

Habit Of Study And Academic Achievements In District Dir (Lower) And District Malakand

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Abstract

In this study the researchers investigated the effect of some study habits on the academic achievement of the students. Cluster sampling technique was used to collect data from the students in two districts; District Dir lower and District Malakand. The recorded data presented by contingency tables. To test significance of the study habits on academic achievement, chi-square test was used. The researchers found that the habits of taking notes and writing back class materials significantly affected the academic performance of the students. College administration, college teaching staff and parents of the students should concentrate on the study habits of the students. Seminars, workshops and training programs should be arranged in order to bring awareness about good study habits in students.

Keywords. Study habits, academic performance, contingency table, Chi-square, cluster sampling.

Introduction:

Study is an investigation for the mastery of facts, ideas or procedures that are yet unknown or only partially known to the individuals. Study habits vary among individuals. Some person has good habits of study and getting more knowledge while other have bad habits and have not gain much knowledge by studying books, lecture notes.

Study habits of students were also varying from student to student. Students of good habits have achieved good grade and vice versa. Good performance of the students is

not only the dream of students but also of teachers and parents (Sarwar, 2010). The status of the country is known by quality of education (Chier, 2006).

There were too many factors explaining variation in the academic achievement of students. According to Demir (2009) such factors were; family characteristics, individual student characteristics and school characteristics. He further explains the variable of family characteristics consists of father's education level, mother's education level, home ownership, household size and household possessions. While individual students characteristics are; grade, gender, work status and attendance level, as well as variables related to student well-being at school, scholastic, activities, and perceptions of parental support. The latter, school characteristics consist; teacher-student ratio, class size, teacher in-service training, teacher degree level and school infrastructure. According to Ahmad (2010) claimed that student's performance is affected by family profile, personal activities, teacher's performance, institutional impact and family's contribution. Riaz (2002) work on Pakistani university students, and found that academic achievement of students was highly related to their study habits. He highlights that schedule of study, writing back portion of book and taking notes of the lecture contribute to performance of students. He found that all these habits significantly affected the achievements of students. According to Tope (2011), study habits were significantly affected by factors like family background, peer group pressure, school environment and personality type of the student.

The studies on memory have shown that, without review, 47 percent of learned lesson was forgotten within twenty minute and 62 percent was forgotten in a day. This nature is especially alarming for students. Therefore, keeping in view this reality taking of notes during lecture in the class room was necessary (Dietsche, 2000). This habit was one of the major parts of studying. Accurate and thorough notes are very useful in improving grade of students. According to Coacher (2011) for writing of good notes, students are focusing on the lecture, able to learn more and they are active in the class during lecture. This habit increases the listening skill and helps to recall full lecture by a short view of the notes. According to Riaz (2002) another important study habit was rewriting of class material. This habit refreshes the information in mind. During lecture the material collected was rough which needs to be refined after lecture and by rewriting it new information from book may be added. Habit of rewriting of class martial was useful in the same day at evening time so that the information was fresh (Melanie, 2012 and Strichart et al, 2012).

Brief educational background of Pakistan

Total number of educational institute in Pakistan are 256,088 out of these total number of primary, middle, high, higher secondary, deene madaris, degree colleges and universities are 156592, 40829, 23964, 3213 , 12448 1202 , 124 respectively (Ministry of education, 2012). Although Pakistan has enough numbers of educational institutes but unfortunately this country is facing lot of education related issues like literacy level and drop out ratio etc and poor academic performance of students is also of them. Almost all the commissions and education policies have acknowledged the

bad academic performance of students of this country (Nouhi et al, 2008 and Mehmood et al, 2011). According to Riaz (2002) there were a lot number of draw back in education system of Pakistan and unsatisfactory study habits of students is one of them.

Brief educational background of study area

District Dir (Lower) and District Malakand, situated in Khyber Pakhtunkhwa, Pakistan, is very important from education point of view. The importance is clear from the fact that there are Twenty five number of Degree colleges and a large number of schools and one university named University of Malakand , working for spreading knowledge to the children of the nation.

This study was organized keeping in view two important points. First importance of study habits of the students in improving their academic performance and second importance of the area from educational point of view.

Objective of the study

This study was formulated with the following objectives.

- 1) To assess the study habit, taking notes on the academic achievement of the students.
- 2) To assess the affect of rewriting class room material on the performance of the students.
- 3) To mention fruitful suggestion for improving academic performance of students of the study area.

Methodology

The population of this study was the students of Bachler of Arts (B.A), Bachler of Science (B.Sc) 1st year enrolled in colleges of District Dir (lower) and Malakand Agency. Cluster random sampling method was used to select sample from the population. The colleges in the study area were considered as clusters. Five clusters (colleges) were selected randomly consisting of three male colleges and two girls' colleges. In the second stage sampling frame of the Bachler of Arts (B.A) and Bachler of Science (B.Sc) part 1st were made and students were selected from the frame using simple random sampling. Then questionnaires were distributed among the selected students. A short lecture was delivered for filling of questioners and importance of the study to the respondents. Data were analyzed by SPSS version 16. Recorded data was presented through frequency distribution and graphs. To test the significance of the variables affecting academic performance of the students, Chi-square test was used.

Hypothesis of the study

- 1) There is no association between taking notes in the class and academic performance of the students.
- 2) There is no association between writing back class room materials and academic performance of the students.

Result and discussion

In this study researcher wanted to determine the effect of study habit on the academic performance of the students. Sixty-four students were selected by sampling method and information was taken from them by a structure questionnaire. Obtained marks in intermediate (F.A and F.Sc) of the students was recorded. Table 1 showed the obtained marks of the students. Majority of the students (23%) were taking 580—619 marks which was minimum than 60%.

Table 1; Obtained Marks of Students

Obtained Marks (total marks 1100)	No, of students	Percentage of students
500—539	5	7.8125
540—579	6	9.375
580—619	15	23.4375
620—659	12	18.75
660—699	10	15.625
700—739	6	9.375
740—779	5	7.8125
780—819	2	3.125
820—859	2	3.125
860—899	0	0
900—939	1	1.5625
Total	64	100

Low obtained marks of students were alarming point for teachers, parents and for students themselves of the study area.

Study Habits

In this study researchers have studied some study's habits of colleges students affecting their academic performance. The habits that were significantly affected the performance of the students in the study area were, taking class notes and writing back class room materials.

Taking class notes

One of the study habits of students was taking notes during lecture in the class room. In the study area 90 percent of the students were habitual of taking notes in class room. While only 10 percent of them were not following such notes. For testing the association between good academic performance and lecture notes, Chi-square test was used.

Table 2. Relationship between achievements and taking lecture notes

		Achievement in grades				Total
		A	B	C	D	
Taking Class Notes	Yes	3	8	36	11	58
	No	1	4	1	0	6
	Total	4	12	37	11	64

$$X^2 = 12.333^{**} \quad df = 3$$

Table 2 indicates grade of students in examination of F.A and F.Sc (12 years education) and habits of taking lecture notes. Majority of the students have the habit. Further, the table showed that majority of the students has grade “C” in the examination. Small proportion of students have good academic performance that is they good grade “A”.

Value of chi-square was significant at 5 percent level of significant. This showed that strong association exists between habit of taking lecture notes and good academic performance. This result was match to Coacher (2011).

Writing back class room material

One of the important habits of students was writing back class room material. After taking lecture in classroom, some student’s wrote important question, paragraph etc from the book and notes. In this study researchers investigated the existence of this habit in the students of the area and test association between the habit and academic performance.

Table 3. Relationship between achievements and writing back portion of book

		Achievement in grades				Total
		A	B	C	D	
Writing back class room material	Yes	3	6	32	11	52
	No	1	6	5	0	12
	Total	4	12	37	11	64

$$X^2 = 10.999^{**} \quad df = 3$$

Table 3 showed that majority of the students of the area have the habits of writing back class room material. About 81% of the students have the habit. Further result of Chi-square indicated that association between habit of writing back class room material and good academic performance was significant at 5% percent level of significance. This result matched to Riaz (2002).

Conclusion and recommendation

Majority of the students were average intelligent. Most of them were taking grade “C”. To improve grade of the students, their study habits should be concentrated. Taking of lecture notes in class room plays key role to improve academic performance of the students. Our analysis shows relationship between taking lecture

notes and achievement of grade is highly significant. Another important study habit of the students is writing back class room material. After taking lecture in classroom, they write important question, paragraph etc from the book and notes. This habit is very important for academic of students. They are able to take concept from books. Through this habit, they became able to study book, other then text book. Relation between habit of writing back class room material and academic achievement is highly significant in the study area. Those students who have habits of taking lecture notes and studding back class room material, are getting good grade in examination. Looking to overall academic performance of the students in the study area, majority of the students is taking "C" grade. This grade holder in our sample is 58 percent. This shows that the students are average but on the other hand they are not able to face the challenges. Only 6 percent got grade A and 18 percent grade B and this is alarming situation for them, their parents and educationist. Such poor performance is failure of teachers, college administration and parents of students.

Following recommendation are suggested for improvement of academic grade of students.

1. College administration should guide the teacher for improving study habits of student.
2. Teacher should guide the students in class room during lecture about the importance of study habits.
3. Seminars, workshop and different training program should be arranged to bring awareness among students about future challenges and importance of study habits.
4. Different fruitful program should be lunched on the television and radio for guidance of students.
5. Special magazines should be published discussing study habits of students.

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