

A COMPARATIVE STUDY OF STUDY HABITS AMONG BOYS AND GIRLS STUDENTS OF INTERMEDIATE COLLEGE IN LUCKNOW CITY

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CHAPTER-I

INTRODUCTION

HABIT

Meaning

Habit is a simple form of learning—a change of behaviour with experience. It is defined as ‘an automatic response to a specific situation, acquired normally as a result of repetition and learning’. When behaviour is developed to the extent that it is highly automatic, it is called habit. Generally habit does not require our conscious attention.

The term habit is strictly applicable only to motor responses, but often applied more widely to habits of thought, perhaps more correctly termed attitudes.

“ Habit is the name given to behaviour so often repeated as to be automatic ” . -

Garrett

“By strict definition, those acts are habitual will which are performed with little or no thought and always in approximately the same way .”

- Sturt and Oakden

Habits play important role in our daily life. All of us acquire different habits. They are the part of our life. Habits may be good or bad. Hard working, writing, reading, regular exercise, meditation, etc. are examples of good habits. Alcoholism, drug addiction, lethargy, procrastination, telling lies, dishonesty, stealing, deceiving others, escapism, etc. are examples of bad habits

HISTORICAL BACKGROUND

The notion of habit has had its ups and downs in the social sciences over the past 150 years. Its use as a key concept dates as far back as Aristotle, who connected it with education. In this entry, a definition of habit is offered, and its cultural mode of acquisition or inheritance is explained and contrasted with biologically inherited instincts. It is proposed that all reason depends on habit; and furthermore, it is a key component of some

prominent definitions of culture. The concept is also important from an evolutionary perspective, for over-coming mind-body dualism and dealing with the agency structure problem in social theory. Thus, the concept has great importance for social science and educational research.

STUDY HABIT

Study habit means a fixed routine behaviour imbibed by an individual to

Learn. It is defined as the complex of reading behaviour of a person, Resulting from the varying degrees of interaction, of a number of variable factors, when he seeks graphic records for acquiring information or knowledge. In the literature, study skills are usually defined as students' ability to manage time and other resources to complete an academic task successfully. 'Study habit' is the amount and kind of studying routines which the student is used during a regular period of study occurred in a conducive environment. It is one such important strategy that evolved as a useful tool in leading students towards meaningful and proper learning. Study habit means tendency of a student to study in proper or improper way. It is a process from which an individual gets proper input to feed his hunger and to quench his thirst for knowledge. Learning occupies a very important place in our life. Teacher can create the situations that help the student to learn quickly and to retain it. Most of the things which we do or not do are influenced by what we learn and how we learn it. Efficient learning process does not depend on teaching alone but it depends on learning procedures and learning techniques as well. The acquisition, integration, organization and storage of knowledge are all facilitated by the use and practice of effective and efficient learning strategies and

techniques. Learning to learn is one of the main purposes of teaching. Training and Learning skills are major factors that help student for attaining the goal. Students need direction and guidance about how to study and how to become good achievers, contribute significantly in the development of knowledge and perceptual capacities, There is a need to guide the students about the meaningful learning so that they are able to memorize things in a better way. Students improve their performance because they can learn most of the concepts clearly through proper study habits. A student must know learning method and study habits, which helps him to achieve the goals of education. Learning through good study habits is the key process in human behaviour

Parents and teachers always show concerns for child learning, because learning through good study habits influences our language, our skills, attitudes, interests and even our goals.

It is a general observation that a number of students are seen complaining that they do not secure good marks, for this on many occasions the poor study habits are to be blamed. They lack have proper attitude towards study so they hardly care for developing good study habits. Many students learned things for longer time, hours together, continuously without understanding. During examination if they failed to remember a word in the beginning, they would forget everything. Therefore students should develop proper study habit, which would help them to study and retain the concepts correctly and with proper understanding.

Learning involves the development of proper study habits and skills. The problem of study habits is one of the universe importance's both from theoretical and practices points of view. Theoretically, efficient learning depends upon the development of efficient study