

## TABLE OF CONTENTS

	<b>Page No.</b>
<b>TABLE OF CONTENT</b>	<b>i</b>
<b>LIST OF TABLES</b>	<b>iv</b>
<b>LIST OF FIGURES</b>	<b>vi</b>
<b>ABSTRACT</b>	<b>viii</b>
<b>Chapter 1</b>	
<b>INTRODUCTION</b>	<b>1-14</b>
1.1 Study habits	1
1.2 Factors affecting study habits	2
1.3 Good study habits	3
1.4 Poor study habits	3
1.5 Causes of poor study habits	3
1.6 Developing good study habits	4
1.7 Techniques of enhancing concentration/ attention span	5
1.8 Academic achievement	6
1.9 Role of study habits in academic achievement	6
1.10 Qualities of high achievers	7
1.11 Major subjects and their nature	7
1.12 Justification	12
1.13 Statement of the problem	14
1.14 Objectives	14
1.15 Operational definition	14
1.16 Delimitation	14
<b>Chapter 2</b>	
<b>LITERATURE REVIEW</b>	<b>15-31</b>

2.1 Research gap	32
<b>Chapter 3</b>	
<b>METHODOLOGY</b>	<b>33-47</b>
Introduction	33
3.1 hypotheses	33
3.2 Research Design	34
3.3 Method used	34
3.4 Locale of the study	34
3.5 Sampling techniques	
3.5.1 Selection of schools	36
3.5.2 Sample selection and distribution	36
3.6 Process of data collection	38
3.7 Variable under study and their measurement	38
3.8 Pilot study	40
3.9 Tools used for the study	41
3.10 Statistics used for data analysis	47
<b>Chapter 4</b>	
<b>RESULTS AND DISCUSSION</b>	<b>48-83</b>
<b>4.1 statistics analysis and interpretation</b>	
of data regarding students' study habits among	
6 <sup>th</sup> and 8 <sup>th</sup> grades.	49
<b>4.2 Demographic characteristics of respondents.</b>	<b>57</b>

<b>4.3</b> Analysis between demographic factors and StudentsStudy habits.	60
<b>4.4</b> Analysis and interpretation of factors affecting study habits of different level achievers.	71
<b>4.5</b> Assessment and interpretation of different techniques used By students in different subjects.	77
<b>chapter 5</b>	
<b>SUMMARY AND CONCLUSION</b>	<b>84-97</b>
Introduction	84
Methodology	86
Major finding	87
Conclusion	95
Suggestion to the students	96
Recommendation for future research	97
Implication of the study	97
<b>BIBLIOGRAPHY</b>	
<b>APPENDICES</b>	