ABSTRACT

INTRODUCTION

In the present era the concept of education is changing and becoming vast. Education, which was teacher-centered, has now become child-centered. These are the days of self-directed learning, active learning and lifelong learning. The main aim of education is to bring out all round development which will enable him to face this competitive world.

NEED OF THE PRESENT STUDY

Academic achievement has a great value for all students in their career but at the same time all the students can never gain or reach the same level of achievement in the examination. There are many factors affecting the achievement like stress, tough competition, low confidence level, lack of motivation, improper attitude towards study and also way of studying. A large number of failures at secondary level is an issue of great concern for teachers, parents and administrators.

The target of the study is secondary level students of std. 9 students. They want to do independent studies. If at this age proper study habits are developed, it will stay with the students forever and will help them to shape up their interests, attitudes, skills and even goals.

The sample chosen by the researcher is mostly from lower middle class. They have a desire to get education. In today’s world of competition, students should know the proper, efficient and systematic way of learning to face various competitions. If the parents are well aware of the situation they can guide their children or make arrangements for the same but researcher thought of lower middle class students wherever the parents are also not aware of all these things.
Researcher felt the need to find out, the difference between study habits of boys and girls because from Maharashtra S.S.C. results the remarkable difference in the passing percentage of boys and girls was observed.

Many researchers have located various problems faced by students during studies, factors affecting it. But very few researchers have implemented programme to guide the students to develop proper study habits. Researcher felt the need not only to locate the problem of students in their studies but also orient them to overcome it. And help them to better their future.

Thus Researcher felt a need that study habits programme should be developed, implemented and its effectiveness should be checked for the benefit of students, teachers and parents as well.

**STATEMENT OF THE PROBLEM**

To study the effectiveness of study habits programme on the Science achievement of standard 9 students from Semi English Medium schools in Pune city.

**OBJECTIVES**

1. To assess the existing study habits of Semi English Medium students of std. 9.

2. To find out the difference between study habits of boys and girls.

3. To develop and implement the programme to inculcate desirable study habits.

4. To study the effectiveness of the study habits programme in terms of study habits, Science achievement and gender of the students.
OPERATIONAL DEFINITIONS

Effectiveness

It is the extent of fruitfulness of the programme and it is checked in terms of science achievement and study habits of the students.

Study habits

It is a habit of the student during study which considers following areas and is measured by Study habits inventory by Dr. M.N. Palsane.

- Physical conditions for study
- Factors in learning
- Health
- Taking examination

Reading ability, Note taking,
Memory
Budgeting time,

Study habits programme

It is the set of activities to inculcate desirable study habits in students which includes

- Motivation
- Preparation of charts
- Preparation of mnemonic devices
- Use of the laws of organization explained by Gestalt psychologist-
- Proper time management,
- Use of good reading skills
- Various techniques of note making,
- Correlation of the topic with other topics, Comparative study
- Proper organization of material
- Use of proper resources to get information
• Setting short range goals
• Taking interest in study
• Practice to raise confidence, Taking efforts for proper understanding

Science Achievement

Science achievement means performance of the students in the Science test developed by researcher for Semi English medium students of std.9.

Standard 9 Student

The one, who has passed standard 8 and studying in further standard in Semi English Medium School from Pune city.

SIGNIFICANCE OF THE STUDY

The present research will be useful for all the students, parents, teachers, head masters and to the community as it would guide them to do their work efficiently, systematically and in perfect manner.

Proper study habits help persons to better their future, to develop proper attitude towards study and avoid wasting time or energy unnecessarily. Many students have the urge to study and gain better achievement but they are not well aware of the techniques to study effectively. Students can be benefitted if an effective study habits programme is developed and implemented in the schools.

Secondary level students are full of energy and are ready to accept new challenges. They have an urge to learn new things always. This research work will be useful to fulfill their urge of learning in a systematic way and help them to control and channelize their energy in a proper way. It will be useful for them utilize time profitably, to motivate and learn various techniques of study. It will guide them to do smart work along with hard work.
This programme will be important to create healthy atmosphere in the schools. The present research work is important as it will help parents and teachers to guide the students as per their own learning styles as it includes various elements for different categories of learners. Thus the study enables the students to be independent, to use proper techniques during studies and to have proper development as a learner. It is important for parents, teachers, principals, administrators to improve educational process.

ASSUMPTIONS

• Study habits can be developed.

• Academic achievement can be measured through an achievement test developed by the researcher.

HYPOTHESES

1. There will be a significant difference at 0.01 level between the mean scores of study habits of boys and girls of std. 9 before implementation of the study habits programme.

2. There will be a significant increase at 0.01 level in the mean scores of study habits of students of std. 9 after implementation of the study habits programme.

3. There will be a significant increase at 0.01 level in the mean scores of Science achievement of std. 9 students after implementation of the study habits programme.

4. There will be a significant increase at 0.01 level in the mean scores of study habits of boys of std. 9 after implementation of the study habits programme.

5. There will be a significant increase at 0.01 level in the mean scores of study habits of girls of std. 9 after implementation of the study habits programme.

6. There will be a significant difference at 0.01 level in the mean gain scores of study habits of boys and girls of std. 9 due to the implementation of study habits programme.
7. There will be a significant increase at 0.01 level in the mean scores of Science achievement of boys of std. 9 after implementation of the study habits programme.

8. There will be a significant increase at 0.01 level in the mean scores of Science achievement of girls of std. 9 after implementation of the study habits programme.

9. There will be a significant difference at 0.01 level in the mean gain scores of Science achievement of boys and girls of std. 9 due to the implementation of study habits programme.

10. There will be a significant difference at 0.01 level between the mean scores of study habits of boys and girls of std. 9 after implementation of the study habits programme.

VARIABLES
LIMITATIONS

Parental instructions, social background, facilities and care taken at home and home environment were beyond the control of the researcher.

DELIMITATIONS

The present research was delimited to std. 9 students of Semi-English medium schools, Science subject, Pune city and above mentioned habits as desirable study habits only.

RESEARCH METHOD

Experimental method

RESEARCH DESIGN

Single group pretest-posttest design.

POPULATION

The targeted population was all secondary level students of std. 9 of Pune city from Semi-English Medium schools.

SAMPLE

Sample was a group of 70 students from std. 9 A of H.B. Girme High School.

SAMPLING METHOD

Purposive and Incidental sampling
TOOLS FOR DATA COLLECTION

STATISTICAL TOOL- ‘t’test

PROCEDURE OF THE RESEARCH WORK

I. Administration of Pre study habit inventory.

II. Traditional teaching.

III. Pre Science achievement test.

IV. Guest lecture on ‘Motivation for Study Habits’.

V. General instructions regarding the study habits programme.

VI. The charts were prepared and displayed in the classrooms based on the manual prepared by the researcher.
   1. Keep this in your mind
   2. Few things to do
   3. Manage your time
   4. Read skill fully
   5. Be particular about note making

VII. Explanation of each chart and technique included in the manual,

VIII. Post Science achievement test.

IX. Administration of Post study habit inventory.
FINDINGS

1. **Before implementation of the study habits programme -**
   - Very few (1.43%) students had excellent study habits.
   - Only 20% of students had good study habits.

2. **After implementation of the study habits programme -**
   - In all 61.43% of students had excellent study habits.
   - None of the students belonged to ‘unsatisfactory’ and ‘very unsatisfactory’ category.
   - There was a significant increase at 0.01 level in the mean score of the Science achievement of std. 9 students.
   - There was a significant increase at 0.01 level in the mean scores of the study habits of std. 9 students.

3. **Findings from the feedback forms filled by the students and parents**
   - Parents observed positive change in the study habits of the students.
   - Parents opined that students were motivated, learnt and started using various study habit techniques to study in a disciplined manner.
   - Study habits programme helped students to increase their Science achievement.
   - Parents suggested that such kind of programme should be arranged in the schools for students which will help them in future.
CONCLUSIONS

1. Before implementation of the study habits programme -
   - Most of the students had average study habits.
   - Girls had better study habits than boys.

2. After implementation of the study habits programme -
   - Most of the students had excellent study habits.
   - There was significant increase in the mean scores of study habit of the students.
   - There was a significant increase in the Science achievement of the students.
   - There was no significant difference in the mean gain scores of study habits boys and girls of std. 9 due to implementation of the study habits programme.
   - There was no significant difference in the mean gain scores of Science achievement of boys and girls of std. 9 due to implementation of the study habits programme.
   - There was no significant difference between study habits of boys and girls
   - Students started studying regularly by following various study habits techniques.
   - Science achievement of the students was increased and study habits of the students were improved significantly therefore the study habits programme was proved to be effective for std. 9 students.
   - The conclusion can be generalized to other students from various classes of the society depending on the facilities or exposure available to them, but when the study habits programme will be introduced to them as a whole, effectiveness of it may remain the same.
TOPICS FOR FURTHER RESEARCH

- Same research can be applied on large scale by considering large geographical area.
- Effectiveness of study habits programme on the achievement for other school subjects and different levels of education.
- Survey of study habits of students of night school, college, gifted category, rural area.

CONTRIBUTION TO THE FIELD OF EDUCATION

- Teachers can directly implement the programme to develop proper study habits in students.
- The manual from the present research work will work as a guideline for the students, teachers and parents which provide a method of self learning to the students.
- Teachers can do their lesson planning for all subjects by using the techniques from study habits programme.
- It helps to step towards child centered Education.