievement of Scholastic Achievement means the attained level, at which the student is functioning in school subjects such as Economics, History or English as measured by school marks. Thus, Academic Achievement of a pupil refers to the knowledge attained and skills developed in school subjects, which are assessed by the educational authorities with the help of achievement test which may be standardized or non--standardized.

*It is found that there is a complex of causes which may be considered responsible for high and low achievement of the students. Broadly, these factors may be categorized under two headings:*

1. Subjective factors
2. Objective factors

*Subjective factors :- These factors include*

- (a) Study-habits
- (b) Interest
- (c) Motivation of aspiration
- (d) Attitude towards courses
- (e) Perception of school
- (f) Socio-economic status
- (g) Aptitude

*Objective factors :- These factors include*

- (a) Personal background
- (b) Teaching method
- (c) Examination system
- (d) Medium of instruction
- (e) Educational facilities.

It would be a formidable task to study all these factors in a single investigation. So the researcher took one subjective factor i.e. study-habits to check their influence on academic-achievement.

### **3. STUDY-HABITS:**

Study Habit is a very dominating factor in all human beings, both who are 'being educated' and 'have been educated' in their learning. Study habit is as much important for higher academic students as much it is important for their fruitful use of leisure time. The latter aspect is also important for adults who are now in jobs, particularly for the teachers.

Good in his book 'Dictionary of Education defined "study habits as the tendency of the pupil or student's way of studying whether systematic or unsystematic, effective or ineffective etc."

We can say that study habits have great effect on the academic achievement. It has been found that those who have good study habits excel others of equal intelligence. Good study habits include continuous concentrated study, study according to time-table, regulatory in learning, maintaining a good sitting posture while studying, putting in one's best efforts, struggling hard to overcome difficulties etc. We can say good study habit leads to good academic record.

The task of learning, it may be noted here, is not dependent on the teacher alone. It is not only the teacher's responsibility but also the responsibility of the pupil. Efficient learning depends not on good teaching alone but on satisfactory learning procedure also. Efficient learning depends upon the learner ability to schedule his time, the plan of his study, the habit of concentration, notes-taking, mental review, over learning, the judicious application of whole and part method, massed and distributed learning and so on. Learning involves the development of study habits and skills. The problem of study habit is of immense importance both for theoretical and practical point of view. Theoretical efficient learning depends upon the development of efficient study habits and skills and as such one of the

continuous objective of teaching should be improvement of study habit and skills of students. From practical point of view, this problem is all the most important. Very often teachers come across such students who appear to have above average scholastic aptitude, yet they are doing very poorly in their course of study due to faulty study habits. Proper guidance is needed to change their faulty study habits into the desirable ones.

In the field of education a burning problem is the constant increase in the number of failure of students at school level. Punjab School Education Board (PSEB) has announced the 10<sup>th</sup> class result for the year 2017. Only 57.50% of students have cleared the exam. Pass percentage of boy students is even lower i.e. 53.35%. Similar is the case in XII exam (2017) conducted by PSEB. Here the pass percentage is only 62.36%. Even worse is the case for girls which is 54.42%. The failure rate of various examinations has many reasons but on the main reasons is poor or ineffective study-habits.

The term 'Study-Habits' implies a sort of more or less permanent method of studying. Study-habits of the students are essential to learning and fundamental to school-success. It has been observed that students of higher intelligence level but poor study-habits are likely to score less than the students of the same intelligence but having good study-habits. A good student devotes considerable time to his work. All people with records of achievement put in hours of study.

Learning is a highly complex problem in psychology. Different psychologists have given different theories of learning. But the complexity of learning situation is not likely to be solved by adherence to any of these theories. The best approach to the problem is to have an 'eclectic view'. The different theories have yielded something of value, something which is tangible and profitable to the task of learning.

Teacher's knowledge equipped by proper applications or different laws of learning make learning much easier and a pleasant task.

But the task of learning is not dependent on the teacher alone. Efficient learning depends upon the learner's ability to schedule his time, the plan of his study, the habit of concentration, note taking, mental review, over learning, the judicious applications of whole and part method, massed and distributed learning and so on. In other words, learning involves the development of proper Study-habits and skills.

Wide variations have been universally noted in the method of studying typically practiced by students. The time of day preferred, the time lapse between study-sessions, the degree of noise or music tolerated or invited as background, the physical conditions of study, the extent to which extracurricular activities interfere and the particular study mechanism employed are but a few of many factors that vary in conceivable way among individuals. Many study habits appear detrimental to efficient learning whereas others seem to facilitate it.

Theoretically, efficient learning depends upon the development of efficient study habits and skills and as such one of the continuous objectives of teaching should be the improvement of study habits and skills of the students. From the practical point of view, this problem is of most importance.

Thus, study habits are a matter of learning. These are learnt through experience and through contacts. Students may learn Study-habits from their teachers. Pupils may also adopt the Study-Habits of their class fellows and even Study-Habits of their parents. However, this happens only when they try to influence their children with regard to development of Study-Habits.

The importance of Study-Habits cannot be over stated. Sound Study-Habits economize energy, time and reduce fatigue. In the beginning, there is more fatigue while we carry on a task. After we have become habitual to it, the onset of fatigue is delayed. Sound Study Habits also simplify movement involved in learning and ensure accuracy in them. The scholastic success both in schools and college depends to a considerable extent, on the student's habits of reading, notes-taking, habits of concentration and planning of time. A person who cannot budget his time well, is bound to fail to achieve his target fully. The good Study-Habits will prevent maladjustment and serious problems like truancy, daydreaming, withdrawal and juvenile delinquency. Effective planning of study efforts progressively increase scholastic achievement and provides a new orientation to boys and girls, who will learn to find more joy and adventure in work at school.

The faulty Study habits have a great effect on the quality and quantity of learning. Such habits are bound to result in negative discrepancy between predicted and actual achievement.

Study habits are not only related with environmental variables but also with individual variables. Study-Habits are also conditioned by personality, interest and intelligence of the individual. These are also significantly depend upon the motivation one has acquired to attain one's target. The students who are relatively more intelligent are likely to adopt better study habits.

For preparing oneself to succeed in studies following habits can be developed and appreciated

1. Take responsibility for yourself
2. Center yourself around your values and principles.
3. Put first things first Follow up on the priorities you have set for yourself and don't let others, or other interests, distract you from your goals.
4. Discover your key productivity periods and places.

5. Consider yourself in a Win-win situation. You win by doing your best and contributing your best to a class whether for yourself, your fellow students, and even for your teachers and instructors.
6. Look for better solution of problems for example, if you do not understand the course material, do not just re-read the material, but try something else. Consult with the professor; a tutor, an academic advisor, a class group, or your school's study skills center.
7. Look to continually challenge yourself.

For improving studying skills one can adopt the following techniques

1. Decide what to study and how long or how many chapters, pages, problems to read or solve.
2. Do difficult tasks first. For procrastination, start off with an easy, interesting aspect of the project.
3. Have special places to study. Take into consideration light, temperature and availability of materials.
4. Study 50 minutes, and then take a 10-minute break. Stretch, relax, have an energy snack. Use odd moments for review.
5. If you get tired or bored, switch task activity, subject, or environment. Stop studying when you are no longer being productive.
6. Do rote memory tasks and review, especially details, just before you fall asleep. Study with a friend. Quiz each other, compare notes and predict test questions.

#### 4. SIGNIFICANCE OF THE STUDY:

The most disgusting problem in Indian education system is of mass scale failure. Each year when examinations are held and results are declared, a large number of students are found to be unsuccessful. India, being a developing country cannot afford such a huge loss of public funds, which can be profitably invested to other developmental programs. In order to achieve utopia of progress, it is very essential to minimize all sorts of wastage, whether it be in education or in any other field. For the fullest development of the individuals' mind and better achievement in educational field, the role of good study habit is of immense importance.

Since study-habit is an important factor in learning, it becomes necessary to investigate in to its nature whether it bears any relationship with achievement? If it is found to relate to achievement, it should be verified whether it is so with intelligence. Since scholastic aptitude or intelligence is a major factor in learning, it has to be seen whether study habit is dependent upon scholastic aptitude or it is an independent variable.

Indian education today leaves much to be desired. The qualitative aspect is neglected at the cost of quantitative expansion. The standard of education has been deteriorating day by day. An average student with right study habits will have achievement level much higher than an intelligent student with wrong study habits. It is therefore also necessary to develop good study habits consciously.

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