

PDF - A STUDY OF THE INFLUENCE OF STUDY HABITS ON THE ACADEMIC PERFORMANCES OF SENIOR SECONDARY SCHOOL STUDENTS - researchcub.info **ABSTRACT**

The study investigated the effects of study habit on the academic performance of students' using some selected senior secondary schools in Mushin Local Government Area of Lagos State as a case study. The study employed a descriptive research survey type. One hundred and twenty (120) students were randomly selected from six senior secondary schools in the area. The instrument utilized for the study was a questionnaire named "Study Habit and Study Attitude Scale"(SHSAS). Three hypotheses were tested and the result showed that the study habits of the students, method of study, and the school environment, student personality and peer group all affect the academic performances of students in secondary schools. Data was analyzed using Pearson moment correlation.

Based on the findings, appropriate parental counseling programme needs to be organized for parents that will educate them on how to motivate their wards to cultivate good study habits in order to enhance their academic performance. Hence, it is suggested that similar research with relevant research methodology should be used in carrying out research in other states of the federation to ascertain the degree of conformity which this research have on the study habit of all senior secondary school students in Nigeria.

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CHAPTER ONE

INTRODUCTION

1.0 BACKGROUND OF STUDY

Research on the correlation between study habit and students academic performances has for long received attention from scholars and educational agencies.

1.0.1 WHY IS THIS STUDY NECESSARY

In every school setting, students are perpetually in search of academic success, the success of academic performance is their ultimate goal. However studies of school performances indicates that most students are under achievers, Dizney 2003 and Okegbile 2007. A major reason for students under developed potentials may be in their lack of learning strategies. This study therefore is to investigate the influence of study habits on academics performances of students using secondary schools in Mushine Local Government as a case study.

1.0.2 IMPORTANCE OF PHYSICS

The relative importance of teaching and learning physics has increased dramatically over the years. The importance of Physics cannot be over-emphasized as it forms the basis for technological advancement of any nation. (Jubril 1986) said science is most powerful tool for man's development. it has been identified as an instrument per excellence in solving socio-economic problems of good health facilities, agriculture, employment, poverty and many other problem betting development in under-developed nation like Nigeria.

Physics is a branch of science that deals with energy and matter and their interactions. It is sometimes referred to as the science of measurement and its knowledge has contributed greatly to the production of

instruments and devices of tremendous benefits to the human race. The study of physics can lead to several scientific fields and professions such as engineering, manufacturing, mining and construction industries. Apart from this, knowledge of physics plays a very significant role in the development of any nation. Much as Nigeria advocates for and pursuing development in technology, the results has been both unsatisfactory and encouraging (Adebayo 2008). The drastic drive in Nigeria towards technology is contained in her National policy in Education(2004)

1.0.3 CHALLENGES IN LEARNING PHYSICS

Some of the challenges that physics education is facing in our society today are as follows;

- i. Lack of competent teachers to the profession: one of the greatest problems faced by physics teachers is that of recruitment and retention of competent people into the teaching profession(Adeyinka2010). The future of any nation lies in the hand of effectively trained and professional teachers. But now, teaching is considered as the last hope of the hopeless, i.e the profession of those who do not have better things to do(Aliyu2011)
- ii. Inadequate laboratory facilities: laboratories in our schools are not well equipped.
- iii. Poor students' motivation: the enrolment figure of most student in our schools are in social sciences and humanities which surpasses that of student of physics and other core science courses.

Other factors limiting effective learning of physics include;

- Lack of teaching aid
- Poor/un-committed students
- Lack of good textbooks
- Curriculum
- Lack of proper orientation to the students

1.0.4 WHAT ARE PAST RESEARCHER'S EFFORTS TO CURB THESE CHALLENGES?

Education is known to have always played important roles in the life of man. Aggrawal(1997) says, "Education is a continuous and lifelong process. It is the process of development from infancy to maturity. It includes the effect of everything which influences human personality" Iram (1999) quoted the definition of education from Singh (1997) as , "Education is broad term, the life long process of acquiring new knowledge and skills through both formal and informal exposure to information, ideas and experiences"

Some psychologists thought that a child's mind was a clean state and a teacher could write anything on it . Others were of the view that a child was just like a lay and a teacher like a porter who could make anything out of it.

It is an understatement to say that the standard of education in Nigeria has fallen. However it has been realized that the students who possess mental abilities sometimes do not perform well in their academic work either because they do not know how to study effectively or do not use the most effective method of studying. Many questions have raised by teachers, parents and students themselves on why students perform so poor academically. Even the state government have shown some concern over this in recent time by introducing low cost books for primary and secondary schools. Although this was meant to create the desire to study by the students, it has not helped the situation much because students do not read this books. Many of the students complained of lack of understanding.

There is no doubt that these complaints evidently point to one fact, that is lack of effective study habits. It is this problem however I wish to investigate as it appears to be one of the root causes of dwelling standard of

our educational system today.

The extent of the student's learning in academics may be determined by the grades a student earns for a period of learning. It is believed that a grade is a primary factor that indicates such learning. However, many experiences and study found out that there are also several factors that would affect grades. Not a single factor can definitely point out as predicting grades. It has been an interplay of so many factors – gender, IQ, study habits, age, year level, parents' educational attainment, social status, number of siblings, birth order, etc. In fact, almost all of the existing environmental and personal factors are a variable of academic performance. Studying is important in our lives, especially to the lives of students. Each student as a unique individual has different abilities, approaches and way of thinking, interests and way of studying lessons. These individual differences have significant influences on one's learning style and acquisition. Each student has different methods and ways of studying and these methods are sometimes helpful but some are not as effective as the others (Oppapers, 2010).

These ways of studying are the routinely or habitual way of studying the learner. It is an accustomed method of approach to units of students learning with its consistency in ignoring, destruction of its effectiveness to the specific materials being studied and the effects which it exerts throughout the process. Every year, there are a lot of comments from educators, schools administrators and parents who are at a loss on how to improve their students and children's study habits. This requires the teacher to promote a new mindset of learning style theories to appreciate each student as a unique individual, instead of trying to force all students into one fixed or pre-set model. Good study habits help the students to gain much affective learning that profit even more. Students who perform well in classes and who are academically outstanding are proofs that they have good study habits. This is because study habits involves using organizational techniques of learning which exercise the particular talents and aptitudes of the students.

However, at this point I would like to investigate the possible relationship of study habits and factors affecting it to the academic achievement of secondary school students in few selected secondary schools in Mushin local Government area. The investigation of this area thus becomes a real and compelling motivation for me to conduct this study.

1.1 STATEMENT OF THE PROBLEM

This study is intended to find out the factors affecting study habit of a few selected secondary schools in Yaba local Government area in Lagos state. It is also aimed at answering the following questions

- 1] What is the profile of the respondents according to
 - a] Time management
 - b] Learning skills
 - c] Study skills
- 2] What extent of influence did the independent variable have on students' study habits
- 3] Did the independent variables significantly influence students' study habits

Due to the increasing nature of poor academic performance of secondary school students, especially in external examinations like WAEC and JAMB, many educationists tend to shift the blame on the teaching methodology adopted by the teachers and lack of funds from the government to provide quality textbooks. However, these might not be the main reasons why students perform poorly in examinations. It is clear from all indications that most secondary school students have poor study habits which might lead to poor academic performance.

As true as this might sound, it is yet to gather adequate research evidence to prove that it is a key factor on why students fail

1.2 PURPOSE OF STUDY

The primary aim of this study is to examine the effect of study habit on students academic performance.

This general aim is expressed in the following specific objectives which are to;

- 1) Assess the study habit of students in secondary school.
- 2) Compare the academic performance of students who have developed a study habit and those who do not have a study habit.
- 3) Examine factors influencing students study habit.
- 4) investigate the effect of study habit on students academic performance.

1.3 RESEARCH QUESTION

The following questions were raised to guide the study:

1. Is there any relationship between students study habit and academic performance of students?
2. What is the nature of relationship between students study habit and their family background?
3. How important is the method of study on academic performance of students?
- m4. does the school environment, student personally and peer group affect the study of habit of students?

1.4 RESEARCH HYPOTHESES

Three hypotheses were formulated based on the research questions

Ho1: There is no significant relationship between students study habit and academic performance.

Ho2: There is no significant relationship between method of study and academic performance of students.

Ho3: There is no significant relationship between the school environment, student personality and peer group and the study habit of students.

1.5 SIGNIFICANCE OF STUDY

This will be useful to many people who may not know the factors that could make or mar student's academic performance. There the study is significant in this regard.

-It attempts to combine study skills with study habits and how they both affect academic performance of students.

-It will provide valuable information about the effects of poor study habit on the academic performance of students

- It will serve as resource materials for others who want to carry out research in related field

1.6 SCOPE AND LIMITATION OF THE STUDY

This study centers on the effects of study habits on academic performance of student in senior secondary schools. The scope of this research project is restricted to yaba local government area of Lagos state. Availability of time and sourcing of good materials posed as hindrance to the timely completion of this project work.

1.7 DEFINITION OF TERMS

STUDY HABIT:

This is a behavior style that is systematically formed by students towards learning and achievement.

STUDY SKILLS

These are peculiar strategies developed by the students in studying.

ACADEMIC:

This has been variously defined but for the purpose of this study, horn by (1991) define academic as that which has to do with school college studies or learning in other words designate the intellectual; aspect of education particularly the final subject deals with organized knowledge.

ACADEMIC PERFORMANCE.

This refers to the performance that falls within specified standard is usually called pass mark and the pass mark is score above average which student are considered having passed and below which students are considered having failed

STUDENT:

A person who is learning or studying at a place of higher or further education.

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