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IMPACT OF STUDY HABITS ON PERFORMANCE OF STUDENTS AT UNDERGRADUATE LEVEL IN DERA GHAZI KHAN, PAKISTAN; COMPARATIVE STUDY

Sahira Ahmed¹, Shazia Gul², Hafiza Mudrasra Ahad³

¹PhD scholar: Bahauddin Zakariya University Multan, Punjab, Pakistan

²M. phil Education, Lecturer, Govt. Graduate College (W) Dera Ghazi Khan, Punjab,
Pakistan

³M. Phil (Education), OG-1 (General Teacher), Centre of Excellence Girls School Rojhan,
Punjab, Pakistan

Correspondent Email: noumancity64@gmail.com

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ABSTRACT

It is said that study habits reflect the behavior of learners. In the educational span the students could not progress without good study habits. Therefore, this research study examined the comparative study of impact of study habits on performance of students at undergraduate level in Dera Ghazi Khan; Pakistan. Two null hypotheses were formulated for this research. This research was descriptive in nature and survey method was used for data collection. The sample was selected 300 out of 1500 students of BS Chemistry of university of Education, Lahore (Campus Dera Ghazi Khan) for data collection. . Chi square, t-test, Mean, Standard Deviation were used for data analysis. The finding of the study explored that there is significant relationship between study habits and performance of the students in their academic achievements and also revealed that female students have significantly mean difference than male students. It was recommended that university lecturers, counselors, and also high authorities should work collaboratively and guide learners (especially male learners) on how to increase good and efficient study habits; in this manner enhancing and developing their scholastic success.

INTRODUCTION

The long-term successfulness are hidden in the students habitual learning strategies, on the other hand, the students learning strategies are directly influence his or her grades. Now a day, the habits of study counts a lot in the educational process of the learners. If the students are highly motivated for learning, their achievements and grades are also become high. Meanwhile, if teachers, parents, even the learners themselves do not encounter the hurdles of bad habits of learning, they cannot improve themselves or their achievements. The teachers always have positive mind regarding teaching and learning process (Ashish, 2020).

In the words of Grace (2020) the learning process also upholds the effectiveness of the teachers who are teaching and paying their duties according to the profession. The positive or good study habits also promotes by the teachers also. Because teachers have the place in the learners' mind as role model and they are also a batter source of extrinsic motivation. Study habits cover all other positive variables such as; learning skills, methods of study, planning and management of time, attitude towards the creating positive learning environment etc. These variables are also reformulated with the help of effective student-teacher relationship respectively.

The echelon of groundwork and strategies of learning urbanized and engaged intentionally by learners, go a long way to manipulate their performance of academic level (Ebele & Olofu, 2019). In the research study of highlighted the most powerful judgments that the majority of frequent dispute in the achievement of success from the students is lack of their positive or effective learning habits of study or behavior. Furthermore, all the students must have positive and good learning habits if they want to run smoothly in the race of education. These researchers pointed out the bad or poor study habit as weak area in the teaching and learning process (Mark & Howard, 2019; Husain, 2020).

Husain, (2020) explained in his investigative research that it is necessary for successful learners to have positive attitude towards the studies. The achievements and goals are covered within time due to management of planning. According to him, a learner acquires the new knowledge in pleasant and clam environment; on the other hand, if learner has bad experience, he or she cannot reach towards setting goals. The effectiveness of achievements and consistency in goals only be possible due to the effective study habits or positive experiences.

Kelli (2019) speculates that during their studies the learners get success, if he or she understand appropriately the whole course content regarding to the nature of subjects, and also able to highlights or explain the acquire knowledge in the form of oral and written piece of work. These types of students are called effective students and have positive attitude of habits of studies. In the field of education, it is very common question for all to investigate that how learners' should have effectively learn or study habits. Meanwhile, the skills of management of good time table according to his or her responsibilities may be called as progressive and developed student.

Consequently, regular study habit is one of the utmost learners or factors of learning that enormously persuades achievements of students' in their academic side. If destabilized by learners at all stages, instructors, parents, policy makers and other educational stake holders, afterward, the tendency and nuisance of performance of students' in both examinations (internal and external) would prolong and develop into more overwhelming and distressing (Mahraj&Qamar,2019).

The learners have unsuccessful and unproductive performance due to bad study habits and lack of interesting to solve this problem. Most of the students are aware of this disastrous problem when they have ended their particular time, meanwhile, it is the duty and responsibility of a teacher to tell them and handle them with his or her professional training and personal relationship. The parents are also responsible for their bad results because foundation of their bad study habits forms always from the home environment. The students have the qualities of self-directed, self- attentive, and self-motivated in their academic performance due to the modification of their attitude towards learning planning. Finally, to keep the learners on the way of success is to modify their bad habits into good or productive study habits. Many researchers speak out about the academic performance of the learners and their success in educational life, economic background, parental education, home environment, cognitive development and others individual factors have effect on the individual's performance (Katelyn, 2018; Ashish, 2020; Marc, 2019). Agba (2019) and Adeninyi (2019) denote that at the level of higher education level the students must have good study habits to face the competitive life during colleges and universities, habits of good study allow the learners to revise their educational responsibilities autonomously. Unproductive and unserious learners do not have the consistency in their mind about success in performance.

STATEMENT OF THE PROBLEM

The learners (especially male and female) perform extremely well in their examination and their success depends on habits of studies in learning procedure. It is common exercise that performance of a both students (male and female) compared with other student's performance in their studies, and these comparative phases always measure as bad or good study habits. Thus, this study was performed to compare the impact of study habits on performance of male and female students at undergraduate level in Dera Ghazi Khan.

Delimitation of Research Study

Due to finance and time constraints, the research was delimited to;

- Only one Campus (Dera Ghazi Khan) out of twelve campuses and divisions of University of Education, Lahore; Pakistan
- Only department of Chemistry

- Only BS level (undergraduate) male and female students

HYPOTHESES OF THE STUDY

For the purpose, two null hypotheses were formulated for this research study.

Ho1: There exists no significant relationship between study habits and performance of undergraduate students of Chemistry.

Ho2: There exists no significant mean difference between study habits and performance of undergraduate students of Chemistry regarding gender.

RESEARCH METHODOLOGY

Population and Sampling

This research study was descriptive in nature. The entire population was consisted of 1500 students (male and female) of BS Chemistry of university of Education, Lahore (campus Dera Ghazi Khan). The sample was selected 300 (150 male and 150 female) students with the help of simple random sampling technique for data collection.

Research tool and Data Collection

A research instrument was adapted with the deep investigation and reading of literature review to know the reality of existing problem, furthermore this research tool was pilot tested, validated and then reformulated according to the situation of the background of the research. The final research questionnaires (five-point Likert Scale such as; strongly agree; agree; undecided; disagree; strongly disagree) were distributed among the research respondents for data collection. Chi square, t-test, Mean, Standard Deviation were used for data analysis

DATA ANALYSIS

The following were the results from the data analysis;

Table 1: Results of Chi-square analysis

Test type	Chi-square-Value	Degree of freedom	Level of Significance
Calculated Chi-square	72.23	1	0.05
Tabulated Chi-square	3.84		

The table no 1 shows that the data analysis from the collected responses, in which the calculated value of Chi-square was observed 72.23 at 0.05 significance level and also one (1) degree of freedom. The value of tabulated Chi-square was also observed 3.84 respectively. The result of table no 1 shows the decision rule that the calculated value of Chi-square is higher than tabulated value of Chi-square analysis technique, so the null hypothesis was

rejected. Hence, the data analysis concluded that there is significant relationship between study habits and performance of undergraduate students of Chemistry which are learning in University of Education, Lahore (Campus Dera Ghazi Khan). Analysis of data also explains that students have develop themselves good and positive habits of study if they want to perform well in their learning process, meanwhile they should get rid from bad habits of study and also negative mood of study planning.

Table 2: Results of t-test analysis

Group	N	Mean	SD	Df	T.V	C.V
Male	150	22.58	3.96	298	1.984	9.22
Female	150	39.47	4.13			

N=300, Level of Significance= 0.05

According to the table number of 2, the mean score of male 22.58 and female 39.47 and score of SD was 3.96 and 4.13. The value of t-calculation was observed 9.22 which was greater than the value of t- table of 1.984 so from this result we reject null hypothesis and concludes that there exists significant mean difference between study habits and performance of undergraduate students of Chemistry regarding gender. Meanwhile, result from table number two reflects that female students have higher in their mean value than male students regarding study habits and academic performance at undergraduate level.

DISCUSSION

The research studies of various researchers show the same result as the present research study. All of the researchers have agreed through their findings that academic life and good career always followed by good study habits because their solid will power and power of determination have created by their confidence and achievements. Students should boost up their confidence to achieve the goals of life and encourage themselves with positive habits of study. When learners have good habits of regular study they would achieve their targeted goals and objectives in educational process. The students must have a sense of self-determination, self-motivation, self-encouragement and also effective system of study planning as regular level, meanwhile, after the modification of behavior, the learners may have the positive changes in their scholastic achievements. In other words, the students those who have no sense of responsibility and always do their academic activities without any particular techniques to face the difficulty of academic life, remain backward (Onwuegbuzie, 2021; Marc, 2018; Ashish, 2020).

Good habits of regular study always help the learners active in classroom activities and pay attention positively towards knowledge which imparted by their teachers. These types of good habits learning students especially female submit and complete the assignments effectively and efficiently, thus, their performance reflect positive as compare to other students in educational field (Agba, 2019).

According to Adeninyi (2020) the students work independently and good habits when they have aspiration and motivation from their parents, teachers as well as peers.

The pattern of high-quality study habits modifies the performance of the students towards the positive way on the other hand dismissive learners do their studies without any specific aim and techniques and their performance remain below average.

CONCLUSION

This research study explored study habits and its impact on academic performance of the students of chemistry at undergraduate level in Dera Ghazi Khan. It was concluded that the performance of the learners have good who have good study habits as compare to others who have no developmental procedure of interest and habitual of learning within the study area. The research study also concluded that there is significant and considerable relationship between study habits and academic performance of the students of chemistry at undergraduate level in Dera Ghazi Khan. It was also concluded that female students have significance mean difference than male students regarding study habits and performance in their academic life.

RECOMMENDATIONS

From the results and findings, the researcher recommended that all the educational stakeholders; educational planners, policy makers, teachers, parents, and university assistance guidance and counselors should work together and guide learners on how to enlarge and expend good study habits, in this manner enhancing and developing their scholastic success. The teachers should pay their vital role in this regards and motivate the male learners towards making a positive progress, productivity in learning behavior, enhance study habits, and create positive environment in existing educational life.

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