

# THE RELATIONSHIP BETWEEN STUDY HABITS AND ACADEMIC ACHIEVEMENT AMONG NURSING STUDENTS

Ms. Sayali S. Shete<sup>1</sup>, Mrs. Vaishali S. Jadhav<sup>2</sup>

<sup>1</sup> Bharati Vidyapeeth Deemed (to be) University, College of Nursing, Navi Mumbai, Maharashtra, India.

<sup>2</sup> Principal, Bharati Vidyapeeth Deemed (to be) University, College of Nursing, Navi Mumbai, Maharashtra, India.

Email: [sayali.shete008@gmail.com](mailto:sayali.shete008@gmail.com) / [sayali.shete@bharativedyapeeth.edu](mailto:sayali.shete@bharativedyapeeth.edu), [vaishalijadhav25@gmail.com](mailto:vaishalijadhav25@gmail.com) / [Vaishali.Jadhav@bharativedyapeeth.edu](mailto:Vaishali.Jadhav@bharativedyapeeth.edu)

DOI: 10.47750/pnr.2022.13.S07.509

## Abstract

A descriptive study conducted to assess the relationship between study habits and academic achievements among the nursing students in selected nursing colleges of Navi Mumbai. In this study 152 undergraduate nursing students from third year B.Sc. nursing were selected by using non probability convenient sampling method. Data was collected by using M. N. Palsane Study Habit Inventory (PSSHI) tool. Analysis of the data shows that there is weak positive relation between study habits and academic achievement among nursing student ( $r = +0.294$ ) There is a association of academic achievement with few selected demographic variables such as mother's education, travelling time from home to college and back and mode of traveling as their p value is less than 0.05 level of significance.

**Keywords:** Study Habits, Academic Achievement, Nursing Students

## Introduction

In ancient India there was Gurukul system of education where the students will be living in guru's house and teacher used to give knowledge on various subjects and students are expected to incorporate this knowledge in their practical life. Basically, education is modification of behaviour. In this era, the word "education" is become a vast term.

Education is the key factor in everyone's life to solve the problems and face challenges. It directly or indirectly reflects through behaviour change in every person.<sup>1</sup> Education helps to transmit the cultural values, tradition, morals, skills and knowledge from one generation to next generation. Education plays an important role in constructing the path towards development of nation. Education is a never ending and continuous process.<sup>2</sup> From birth to the death of a person education is a part of life. It is considered as the strong weapon to bring any type of change in one's life to achieve the determined goal.

Now a day's education is not teacher based it is student centred i.e. outcome-based learning system. So students have to concentrate more on their studies as there is tremendous competition in today's world. There is a strong desire in the students to achieve greater success in their career so they can secure their place in their profession. For all this, students have to develop good study habits to achieve the determined goal.

Impact of study habits was assessed on secondary school students in science achievement test with respect to gender by Olutola in 2015. Result states that there is significant difference between gender and science

achievement of participants as  $p < 0.005$  and there is positive correlation between study habit and science achievement test ( $r = 0.161$ )<sup>3</sup>

### Need of the study:

Academic success is having a great importance in each student's life. Every student's desire is to score good marks in examination but everyone is not able to achieve the same level of success in examination. There are various factors which include lack of motivation, inadequate guidance from mentors, stress due to great competition, support from parents etc.

Descriptive comparative study was conducted by Konwar I, in 2017 to determine the study habits and academic achievement of college students in selected urban and rural areas from Lakshmipur district, Assam. 120 samples from B.A. First semester was included in study by using stratified sampling technique. Data collection tool used was M.N. Palsane Study Habit Inventory and student's record from college were obtained to assess academic achievement. Results suggest that there was significant difference observed in mean scores of urban and rural district with respect to study habits.

Jaspreet K. and Pankaj S. conducted study in 2020 to examine study habits and academic achievement of secondary school students in Ludhiana. Study was conducted on 60 male students and 60 female students by using study habit scale by Rani and Jaidka. For assessing the academic performance of student's previous exam were result taken. Study results shows that, there was significant relationship between study habits and academic achievement ( $p= 0.000$ ) and also there was significant gender difference between study habits among male and female students ( $p=0.003$ )<sup>4</sup>

The presents study targets to nursing students study habits and their relation with academic achievement. Nursing students have to learn many different things during their course. Understanding theory and its application in clinical practice of various disease condition and care is important. Along with this they have to develop clinical skills which are required to give patient care. Good study habits will improve their knowledge and that will help in the integration with the practice and ultimately it will help in overall academic achievement of nursing student.

With support of above literature and researcher's observation in the undergraduate nursing students if the nursing students will adopt good study habits that will enhance the academic performance and indirectly they will be motivated to learn many new things in their life.

Researcher also experienced during her student period that if the students have good study habits like regular reading, taking notes, listening, time management for studies etc. then that student's academic achievement was higher than those with poor study habits. Hence the researcher feels that assessment of study habits is necessary among undergraduate nursing students in relation to their academic achievement.

### Problem statement:

A study to assess the relationship between study habits and academic achievement among nursing students in selected nursing colleges of Navi Mumbai.

### Objectives:

1. To assess the study habits among nursing students.
2. To assess academic achievement among nursing students.
3. To find out relation between study habits and academic achievement among nursing students.

4. To determine association between study habits among nursing students with selected demographic variables.
5. To determine association between academic achievement among nursing students with selected demographic variables.

## Review of literature:

Rajendra R. et al (2019) conducted observational study on an analysis of the study habits among undergraduate medical students in Velammal Medical College Hospital and Research Institute, Mumbai. 118 final year medical students were between age group 21-22 years. Students were compared based on average of 3 general medical assessment marks held in final academic year as high achievement > 70%, average - 50-70%, low < 50%. This scores were obtained from Denis Congos study skills inventory questionnaire. The total score and percentage of students for each domain were memory 61(51.69%), concentration 67(56.77%), notes taking 7 (5.93%), time management 17 (14.40%), test preparation. The researcher concluded that the ability to pay attention in class is the only study habit showed the significant difference in across the high, medium and low achievers since p value is 0.005.<sup>5</sup>

M. Mirzaei et. al. (2019) determined the status of study habits among student of Kermanshah University of Medical Sciences in Iran. 300 students were selected by using probability sampling technique from the academic year 2015-2016. Data was collected by Palsane and Sharma Study Habit Inventory. The findings of this study suggest that there is positive correlation between study habits and GPA as r value is 0.216 and there is negative correlation between study habits with age as  $r = -0.031$ . 11.2% of the student have favorable study habits followed by 82.2% students have relatively favorable study habits. Researcher also concluded that students with high GPA are having favorable study habits as p value is < 0.005.<sup>6</sup>

S. Asha, Anju. A. (2020) conducted the study to assess the relationship between study habits and academic achievements among high school students. Investigator included 180 high school students by using disproportionate stratified random sampling method and data was collected using modified M. Mukhopadhyaya and D.N. Sansanwal study habit inventory. The findings of the study reveals that there was a significant positive co-relation between study habits and academic achievement of high school students as  $r = 0.808$  at 0.01 level of significance.<sup>7</sup>

Mrityunjoy J Braja K, conducted the study in July 2020 to explore the relationship between study habits and academic achievement of scheduled tribe higher secondary school students. Descriptive study was conducted on 450 students of scheduled tribe in west Bengal by using study habit inventory by Dimple Rani and M.L. Jaidka and to measure the academic achievement of student's previous year results were taken. The findings of the study show that, there is significant positive relationship between study habits and academic achievement as  $r = 0.751$ .<sup>8</sup>

## Research Methodology

### Research Design:

The type of design adopted for the study is descriptive research design.

### Sample and sampling technique:

In this study 152 third year nursing students were included and sampling technique was non probability convenient sampling technique.

## Sample selection criteria for the study

### Inclusion Criteria:

1. Students who are willing to participate in the study.
2. Third year B.Sc. nursing students.

### Exclusion Criteria:

1. Students who are sick to participate in the study.
2. Students who are absent on the day of study.

## Data collection tool:

The tool used in this study consists of section I and section II. Section I (A) consist of demographic variables which includes age, gender, religion, family type, mother's education, father's education, mother's occupation, father's occupation, monthly income of family, mode of stay. Section II (B) consist of average no. of hours spend per day to study, average no. of hour spent to sleep, travelling time from home to college and back, mode of travelling, timing of study, pattern of study.

Section II consists of study habit inventory by M. N. Palsane and Sharma Study Habit Inventory. It includes total 45 questions of 8 domains as budgeting time, physical condition for the study, reading ability, note taking, factors in learning motivation, memory, taking examination and health.

Out of 45 questions, question no. 6,9,13,15,24,26,34,36,37,41 and 44 are having reverse scoring as 0,1 and 2 respectively. Scoring is based on a Likert Scale (0-3) in which zero is lowest score and 90 is highest.

## Data collection process:

Permission from ethical committee was taken from Institutional Ethical Committee. Later permission from Principal of Nursing Colleges was taken. Informed consent was taken from participants. Each participant was given study habit inventory by M. N. Palsane and Sharma with demographic tool. Each participant has taken 20-25 minutes to solve the questions. Then data analysis and interpretation have done.

## Data analysis and result:

### Demographic Profile with Information about Study Habits

TABLE 1: Distribution of demographic data (N = 152)

Sr. No	Demographic Variables	Category	Frequency	Percentage
1.	Age	Less Than 20	80	52.6%
		Greater Than 20	72	47.4%
2.	Gender	Female	134	88.2%
		Male	17	11.2%

3.	Religion	Hindu	105	69.5%
		Christian	40	26.3%
		Muslim	5	3.3%
		Buddhist	2	1.3%
4.	Type of Family	Joint	25	64%
		Nuclear	123	80.9%
		Extended Nuclear	4	2.6%
5.	Mother's Education	Profession Or Honours	6	3.9%
		Graduate	24	15.8%
		Intermediate Of Diploma	16	10.5%
		High School Certificate	46	30.3%
		Middle School Certificate	34	22.4%
		Primary School Certificate	20	13.2%
		Illiterate	6	3.9%
6.	Father's Education	Profession Or Honours	3	2%
		Graduate	36	23.7%
		Intermediate Of Diploma	19	12.5%
		High School Certificate	56	36.8%
		Middle School Certificate	21	13.8%
		Primary School Certificate	16	10.5%
		Illiterate	1	0.7%
7.	Mother's Education	Housewife	123	80.9%
		Service	2	1.4%
		Maid	1	0.7%
		Farmer	17	11.2%
8.	Father's Education	Service	86	56.5%
		Gov. service	5	3.3%
		Business	16	10.5%
		Farmer	17	11.2%
9.	Monthly Income	< 10,001 Rs.	29	19.1%
		10,002- 29,972 Rs.	60	39.5%
		29, 973- 49,961 Rs.	40	26.4%

		49, 962- 74, 961 Rs.	13	8.6%
		74,756- 99, 930 Rs.	5	3.1%
		99, 931- 1,99, 930 Rs.	2	1.3%
		1,99, 862 Rs.	2	1.4%
10.	Mode of Stay	Living with parents	77	50.7%
		Hostelite	36	23.7%
		Room sharing with friends	24	15.8%
		Living with relatives	15	9.9%

Table 1 represents that 52.6% of the students are less than 20 years and 47.4% of the student's age is more than 20. In gender wise distribution of students, 88.2% are female and 11.2% are male students. In religion, 69.5% are Hindu followed by 26.3% are Christian. In type of family majority 80.9% of the students are living in nuclear family followed by 16.4% students are living in joint family. In mother's education, majority 30.3% are having high school certificate followed by 22.4% are having middle school certificate. In father's education majority 36.8% of the student father's are having high school certificate. In mother's occupation, 80.9% are housewife. In father's occupation, 56.5% of the student father's occupation is service. 39.5% of the student family's monthly income is between 10,002- 29,972 Rs. Majority 50.7% of the students are living with their parents.

TABLE 2: Information about Study Habits (N= 152)

SR. NO	DEMOGRAPHIC VARIABLE	CATEGORY	FREQUENCY	PERCENTAGE
1.	Average no. of hours spent to study	< 2 hours	67	44.1%
		2-4 hours	75	49.3%
		4-6 hours	10	6.6%
2.	Average no. of hours spent to sleep	< 4 hours	4	2.6%
		4-7 hours	115	75.7%
		7-10 hours	33	21.7%
3.	Travelling time from home to college and back	Less than 30 min	48	31.6%
		30 min to 1 Hour	50	32.9%
		1 Hour to 2 Hour	32	21.1%
		More than 2 Hours	22	14.5%
4.	Mode of Travelling	Walking	37	24.3%
		Own 2wheeler	7	4.6%
		Own 4wheeler	2	1.3%
		Bus	40	26.3%

		Train	58	38.2%
		Any other(auto)	7	4.6%
5.	Timing of Study	Early morning	23	15.1%
		Evening	65	42.8%
		Late night	64	42.1%
6.	Pattern of Study	Individual study	141	92.80%
		Group study	11	7.20%

Table 2 represents frequency and percentage of the student's Information related to Study Habits. Majority 44.1% of the students are studying < 2 hours in a day. 75.7% of the students take sleep of 4-7 hours. Majority 32.9% of the students require 30 min to 1 hour time to travel to the college and back. Majority 38.2% of the students are travelling by train followed by 26.3% travelling by bus. 42.8% of the students are studying at evening followed by 42.1% studying at late night. Majority (92.80%) of the students prefer to do individual study.

#### Relation between study habits and academic achievement

Fig 1 shows the study habits among students

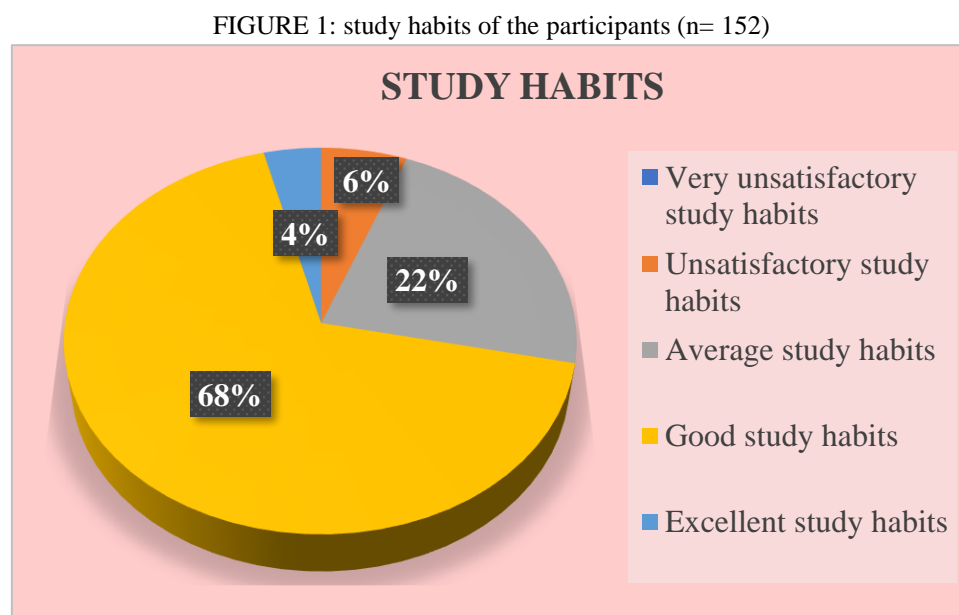


Figure 1 represents study habits among nursing students. Majority 67.8% of the students having good study habits followed by 22.4% having average study habits. 11% students having excellent study habits and only 5.9% of the students having unsatisfactory study habits.

Fig 2 shows the academic achievement among students

FIGURE 2: Academic achievement of the participants

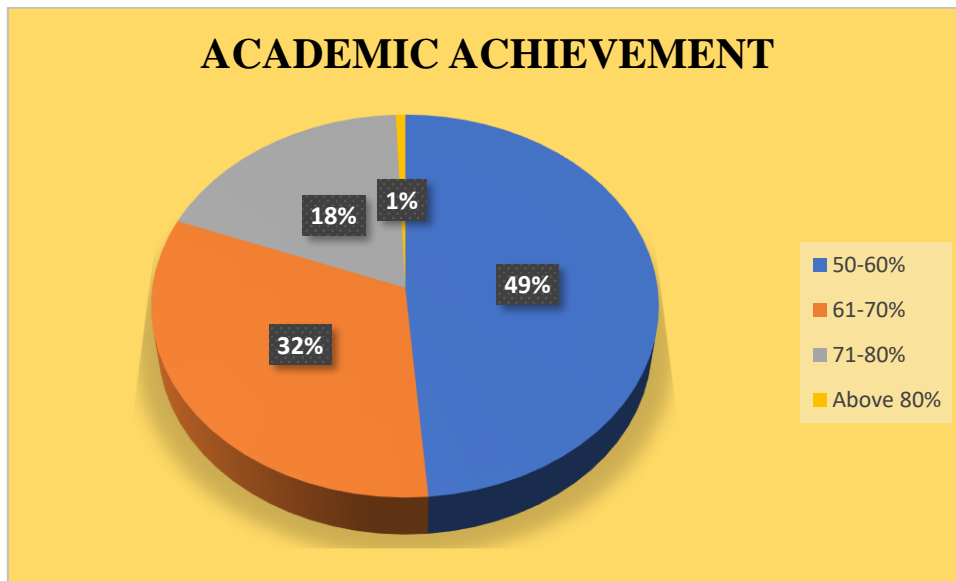


Figure 2 represents academic achievement among nursing students. Majority 48.7% of the student's second year percentage are between 50-60%. Followed by 32.2% of the students are between 61-70% and 18.4% are between 71-80% and only 0.7% are scored over 80%.

Fig. 3 shows the correlation between study habits and academic achievement of the participants

FIGURE 3: Correlation between study habits and academic achievement of the participants

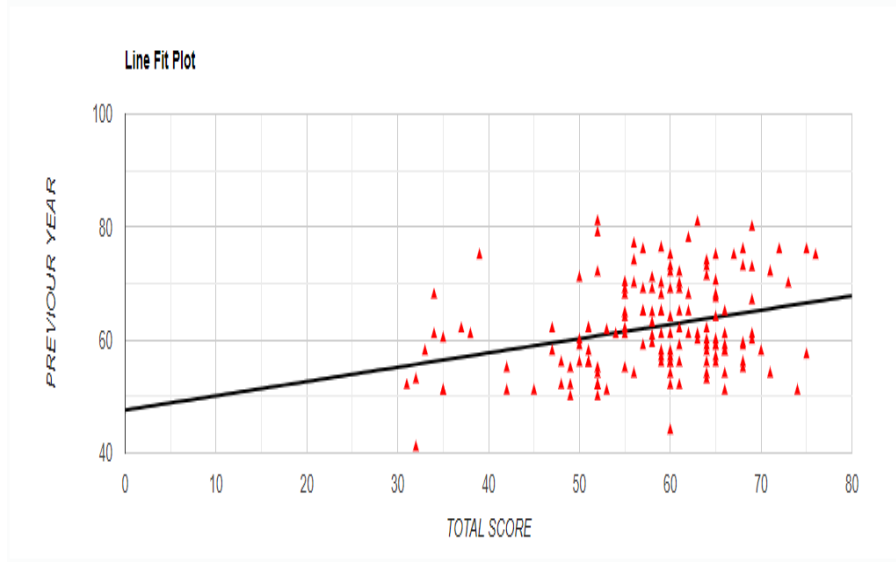


Figure 3 represents that, there is weak positive correlation between study habits and academic achievement as  $r = +0.294$ .

#### Association between study habits and academic achievements among nursing students with selected demographic variables.

There is no association between demographic variables with study habits of students as p value is more than 0.005 level of significance.

There is association of academic achievement among nursing students with few selected demographic variables such as travelling time from home to college and back and mode of travelling as p value is less than 0.005

## Discussion:

In present study, analysis of the data shows that 68% of the students had good study habits followed by 22% having average study habits and 4% of the students have excellent study habits. A study conducted by Fanai L, (2020) in Mizoram to assess the relationship between study habits and academic performance of high school students. Analysis of the data shows that, about 56% of the students have high level of study habits followed by 42.5% average level of study habits and only 1.3% students have poor level of study habits.<sup>9</sup>

Present study analysis of academic achievement of the students depicts that 48.7% of the student's previous year percentage was between 50-60% followed by 32.2% of the students are between 61-70% and 18.4% of the students scored between 71-80% and only 0.7% scored above 80%. Tus J, Rayo F, Lubo R, Cruz M, (2020) conducted the study to assess relation of study habits and academic performance in grade 11 students in Philippines. In this study, researcher used following grading: below 75, 75-79, 80-84, 85- 89, 90-100 and study findings shows that maximum 45.24% of the students are between 80-84.<sup>10</sup>

In present study the correlation of study habits and academic achievement was calculated by Karl Pearson's formula and it states that there is weak positive correlation between study habits and academic achievement as  $r = 0.294$ . Sadry Z, Muzia S, (2019) conducted the study to determine relationship between study habits and academic achievement in EFL students in Afghanistan. In this study, there is positive moderate correlation between study habits and academic achievement among students as  $r = 0.373$ .<sup>11</sup>

In present study, it is seen that there is no association of demographic variable with study habits as p value is less than 0.005 level of significance. The study conducted by Narayanan A, Anju J, Anusha P.N (2015) on study habits among nursing students in Mangaluru. Age of student and mode of stay was significant. Gender, year of study, male parent education and female parent education were not significant in the study.<sup>12</sup>

In present study there is an association of academic achievement with mother's education, travelling time from college and back and mode of travelling as p value is less than 0.005 level of significance. No any study found to support this data.

## Conclusion:

The results revealed that Majority 67.8% of the students having good study habits. Inacademic achievement among nursing students, majority 48.7% of the student's second year percentage are between 50-60%, followed by 32.2% of the students are between 61-70% and 18.4% are between 71-80%.

There is weak positive correlation between study habits and academic achievement among nursing students as  $r = +0.294$ . It is seen that there is no association of study habits with selected demographic variables as p value is more than 0.05 level of significance. There is an association of academic achievement with travelling time from home to college and back and mode of travelling as their p value is less than 0.05 level of significance.

## Recommendation:

- Exploratory study can be done by incorporating interview method.
- Intervention study can be done by implementing study habit programme among nursing students.
- Descriptive Study can be done to determine factors affecting study habits among nursing students.

- Similar study can be done by incorporating cluster sampling technique to accommodate large geographical area and generalize the findings.

## Funding:

Self

## Conflict of Interest:

Nil

## References

1. Ali M, Faaz M, Study habits as a measure of senior secondary school, international education and research journal, volume 3, issue 6, June 2017
2. Lajwanti, Paliwal A, impact of internet use on study habits of higher secondary students, journal of education and practice, volume 3, issue 5, 2012 Retrived from [www.ijste.com](http://www.ijste.com)
3. Olutola, Adenkule T, Dosunmu, Simeon A. assessing the impact of study habit and gender on science achievement of secondary school students, journal of science, technology, mathematics and education (JOSTMED), 11(3), December 2016.
4. Kaur J, Singh P, study habits and academic performance: a comparative analysis, European journal of molecular and clinical medicine, ISSN-2525-8260, volume 07, issue 07, 2020.
5. Rajendran R. Asokan S., SnehaThangaraj S. International Journal of Medical Research and Review, 2019 Volume 7 Number 5 September-October Retrieved from <https://doi.org/10.17511/ijmrr.2019.i05.09>
6. Mirazae M, Martin B, Hosseini S, Jalilian F, Study habit and associated determinants among student of Kermanshah university of medical sciences. educ. res. med. Sci. 2017 volume 6, issue 1, 19-24 Available form <https://www.researchgate.net/publication/319350865>
7. Asha Sasi, Anju A R (2020). The Correlation between Study Habits and the Academic Achievement of High School Pupils. Universal Journal of Educational Research, 8(12A), 7359 - 7366. DOI: 10.13189/ujer.2020.082520. Retrieved from <http://www.hrpub.org/>
8. Mrityunjoy J Braja K, relationship of study habits and academic achievement among scheduled tribe secondary level students in west bengal: an investigation, international educational, volume 4, issue 1, July 2020. Retrieved from <https://www.researchgate.net/publication/343107114>
9. S. Fajar et al (2019), factors affecting academic performance of undergraduate nursing students, Journal of social science and management, volume 6, issue- 1, 7-16
10. Tus J, Rayo F, Ludo r, Cruz M, The leaders study habits and its relation on their academic performance, International Journal of all research writing, December 2020, volume 2, issue 6
11. Sadry Z, Muzia S, relationship between study habits and academic achievement of Afgan EFL students, international journal of management and applied sciences, ISSN2394-7926, volume-5, issue-3, Mar-2019 Retrieved from <http://iraj.in>
12. Narayanan A, Anu J, Anusha P.N, study habits among nursing students of a selected educational institute in mangaluru, American international journal of research in humanities, arts and social sciences, volume 13, issue 3, 2016 Retrieved from <http://www.iasir.net>