



A Study Habits and Attitudes Among Secondary School Students

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Abstract

Excellent learning has to be the key to academic success for learners. This excellent learning can be developed into strategies by studying the study habits and attitude of the student towards learning. Studying the study habits and attitude of students is of optimum importance to teachers, learners and caregivers, so as to promote and aid in the learning process of the students. Old concept of rote learning has been encouraged over time but there is a need of change in strategy of studying to meet the needs of the current competitive world. The main aim of this study is to determine the extent of study habitual patterns and a learner's attitude studying in general as a single variable holistically. There was significant difference found in the study habits and attitudes of HBSE and CBSE, Government and Private and Male and Female Students of secondary school students. Here the researcher has used survey method and Test of Study Habits and Attitudes tool prepared and standardized by Dr. C.P. Mathur was used. In this research paper, on an average it was found that CBSE, Private and Female students was having better study habits and attitudes as compare to HBSE, Government and male students of secondary schools. This paper attempts at giving possible solutions to improve the students study habits and attitudes.

Keywords: Smartway, Study Habits, Attitude, Secondary School Students.

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. The Right to Education Act of 2009 carries the essence that - every child has an access to free and compulsory basic education from the age of 6 to 14 years. This in itself carries the message brought out by the Basic Education or Nai Talim of the Father of Nation Mahatma Gandhi. Again in the current situation the same is being resembled in the NEP 2020.

The minimal education to be attained by an individual has always been profoundly highlighted by many educationists throughout history. Secondary schools form the major portion of this minimal education to be received. Each student must cross this educational milestone and then move forward to their subject of choice. Hence secondary school education creates the basic foundation for the future professionals in various fields. Subjects taught in this level have a significant impact on what students choose as their future subject of choice. Study habit is an action such as reading, taking notes, holding study groups which the students perform regularly and habitually in order to accomplish the task of learning. Study habits can be described as effective or ineffective depending upon whether or not they serve the students well. The basis for the development of a good study habit is influenced by a lot of external factors (home environment and school environment) and internal factors (attitude towards education, attitude towards teachers, mental conflicts, concentration, self- confidence etc.) of a learner.

Attitude is a term borrowed from psychology. An "attitude" is a hypothetical construct that represents the degree to which an individual likes or dislikes something. Everything, i.e., any person, place, thing, or event, can be the object of an attitude. People can be in conflict with or ambivalent toward an object if they simultaneously possess positive and negative attitudes toward it.

Even though study habits and attitude seem as vague concepts they can be studied together to form a connection and pattern within them to help students build efficiently. It is necessary to understand that the word Study is not synonymous to learning, rather, learning is something achieved through studying. Studying is how much time one contributes to acquire



necessary information.

The theme of the study to be conducted revolves around providing a plausible and working way of study habit and solution to teachers on how to improve a student's attitude towards any subject. And also study the same on how it differs between boys and girls and also in urban and rural areas. The study might present itself to be a mini guide for teachers.

SIGNIFICANCE OF THE STUDY

There are all kinds of students in a classroom scenario. Students who do not even need a teacher to study are also present as well as students who need consistent guidance from the teacher as well. Teachers must be aware of the student attitude towards them and the subject being taught by them. The main work of the teacher has to be to facilitate the students' educational needs. This includes their likeness towards a subject and understanding if they do not like any subject and why they don't like it.

Study habits area combination of two words 'Study' and 'Habits'. When taking it separately, study means, 'Application of the mind to the acquirement of knowledge' (M Agarwal & Dr. A K Teotia 2015). Study habits and attitude majorly impact the academic attainment of students, especially at the secondary education level. Hence a study of it is very much necessary as the main focus is on academic achievement. There is a consistent growth in quantitative improvement of students in secondary level but the question that arises is how efficiently these students have attained the learning level of that age. This study will be helpful to assess the student's efficacy depending on their study habits and attitude. In the current trend there is a much needed emphasis on developing the affective domain and creative domain of students since there is a depletion in students who indigenously create or invent. Hence this study is important to develop an understanding of the students. It is expected to provide an inferential solution from the results that shall be obtained to more efficient study methods. Attitude modification in students is only brought about by means of punishments whether corporal or non-corporal. Where in corporal punishment must be avoided at all costs. This study aims to provide functioning reasonable solutions to adoption of unique ways to bring modification in attitude towards prejudices towards subjects and teachers. There is a necessity to understand the interrelation between the study habits and attitudes of students towards study patterns. If there is a relationship then how can this relation help each other in a complimenting way and in turn help students in self-improvement.

It is important to build a proper study pattern that is flexible to the students so that it becomes helpful for them at higher education. This will come through understanding their study patterns. They can arrive at this understanding through answering the questionnaire of the study. This is just one way to arrive at it. Hence this is the researcher's hopeful attempt; that students, to which the test will be conducted, might be able to self-reflect on their study patterns. Having a modified attitude and improved and well-functioning study habits shall prove to be useful for students for their higher education. Hence the results of the study might help teachers and parents collectively support and guide their wards. Since there are far less studies in this field, especially in the region chosen to conduct the survey, this might help the primordial secondary school population of the urban and surrounding rural area to adopt and adapt to better

STUDY HABITS.

REVIEW OF RELATED LITERATURE

Chaudhari (2013) in their study intended to explore the study habits of higher secondary school students in relation to their academic achievement in the Banaskantha District of Gujarat. The objectives of the study was to study the relationship between study habits and academic achievement of higher secondary school students and to study the significant difference between high and low academic achievement students on study habits. The sample of the study was selected through simple random sampling technique. The sample consisted of 80 higher secondary school students. The results of the study revealed that there is a significant positive correlation between study habits and academic achievement of higher secondary school students as whole and dimension wise. Further, there is a significant difference between high and low



academic achievement students on study habits in general.

Unal (2014) conducted a study on Analyzing the Effect of Learning Styles and Study Habits of Distance Learners on Learning Performances: A Case of an Introductory Programming Course. This study examined the relationships among learning styles, study habits, and learning performances in an online programming language course. Sixty-two sophomore students who enrolled in an online introductory programming course participated in the study. Kolb's Learning Style Inventory (LSI) was used to measure the students' learning styles. Another inventory developed by the researcher was used to determine learners' study habits. An achievement test was used to put forward their learning performances. As a result, significant relationships between learning styles, study habits, and learning performances were revealed. The results present some ideas about distance learners' learning styles and study habits for instructors who wish to incorporate synchronous courses and support learners.

Evans Atsiaya Siah & Julius K Maiyo (2015) in their Research paper sought the relationship between study habits and academic achievement of students. Even though schools impart uniform instructions to all students, wide range of difference is observed in their academic achievement of students. The results of the paper concluded that to pre-empt failure and to improve standards, schools from the elementary should provide relevant values and stimulating academic environments. Students should not be condemned but be encouraged and linked to teachers with whom they can establish reflective intellectual companionship that will help improve study habits.

Geetanjali S Satyarthi (2018) says there is positive relationship between academic achievement and study habits of secondary school students. There is significant relationship in academic achievement of secondary school students having good and poor study habits. There is no significant difference between academic achievement and study habits of secondary school students in terms of gender.

Aysel Demiroğlu Memis & Hülya Kandemir (2019) in their work "The relationship between the study habits and attitudes and meta cognitive reading comprehension self- awareness, reading comprehension, reading attitudes" aiming to analyze the correlation between the said variables draw that there is a positive moderate and significant relationship between the considered variables. This impacts the course achievements in the Turkish education system.

Tawheed Lateef Rather & Ishfaq Ahmad Bhat (2020) concluded from their study that having good study habits are important and contribute significantly in the academic achievement of students. For achieving goals more easily and efficiently developing good study habits is important. It is very important to give proper guidance to students in order to develop efficient study habits which help students to study smarter and faster.

Muhammad L Sufiyanu H J (2021); The study investigated the impact of study attitude, study habit and students confidence on academic performance of students in business mathematics. The researchers concluded that study attitude study habit and students confidence have significant impact on academic performance of students.

Abdul kareem Munir (2022); This study investigated the relationship between students' study habits and academic performance in biology among secondary schools in Katsina metropolis. This study adopted descriptive correlation survey research design. The study revealed that there is significant relationship between the students' study habits and academic performance in biology among secondary schools in Katsina metropolis. Based on this study it's recommended that the parents should be enlightened on the importance of their involvement on improvement of their children study habit toward their academic performance.

Rahman (2024) conducted a quantitative study in Dhaka Division to examine secondary school students' learning habits (DOI: 10.35912/jshe.v4i2.1677). Using a descriptive survey research design, data was collected from 120 students across 12 high schools in three districts. The study employed purposive and simple random sampling methods, focusing on students aged 12 to 16 years. Findings showed that 39.2% of students came from low-income families, with 77.5% of mothers being unemployed. Gender and residence status significantly influenced learning



habits, whereas mothers' employment status had no statistical impact.

STATEMENT OF THE PROBLEM

“A Study Habits and Attitudes among Secondary School Students” Objectives Of The Study:

- To Study the significant difference in study habits and attitudes between CBSE and HBSE Secondary School Students.
- To Study the significant difference in study habits and attitudes between Private and Government Secondary School Students.
- To Study the significant difference in study habits and attitudes between Female and Male Secondary School Students.

Hypotheses of the Study

- There is no significant difference in study habits and attitudes between CBSE and HBSE Secondary School Students.
- There is no significant difference in study habits and attitudes between Private and Government Secondary School Students.
- There is no significant difference in study habits and attitudes between Female and Male Secondary School Students.

Variables of the Study

Study habits and Attitudes

Operational Definitions of The Key Terms

- **Study Habits:** Study habit is the pattern of behavior adopted by students in the pursuit of their studies that serves as the vehicle of learning. This includes completion of homework on time, studying notes with understanding, not cramming information, working through homework without help, prepare for examinations on time, extra studying, memory training, review work, planned studying time etc.
- **Attitude:** A student's response towards the specific act of studying. This combines attitude towards education and attitude towards teachers. The student has to set personal goals and objectives towards the education being received and have a positive attitude towards the subject and the teacher who teaches it.
- **Secondary School:** School educating students between the age of 11-15 years of age. That is from class 6 th to class 10th.
- **Secondary School Students:** Students studying secondary school of Sirsa district. (In the present study the researcher has considered only 8th and 9th standard students)
- **HBSE:** Haryana Board of Secondary Education. This body is known as Haryana state Secondary Education Examination Board (HBSE). Governing the Examinations for the secondary level exams and much more.
- **CBSE:** Central Board of Secondary Education. In CBSE an exam conducted by the Central Board of Secondary Education, New Delhi

METHODOLOGY OF THE STUDY

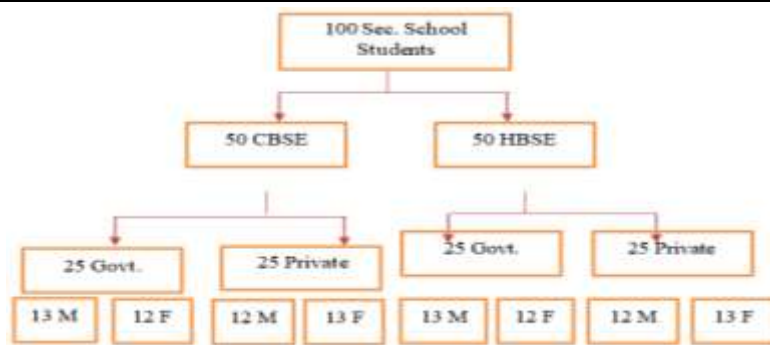
The Descriptive cum Survey method was used to study the “A Comparative Analysis of Study Habits and Attitudes Among Secondary School Students”

Population of the Study: All the Secondary School Students studying in HBSE and CBSE Private and Government Schools of Sirsa constitute the Population of the Study.

Sample of the Study

Total 100 students in which 50 CBSE and 50 HBSE students affiliated to the CBSE, New Delhi and Haryana Board of School Education Bhiwani and further classified into equal no. of Private and Government school students and Female and Male Secondary School students of Sirsa District in Haryana was selected as sample of the study.

Sample Design



Tool Used for The Study

The researcher used the standardized tool “Test of Study Habits and Attitudes by Dr. C.P. Mathur (English)”. The test is based on nine major areas of the study techniques, habits and attitudes – attitude towards teachers, home environment, and attitude towards education, study habits, mental conflict, concentration, home assignment, self-confidence and examination. The test contains 60 items that have been distributed in the areas mentioned. The items seek “YES”, “DOUBTFUL” and “NO” responses scoring 01 for Yes and 0 for No and doubtful. The test is non-time to answer the questions. A high score on this test indicates high order of correct study habits and proper attitudes, while a low score shows poor study techniques.

Variable measure	Tool used	Developed by	Publication	Reliability
Study habits and attitude	Test of Study Habits and Attitudes	Dr. C. P. Mathur	National Psychology Corporation, Agra	+0.87

ANALYSIS AND INTERPRETATION OF DATA

H 1: There is no significant difference in study habits and attitudes between CBSE and HBSE Secondary School Students.

Table No. 1 Mean, S, D and ‘t’ value of CBSE and HBSE Sec. School students

S. No	Type of School Board	N	Mean	SD	df	“t”	Level of Significance
1	CBSE Sec. School Students	50	41.89	4.72	98	11.55	Significant at both levels i.e. at .01 and .05 level
2	HBSE Sec. School Students	50	32.02	3.78			

.01=2.63

.05=1.98

Analysis: Above table shows that the mean and S.D of CBSE and HBSE Sec. School students is 41.89, 4.72, 32.02, 3.78 respectively. The obtained “t” value is 11.55 which is more than the “t” value at df 98 at .01 and 0.05 level of significance. It is concluded that the null hypothesis is rejected and there is significant difference between CBSE & HBSE secondary school students with respect to their study habits & attitude. Further the mean of CBSE Sec. School students is more than HBSE Sec School students. So, it is finally concluded that the study habits and attitudes of CBSE Sec. School students is better than HBSE Sec School students.

H2: There is no significant difference in study habits and attitudes between Private and Government Secondary School Students.

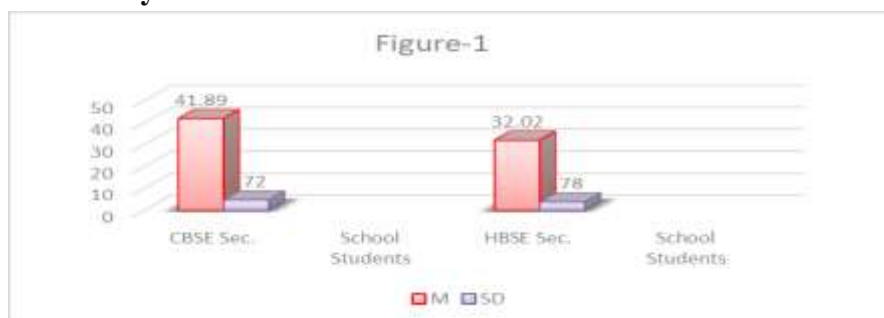




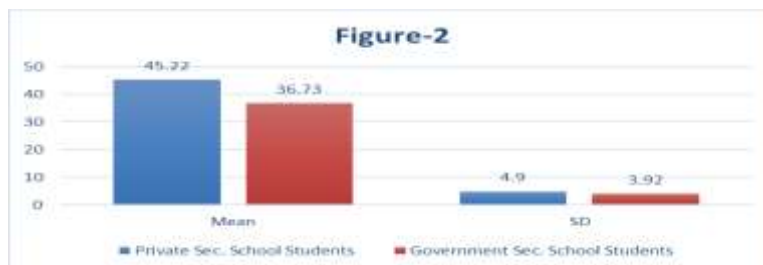
Table No. 2 Mean, S, D and ‘t’ value of CBSE Private and Government Sec. School students

S. No	Type of School Board	N	Mean	SD	df	“t”	Level of Significance
1	Private Sec. School Students	50	45.22	4.9	98	9.57	Significant at both levels i.e. at .01 and .05 level
2	Government Sec. School Students	50	36.73	3.92			

.01=2.63

.05=1.98

Analysis: Above table shows that the mean and S.D of Private and Government Sec. School students is 45.22, 4.9, 36.73, 3.92 respectively. The obtained “t” value is 9.57 which is more than the “t” value at df 98 at .01 and 0.05 level of significance. It is concluded that the null hypothesis is rejected and there is no significant difference between Private & Government secondary school students with respect to their study habits & attitude. Further the mean of Private Sec. School students is more than Government Sec School students. So, it is finally concluded that the study habits of Private Sec. School students is better than Government Sec School students.



H3:. There is no significant difference in study habits and attitudes between Female and Male Secondary School Students.

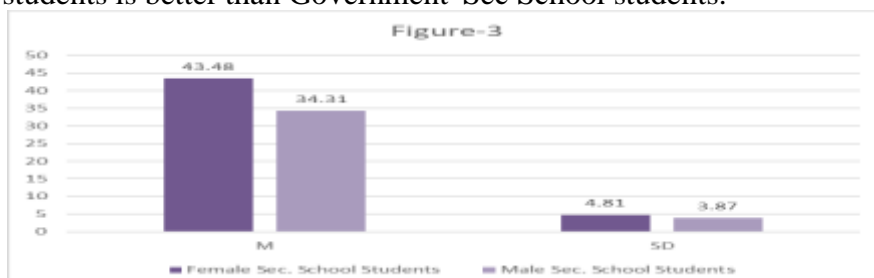
Table No. 3 Mean, S, D and ‘t’ value of Female Private and Male Sec. School students

S. No	Type of School Board	N	Mean	SD	df	“t”	Level of Significance
1	Female Sec. School Students	50	43.48	4.81	98	10.51	Significant at both levels i.e. at .01 and .05 level
2	Male Sec. School Students	50	34.31	3.87			

.01=2.63

.05=1.98

Analysis: Above table shows that the mean and S.D of Female and Male Sec. School students is 43.48, 4.81, 34.31, 3.87 respectively. The obtained “t” value is 10.51 which is more than the “t” value at df 98 at .01 and 0.05 level of significance. It is concluded that the null hypothesis is rejected and there is significant difference between Female & Male secondary school students with respect to their study habits & attitude. Further the mean of Female Sec. School students is more than Male Sec School students. So, it is finally concluded that the study habits of Private Sec. School students is better than Government Sec School students.



MAJOR FINDINGS OF THE STUDY

The purpose of the current study was to come up with solutions for any drawbacks in students



study habits and attitudes if any in a comparison between the CBSE and HBSE and the Private and Government and Female and Male secondary schools students respectively. For the support to this purpose following were the findings of the survey conducted:

- In the comparison between CBSE and HBSE secondary school students there was significant difference in their study habits and attitudes and CBSE Sec. School students was having good study habits and attitudes than HBSE Sec. School students of Sirsa District
- In the comparison between Private and Government secondary school students there was significant difference in their study habits and attitude and Private Sec. School students was having good study habits and attitudes than Government Sec. School students of Sirsa District.
- In the comparison between Female and Male secondary school students there was significant difference in their study habits and attitudes and Female Sec. School students was having good study habits and attitudes than Male Sec. School students of Sirsa District

Delimitations of The Study

- This study was delimited to total 100 in which 50 CBSE and 50 HBSE Secondary school learners.
- This study was delimited to the Sirsa District in Haryana.
- This study was conducted only for Private and Government classified between Female and Male Sec. School students
- In this study only one variable study habits and attitudes was considered.

Educational Implications

The results interpreted from the data can be derived to help three major supporting factors to students study environment– Learners internal motivation, teachers and parents. The students who have average to poor study habits can be made to go through counseling and mentoring programs to find the root cause of the lack of internal motivation and help them overcome their obstacles internally. It can support parents help create a better study environment at home for the learners to meet their learning needs.

It is of higher value to teachers which can help teachers improve their teaching. The study can be of service to teachers to try and experiment with new methods and techniques in teaching. This assists in stimulating a positive attitude in learners towards building better study habits. Teachers can act as better facilitators and tend to the needs to the learners. This can be a huge step in promoting self-studying habits among learner. An active teacher gravitates towards achieving the objectives of education effectively and successfully. Students can develop their own better study strategies for academic success.

A. Suggestions For The Future Study

- 1) This study can be conducted for students and even adults from the age of 13 to 16 and above.
- 2) The study can be conducted to individuals residing in any and many parts of the world.
- 3) The study can be extended to ICSE Sec. School students individually and altogether.
- 4) The numbers of samples collected for the said survey can be as many as possible.
- 5) The study can be used for Doctoral Research and Post-Doctoral Research as well.

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