

An investigation into the study habits of adolescents residing in rural and urban areas of Jammu district

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ABSTRACT

The present research was conducted to assess and compare the study habits of adolescents residing in rural and urban areas of Jammu district. 120 adolescents *i.e.* 60 adolescents from rural and urban setting (30 girls and 30 boys each) were selected randomly from west zone of Jammu. The tools used for the study were an interview schedule and study habit inventory (SHI). The data was analyzed both qualitatively and quantitatively by using mean, standard deviation and t-test. The results of the study enables to examine the study habits of adolescents like mode of study, time duration, and way of study, difficult subjects and organization of thoughts during exams. Majority of adolescents were in the age group of 17-18 years, belonged to nuclear family, opted arts stream and preferred to study all alone. Mean scores of adolescent girls in rural and urban areas were higher than the boys. There was a significant difference between adolescent girls and boys in the study areas: comprehension, supports, recording and language. The results further revealed that the mean scores of urban adolescents were higher than rural adolescents and there existed significant difference between rural and urban adolescents in the study areas like task orientation, drilling and supports.

KEY WORDS : Study habits, Adolescents, Study habit inventory

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INTRODUCTION

Habits play an important role in proper development of the child. Some children are intelligent yet they do not score as they wish. In such a situation how does a child study? What are his habits? It is necessary to know it. It is of great importance for students to recognize the use of productive study and learning ways in school life achievement. Now a days, it has become an important issue which should be accentuated particularly to get students adapt good study habits.

Admitting self-study skills being an important factor of learning process, student's competences on studying habits come into prominence. It is also believed that getting those habits will definitely affect achievement in school and post school life. Reading is considered as a skill area of the general curriculum. Generally, students who have reading deficiencies find difficulties in areas which require the use of vocabulary, comprehension and analytical skills with mathematics, these skills are crucial in understanding concepts and solving problems. Study habits are learning tendencies that enable students work privately (Nneji,

2002).

The most successful students balance social activities with good study habits and agree that a weekly schedule work is best and provides flexibility necessary to make adjustments according to assignments. Some poor study habits are such as not completing assignments, missing classes, not spending sufficient time on study and avoid reviewing the study material. Choosing a study place is very important; many students often with good intentions make the mistake of choosing their bed as their special studying place. Unfortunately, these students find that their study time turned into their nap time. An accepting and warm approach will encourage students to participate and to be more engaged in their learning activities. In addition, teachers and parents affect students with their attitude and behaviour. Some studies found gender differences on study habits. Males were superior to the females on study skills. All too often, students perform poorly in school simply because they lack good habits. In many cases students don't fully understand the study material. If their studying skills do not improve, these students will continue to test poorly and not perform to their fullest potential.

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