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Study of Study Habit of Senior Secondary Students Belonging to U.P. Board and CBSE.



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Abstract

The factor that contributes to the student's performance in tests and examination is lack of proper study habit. For an excellent performance, there is need to develop good study habit. A student, who wants to study well, needs to choose a suitable place for his studies. Where to study is as important as what to study and how to go about studying. Productive study habit require learners to prepare personal time table for themselves allocating a certain length of time for a particular subject, depending on how difficult each subject is. In the present paper, an attempt has been made to explain the concept of study habit.

Keywords: Study habit, CBSE Students, U.P.Board Students.

Introduction

Education is an individualizing and socializing process that furthers personal advancement as well as social living¹-Crow&Corw.1 Education is the fundamental means of human adjustment and development. By the birth of man, his innate powers, knowledge and skills are enhanced by education. When the man grows up gradually he is taught sitting, standing, moving, eating and social conduct, after it he is sent to school and there his education is organized in a very proper manner. Besides the school, he is also taught in his family and community that go on even after he leaves the school. If we see it in extensive form, the process of education in the society continues forever. Views of Philosophers, sociologist, political scientists are different regarding education. But all seem to agree on the point that the education is a purposeful, social, continuous, dynamic and developmental process. The emphasis is laid on the fact that educational process should be conducted according to the interest, aptitude and ability of the student. Many Scholars in their restless efforts in studies have concluded that the educational process depends on student's physical health, mental health, growth, development and maturity, desire to learn, his previous experiences and knowledge, moral qualities, character, vigor and fatigue and his studiousness. Thus, it is the noble duty of the society itself to help the student to develop and modify his inherent qualities to the extent where he can learn to his best and perform in a desired manner.² The main pole of learning process is student. The good study habit of student helps him a lot in learning, by good study habit students do all work in time, so that their learning goes on smoothly.

Objectives The objectives of the present study were as

1. To compare the study habit of male and female senior secondary students of C.B.S.E.
2. To compare the study habit of male and female senior secondary students of U.P. Board.
3. To compare the study habit of senior secondary of C.B.S.E and U.P. Board.
4. To compare the study habit of male senior secondary students of C.B.S.E and U.P. Board.
5. To compare the study habit of female senior secondary students of C.B.S.E and U.P. Board.

Hypotheses

According to the objectives, following null hypotheses have been constructed.

1. No significant difference exists between the study habit of male and female senior secondary students of U.P.Board.

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2. There is no significant difference between the study habit of male and female senior secondary students of U.P.Board.
3. No significant difference exists between the study habit of senior secondary students of CBSE and U.P.Board.
4. There exists no significant difference between the study habit of male senior secondary students of CBSE and U.P.Board.
5. There is no significant difference between the study habit of female senior secondary students of CBSE and U.P.Board.

Method

Present study is based on normative survey method of descriptive research.

Sample

For the present study, a sample of 120 senior secondary students (60 CBSE and 60 U.P.Boards) studying in XI and XII standards of CBSE and U.P.Board co-ed schools have been selected through stratified random sampling technique. **Tool**-Study Habiy Inventory by M.Mukhopadhyay and D.N.Sansanwal.

Table -1

Showing Significance of Difference Between Means of Study Habit of Male & Female Senior Secondary Students of CBSE

Variable	Sex	N	Mean	S.D	df	t-value	Result
Study Habits C.B.S.E.	Male	30	178.2	18.3	58	1.75	Insignificant at both levels
	Female	30	186.6	18.9			

It is revealed from Table-1 that t-value comes out to be 1.75, which is not significant. Hence, by accepting null hypothesis, it is concluded that there is no significant difference between the study habit of senior secondary

students of CBSE and U.P.Board. It may, therefore, be interpreted that male and female senior secondary students of CBSE have similar study habit.

Table - 2

Showing Significance of Difference Between Means of Study Habit of Male and Female Senior Secondary Students of UP Board

Variable	Sex	N	Mean	S.D	df	t-value	Result
Study Habits U.P. Board	Boys	30	180.3	14.6	58	.24	Insignificant at both levels
	Girls	30	181.2	14.2			

Above table indicates that t-value has been found 0.24, which is not significant at 0.05 level and 0.01 level of significance.

Thus, this null hypothesis is accepted. It may be stated that there is no significant difference between the study habits of senior secondary male and female students of U.P. Board.

Both male and female of U.P. Board have almost similar study habit.

Table - 3

Showing Significance of Difference Between Means of Study Habit of Senior Secondary Students of CBSE and U.P. Board

Variable	Sex	N	Mean	S.D	df	t-value	Result
Study Habits	C.B.S.E.	60	178.55	18.6	118	2.05	Level of Significance 0.05
	U.P.	60	171.75	17.8			

Table-3 shows that t-value comes out to be 2.05, which is significant at 0.05 levels. Hence, by rejecting null hypothesis, it may be interpreted there is a significant difference between the study habits of senior secondary students of C.B.S.E. and U.P. Board.

Also, it is shown from their mean values that the mean value of senior secondary students of

C.B.S.E. (M= 178.55) is higher than that of senior secondary students of U.P. Board (M= 171.75) Therefore, it may be interpreted that study habit of senior secondary students of C.B.S.E.is better that that of senior secondary students of U.P. Board.

Table - 4

Showing Significance of Difference Between Means of Study Habit of Male Senior Secondary Students of CBSE and U.P. Board

Variable	Board	N	Mean	S.D	df	t-value	Result
Study Habits	C.B.S.E	30	178.2	18.3	58	0.03	Insignificant at both levels
	U.P. BOARD	30	180.3	14.6			

Table-4 depicts that t-value comes out to 0.03, which is not significant at 0.05 level and 0.01 of significance. Thus, by accepting the null hypothesis, it is interpreted that there is no significant difference between the study habits of male senior secondary students of C.B.S.E. and U.P. Board.

Hence, it may be concluded that the study habit of male senior secondary students of C.B.S.E. and U.P. Board are similar.

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Table - 5
Showing Significance of Difference Between Means of Study Habit of Female Senior Secondary Students of CBSE and UP Board

Variable	Board	N	Mean	S.D	df	t-value	Result
Study Habits	C.B.S.E.	30	186.6	18.9	58	0.81	Insignificant At Both Levels
	U.P. Board	30	181.2	14.2			

Table-5 Reveals that t-Value Comes out To 0.81, Which is insignificant at both levels of Significance. Hence, by accepting the null hypothesis, it is interpreted that there is no significant difference between the study habits of senior secondary girls of CBSE and UP Board. Therefore, it may be concluded that the female senior secondary students of CBSE and UP Board have similar study habit.

Conclusion

1. C.B.S.E. male and female students have almost similar study habit.
2. Male and Female senior secondary students of U.P. Board have similar study habit.
3. Senior Secondary C.B.S.E. students have better study habit than UP Board students.
4. Male senior secondary students of C.B.S.E. and U.P. Board have almost similar study habit.
5. No significance differences between the study habit of female senior secondary students of C.B.S.E. and U.P. Board.

Implication of the Study

Study habit of senior secondary students of U. P. Board and C.B.S.E. can be improved. For improving

their study habit some interesting facts based on the principle of learning by doing may be included in the curriculum. Teachers may also include the library related projects in their subjects which should be based on critical thinking. Parents may also change the schedule of their wards to improve their study habits.

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