

Comparative Analysis Of Study Habits Among Secondary School Students In Southern Punjab, Pakistan

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ABSTRACT

This study was conducted to compare the study habits of boys and girls; and, rural and urban; secondary school students in Southern Punjab, Pakistan. The population of the study comprised secondary school students enrolled in public sector boys and girls secondary schools of District Rahim Yar Khan. Four hundred secondary school students were taken from District Rahim Yar Khan through a multi-stage sampling technique. The data were collected with the help of an adopted questionnaire. Independent samples t-test was applied to analyze the data. The results of the study indicated that urban secondary school students were better in their reading habits, preparation for examinations, and comprehension habits. While rural secondary school students were better in their writing habits and time management than urban students. Similarly, the male students were better in writing habits, time management, and preparation of examinations however, in reading habits female students were better. This study will be helpful for teachers, parents, and students to improve the study habits of secondary school students.

Keywords. Study Habits, Secondary School Students, South Punjab.

Introduction

Study habits are the established practices or study routines that student continually follows throughout their academic career, (Khan & Rasheed, 2019). And although they possess the necessary intelligence, many students struggle to maintain the requirements of their academic performance and may lack the proper study habits.

Human resources are considered to be the core of any nation's economy. Therefore, all countries place a significant priority on improving their resources. The superiority of learning aimed to improving social investment affect the quality of human resource (Madani, 2019). The main focus of every effort to

enhance education quality is students learning. Nations invest the best resources and make every effort to improve education standards. The level of student learning is a great predictor of educational quality. A nation's youth can enter the job market or decide to further their education after finishing secondary education. Pakistan government is taking special efforts to raise and ensure standards of education. Free of cost all students in public school are provided textbook, and teacher's guides are utilized to increase capacity.

Moreover, school now include modern science and information technology labs. The Government has demonstrated a real effort to ensuring that every student always have

fundamental knowledge and abilities needed for them to subsidize fully to the increase of their nation and the world culture. Academic success is primarily a consequence of good learning behaviours. It is an action that learners regularly engage available in direction to achieve their educational goals, fair as evaluation, taking notes, and directing training clusters. Whether it assistances the pupils fine are not decided whether it is actual or ineffectual. As a consequence, devoted study habits are now being acquired this has an effect on a student's achievement (Gay, 2018).

Furthermore, Harry and Klingner (2022) educational ways is how well a students does in school, it is the result of their commitment and work. Every educational institution desires to see students improve intellectually. According to study habits are indeed very essential to students' life. Each child educational performance is affected by their research methods. The Study shows that learning is a skill that requires energy and expertise. Every pupil's achievement depends on his ability, intellect, and conduct. Thus, a students can improve by engaging in many good study habits.

According to Tus (2020), Good study habits, such as completing homework, contribution in class, managing their time, remaining attentive, and functioning solid, presented an important helpful link on their educational performance, since these training habits are study techniques that are employed in learning, students must learn them. Students cannot achieve and increase their educational routine lacking establish study habits.

Hanushek et al. (2019) said that cognitive characteristics like ability are seen to be indicators of abstract achievement. Several researchers have observed into just how non-cognitive aspects like inspiration, learning routines, study abilities, and outlooks affect study success. The education exposed that learners' educational achievement is positively impacted by their study habits.

According to Al-Shabibi (2018), "A research on study behaviours and academic

performance of learners" presented a vital connection among the students' educational performance and their study habits. Above mentioned study presented that, a person's study habits better determine how much they had remain capable to study. The consequence also demonstrated an important link among the students' student ability and their study habits.

Study habits are usually cited as common features for how to approach class tasks. These examples incorporate at least one unique technique or approach, such taking notes. These methods are regarded as "thinking procedures" when they are employed to specifically consider circumstances. Analysing methodologies are the term given to these. An examination technique, and consequently think about habit, is an immediate grouping of exercises related by the student to a substantial amount of info, as instead of a single freak encounter. Learning traditions discuss to the level to which learners involve in typical examining actions that are defined by proper considering holds (survey or topic) actually occurring in a meditative atmosphere.

The activities that learners received as part of its learning process are known to as learning practices. Study habits are designed to motivate and manage one's thinking procedure through education. Study habits are approaches to education that let students work quietly. She believes that possessing study habits is a great asset for students because they permit them to be become experts in their areas of specialization and, as a result, perform extremely well, as compared to the converse, which becomes destructive to educational success and leads to disappointment. Consider how recent years have seen a greater separation between aptitudes and study habits or routines. Here is how this improvement is clarified: - Study skills: abilities that can be taught in school comprise procedures or routines like highlighting, outlining, note taking, condensing, and so on education (Okesina, 2019).

Rational of the Study

The present discovers that study habits are associated with study awareness of secondary school students. As association happens concerning study attentiveness and educational attainment of learners at secondary school level. The correlation amongst learning habits and educational attainment has remained discovered by many scholars after many viewpoints i.e. affiliation between additional topic zone and learners' routine, developmental, genetic, public, business issues, analysis incapacities and superior learning. Current study analyze the study habits and highlight the significance of study habits students. Current training is helpful for the faculty instructors, school administrators, syllabus developers and strategy creators and principally for parental to improve learners' educational achievement through collective study habits.

Barcenas and Bibon (2022) piloted a training "examine the impression of the learning behaviours on the evolution of educational routine" in higher secondary school students. In order to improve academic performance, this study advised schools, teachers, and students to establish a suitable study schedule, increase knowledge, and put planned as effective study habits into practice.

Statement of the Problem

It is well known that the majority of high school students study only to pass tests, rather than to gain knowledge, become more knowledgeable, have fun, or develop their imaginations. In Pakistan, all students, regardless of gender, must study the same textbooks. Each child comes from a unique social context with unique levels of involvement and interests. In addition, teenagers experience significant changes in their bodies and minds. At this stage, boys and girls were quite different from every additional in terms of skills and properties. Pupils of different gender consume dissimilar welfares and diverse study habits. Adolescent students' academic performance must be greatly enhanced by their intense engagement and

interest in their studies. In this context, teachers can initiate creative initiatives to help children achieve greater academic success, and researchers have to consider this issue. The determination of the study is to classify and investigate the different learning routines of secondary school students by examining the interests of girls and boys in public secondary schools. It is observed that the achievement scores of girls and urban students are better than the boys and rural students. One of the potential reasons may be the study habits of the students. So, this study was conducted to compare gender wise and locality wise study habits of secondary school students.

Research Objective

Objective of the study were to:

1. To find out the significant difference of study habits of boys and girls secondary school students in Southern Punjab.
2. To find out the significant difference of study habits of rural and urban students of secondary school in Southern Punjab.

Research Hypothesis

H₀₁ There is no gender wise significance difference between the perception secondary school students regarding their study habits.

H₀₂ There is no residential wise significance difference between the perception secondary school students regarding their study habits.

Literature Review

A habit is a pattern of continuous action that an individual is involved in consistently; think about it right now (Berti & Cigala, 2022). The progress of learning behaviours between learners, which is unique of the key aspects in determining a pupil's educational achievement, relies on habits because they are automatic in nature. Whenever anyone consistently finalizes

an assigned work over time, over and over again, habits are later created.

In response, Atim et al. (2022) reminds us that our study skills practices that students can develop through their educational work both the basis of an energetic character and a thoughtful of extra or a smaller amount stable methodology of learning (Kaur & Singh, 2020). Study habits are the established practices or study routines that a student continually follows to throughout their academic career, as according (Khan & Rasheed, 2019). And although they possess the necessary intelligence, many students struggle to maintain the requirements of their academic performance and may lack the proper study habits. Since there is a meaningful relation among learning behaviours and outlooks, it is significant to understand how study habits improve student performance. A study by Ebele and Olofu (2017) on the role of schoolwork routines on pupils' speculative presentation reveals this. Their results shed light on how teachers and guidance counsellors may assist students to create effective study habits.

The study's findings of a similar type by (Ebele & Olofu, 2017; Marzulina et al., 2019), revealed the association concerning the dual variables and had shown that advancement of study habits should be prioritized as they have a important impression on the growth of learners' knowledge and perceptual skills. Scientific advances regarding study habits' value in improving students' academic achievement have given it more significance in students' lives.

Rabia et al. (2017) also came to the conclusion that there is a solid construction amid current body of knowledge and educational routine as a result of their study. According to Imam et al. (2020), there is clear association between good learning habits, academic success, and gender differences. The current study therefore aims to appreciate the related implications of learning routines and educational success and also enables pupils and educators with a means of understanding how

increasing one variable will result in an increase in the other variable.

The pace of development across the globe now is unparalleled in ancient eras. Everyone wants to achievement. The social and personal worlds are influenced by one's level of accomplishment in life. In this respect, an individual's personal academic performance has a substantial influence on their success in any educational setting. Nobody can foresee with precision how establishing decent ways and abilities will comfort us improve task effectiveness. Yaminfirooz et al. (2019) argue that outstanding academic habits and techniques are essential for student ability. Organization and conceptualization are essential for productive study. This could include certain capabilities like note taking, watching, and asking more questions, listening, thinking, and communicating ideas in relation to learning new information. Consequently, a learner must be motivated to learn and capable of employing the skills needed. However, poor study loses both of the learner's time and energy (Sahu et al., 2022).

Like other skills, tools for understanding and habits can be taught and learned. Therefore, educational paper aims to examine the most suitable age of learners where those capabilities can be gained, as well as efficient ways to improve students' study habits. In the solution of new problems and situations. Some skills, like good studying habits, aid in students' learning and can encourage them to learn better. One of the most critical problems in the educational world is the substantial connection amongst training routines and school success. Respectable traditions and abilities can be established in the initial years of infancy. Learning is better if pupils can arm themselves with noble behaviours and abilities. The practice that an individual may have acquired in relationship to his or her learning activities is alluded to as a "study habit. (Nair & Kulkarni, 2020) Study attitude, study method, and study skill are included on the concept of study habit. Academic achievement and an effective academic regimen are strongly

influenced by student attitude. Successful students tackle their studies with a positive attitude and do not waste resources or time. Multiple studies have discovered a link among moral educational behaviours and educational success.

As Musa and Garba (2019) notes, good examination methods are regularly alluded to as proactive or constructive inquiry habits. They are, as their title suggests, those exceptional investigating activities that usually increase individuals' scholarly presents or aim to generate excellent results. Once understudies have formed and used them throughout their academic careers, they are the examination habits that enable them to succeed in their investigations. To be practices come from training and understanding which techniques are best for you as an understudy? Keep distractions at bay as you examine it. Have a look at the personal computer. Instead of lingering, work on a long-standing task all days, and remember the previous night only quickly each night. Analysis anything you educated in session each day earlier starting your schoolwork when you get home from school. Similarly, examine whatever you organized in class the day before when you have a few minutes before the lecturer starts speaking. If you can study how to get to know the best, your inquiries will be more effective. This technique identifies fourteen good or positive examinations as routine. Attendance totally regular periods, successful completed your records day-to-day, reading the physical already it is enclosed in lecture, gathering with the instructor at minimum once, and generating and mastering a term list for the development are among them. Read materials that help you get the most out of your course when the learning asset is accessible (other than content). Prepare a grade of thinkable problems, practice addressing them in lesson, explore an early test (if one is available), avoid packing at the last minute, and get at least 8 hours of sleep the night before. Hora and Oleson (2017) group of people known that have excellent study habits, including training has begun at night.

The activities that learners received as part of its learning process are known to as learning practices. Study habits are designed to motivate and manage one's thinking procedure through education. Study habits are approaches to education that let students work quietly. She believes that possessing study habits is a great asset for students because they permit them to be become experts in their areas of specialization and, as a result, perform extremely well, as compared to the converse, which becomes destructive to educational success and leads to disappointment. Consider how recent years have seen a greater separation between aptitudes and study habits or routines. Here is how this improvement is clarified: - Study skills: abilities that can be taught in school comprise procedures or routines like highlighting, outlining, note taking, condensing, and so on education (Okesina, 2019).

The specific strategies that make up the research plan are known as study abilities. According to Husain and Ashkanani (2020), the concept of study habits is comprehensive, meanwhile it covers practically all other sub-ideas such as consider frame of mind, scrutinize strategies, and study talents. A person's frame of mind is a psychological and common state of being that may be sorted out via understanding and has an immediate impact on how they react to all articles and circumstances with which they are associated. The study demeanour demonstrates a strong commitment to intellectual achievement and excellent research design. Successful students have an energizing attitude toward their studies and don't left-over period or energy on what they need to do. If the education environment is favourable, the student's mentality and inspiration are normally helpful, and if the learning knowledge isn't appealing, he will generally keep a strategic distance from it. In some circumstances, a negative attitude toward concentration finds itself in a statement, such as "I think but can't remember what I thought" or "the exercises are too long." The way we think about people,

items, and issues in our situation is recorded in our state of mind.

To meet the learning goal, students routinely and primarily perform activities such as reading, note-taking, and conducting study sessions. Study habits can be classified as successful or unsuccessful depending on how much they benefit students. According to Bereiter and Scardamalia (2018), Study habits are simply a student's time management techniques for consistently reviewing and studying. Furthermore, he said that study habits are patterns of behaviour that you develop during your academic career.

Education ways are routine Ahmed et al. (2018) describe learning practices as learning sequences, counting regularity of studying meetings, evaluation of physical, self-testing, try-out of academic substantial, and learning in a favourable atmosphere. Study habits discusses to a place easy for a separate to continue attention and learning and do study in amity deprived of some disturbance. But to acquire into more parts study habits is an appropriate arrangement, timetable learning, fixed and systematically strategic scheduled for all daytime. Such temporary objectives are attained each time short of some interference and consequently there is no reason or allowance to avoid after whatever is must to stand completed. It permits an separate to allocate interval and complete commitment is experimental to developed completely involved in the development of knowledge, working and getting awareness (Demir & Qureshi, 2019).

Academic success is largely the result of good schoolwork practices. It is a movement that learners engage in reliably to well comprehensive their educational purposes, impartial like analysis, captivating proceedings, and prominent schoolwork collections. Whether it assistances children well or not determines whether it is effective or harmful. As a result, good study habits enable one to invest time in learning that is dedicated and undivided (Rabia et al., 2017). This affects the academic progress of the student. Additionally, academic achievement is how well a student

performs in school. This is the result of their hard work and study. Every educational facility wants to see students improve academically (Bereiter & Scardamalia, 2018).

Damo and Padagas (2020) Said flexible study techniques. It's learning anytime, anywhere. It is also based on life skills instruction that goes beyond the accumulation of knowledge. Gross (2019) the book Council for Exceptional Children (2005) echoes the assertion that good study habits require the adoption of organizational strategies that are mastered and advance both academic and personal development goals can be used for. Kurtianti (2017) claimed that a student's study habits would influence how well he or she did in school. According to Kyauta and Dachia (2018), Learning practices are educational trends that allow learners to effort self-sufficiently.

Jafari et al. (2019) Educational ways are an arrangement of training practices and abilities, as well as a variety of personal attitudes toward learning. In additional arguments, good reading behaviours encompass actions and abilities that be able to upturn inspiration, make studying a more rewarding process, and ultimately improve learning. Any activity that helps a subject learn, solve problems, or recall some or all of the information presented is also called a skill (Madmoli et al., 2017).

Learning behaviours are indeed the access to achievement and vary from individual to individual. Study habits reflect students' normal study practices as well as serve demand and instruction. Learner's cognitive processes during learning. There are different types of education ways, activities, interval managing, location suitable goals, selecting a suitable reading atmosphere, expending fitting not-taking plans, selecting key concepts, and group (Villarreal & Martinez, 2018).

Research Methodology.

Research Design

According to nature of the study the researcher used quantitative research design. Moreover, quantitative research design has different types, i.e. descriptive research, experimental research and correlational research. The researcher used descriptive research design because descriptive research design helps others better understand the need for the research. A survey is a tool that uses closed or open-ended questions to collect data from sample participants that are specific to a population (Nurdianto & bin Ismail, 2020).

Population of the Study

Population is the entire set of items from which you draw data for a statistical study, it can be a group of individuals (Akhter et al., 2021; Akhter et al., 2021; Ali et al., 2021; Azeem et al., 2021; Faiz et al., 2021; Jabeen et al., 2022; Kanwal et al., 2022; Lakhan et al., 2020; Mah Jabeen et al., 2021). Male and female secondary school students of District Rahim Yar Khan enrolled in public sector schools in 9th and 10th grade belonging to science and arts groups constituted the population of this study.

Sample and Sampling Technique

A sample is defined as a smaller and more manageable representation of a larger group. A subset of a larger population that contains

characteristics of that population. A sample is used in statistical testing when the population size is too large for all members or observations to be included in the test (Munir et al., 2021; Saeed et al., 2021; Sajjad et al., 2022; Siddique, 2020; Siddique et al., 2022; Siddique et al., 2021; Hassan, et al., 2023; Siddique, et al., 2023; Siddique et al., 2021). Four hundred secondary school students were taken from all tehsils of District Rahim Yar Khan through a multi-stage sampling technique.

Instruments of the Study

In the present study, a questionnaire was used as an instrument for data collection from respondents.

Data Collection

In this study, the researcher personally and with the help of MPhil fellows collected data from secondary school students enrolled in selected secondary schools of district Rahim Yar Khan.

Data Analysis

Collected data were analyzed by statistical package for social sciences version 26 (SPSS). Frequency, percentage, mean, and independent samples t-tests were applied to analyze the data.

Results

Table 1. Gender wise comparison of respondent in different variables

Variables	Gender	N	M	SD	t	df	p
Reading habits	Boys	200	3.56	.519	-.308	398	0.001
	Girls	200	3.58	.613			
Writing Habits	Boys	200	3.47	.584	1.542	398	0.023
	Girls	200	3.38	.536			
Time Management	Boys	200	3.64	.453	3.176	398	0.002
	Girls	200	3.51	.411			
Preparation for class and Examination	Boys	200	3.75	.651	4.402	398	0.001
	Girls	200	3.49	.545			
Comprehension habits	Boys	200	3.69	.556	1.987	398	0.048
	Girls	200	3.58	.499			

Table 1 indicate the gender wise differences of study habits about different variable among girls and boys respondent. The results in the

table indicate that there was a significant difference between the study habits of boys and girls secondary school students. The reading

habits of girls secondary school students was significantly better than that of boys students at the level of .05. However, the writing habits, time management, preparation for examination

and comprehension habits of boys secondary school students was better than that of the girls students.

Table 2. Residential wise comparison of respondent in different variables.

Variables	Residential	N	M	SD	t	df	p
Reading habits	Urban	110	3.60	.623	.650	398	.016
	Rural	290	3.56	.546			
Writing Habits	Urban	110	3.42	.533	.198	398	.044
	Rural	290	3.54	.573			
Time Management	Urban	110	3.56	.466	.365	398	.006
	Rural	290	3.65	.426			
Preparation for Examination	Urban	110	3.68	.586	1.228	398	.020
	Rural	290	3.60	.624			
Comprehension habits	Urban	110	3.69	.556	1.306	398	.048
	Rural	290	3.62	.519			

Table 2 reveals the locality wise differences of study habits about different variable between rural and urban secondary school students. The results in the table indicate that there was a significant difference between the study habits of urban and rural secondary school students. The reading habits, preparation for examination and comprehension habits of urban secondary school students was significantly better than that of rural students at the level of .05. However, the writing habits and time management of rural secondary school students was better than that of the urban students.

Discussion

The objective of the study were to compare the study habits of secondary school student's gender and residential wise. The results of the study showed that there was a significant difference between 'boys and girls'; and 'rural and urban students'. The study habits of boys students like as 'time management', 'preparation for examination', 'comprehension habits' and writing habits were better than female students. This finding is not align with the findings of the study conducted by Unwalla (2020). Findings of that study showed that the study habits of female students were better as compared to male students. This finding is also

oppose the findings of a study conducted by Charles-Ogan (2015) in Nigeria. This contradiction may be due to the cultural and environmental differences. Conversely, another study conducted by Ambar et al. (2020) in India showed that the boys and girls secondary school students had no significant difference in their time management and comprehension.

Moreover, it was found that reading habits of female students were better than male students. One component of reading is acquiring knowledge and understanding concepts, and the other is engaging the reader. A reader who is actively reading develops reading skills in the classroom and uses them for a variety of activities in his or her time. Some of the results of the study that were given compared with the study of Moue et al (2008). According to the results of the study, students were reading letters, magazines, music, websites and e-mails outside of class instead of books, writing short stories and poetry. Nicoll (2009) discovered in her research that students read magazines and books the most. As students reported reading, writing, and time management during their studies, the results of the study were also consistent with the results of this study.

Conclusion

It was concluded that diversified difference regarding subsidiary indicators of study habits of boys and girls students was found. Boy's students were better in their writing habits, preparation for class and examination, and comprehension habits than the girl's secondary schools students. However, girl's students were good in reading habits in their studies than boy's secondary schools students.

Similarly, there were diversified difference between rural and urban secondary schools student's perceptions about subsidiary indicators of study habits. Urban secondary schools students were better in their reading habits, preparation for class and examination and comprehension habits. While, rural secondary schools students were better in their writing habits and time management than urban students.

Recommendation

Study habits of rural secondary schools' students was moderate level than urban secondary school students so it is recommended that policy makers should take actions on the enhancement or improvement study habits of rural secondary schools students.

It is suggested that this research be conducted on a national level to get a better representation of students' learning habits and study success. This will support in raising the educational balanced of Pakistan.

The study was conducted on secondary school students studying in the annual system. It is suggested that similar research can be carried out in different settings (e.g., college students studying in annual system). In future, studies should be conducted to develop intervention programs that may help students to improve their study habits.

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