



A Review of Related Literature on Study Habits and Academic Achievement of College and University Students

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ABSTRACT:

Students' academic performance depends on their prior and proper study, it always help them to achieve academic performance. The purpose of the present study to understand what are the relationship between study habits with academic achievement of college and university students found between 2010 and 2022. From the analysis, the researcher concludes, 29 articles indicated that there is a relationship between study habits and academic achievement. 11 articles declared more specific results that is there is positive relationship between study habits and academic achievement, among them one found a high positive relation. but 2 articles found a contradictory result that is, there is no relation between study habits and academic achievement. 4 articles supported that female is better than male in respect of study habits and for academic achievement one article supported to female is better than male. But some did not support this result, 5 articles found there is no significant difference between male and female students in study habits, and 2 articles also found there is no significant difference between male and female in academic achievement. As a result, the researcher found a contradictory results about the relationship and their gender differences in respect of study habits and academic achievement.

KEYWORDS: Study Habits, Academic Achievement, Academic Success, Academic Performance, Gender.

I. INTRODUCTION:

Education is a key factor in the growth and development of any country, and student is a carriers of that growth and development. Students will develop their country by/through learning themselves. Especially college and university students who belong to the adolescent or adult stage, they have more responsibility to their country for development in the future. Academic achievement

of this level plays a major role in the next higher education and research also in their carrier.

In the educational system student's success is depend on the student who how much learns successfully, if that was formal or nonformal education.

Academic achievement is an indicator of a student who has how much to learn successfully. That means academic achievement is a record of students all successful academic work within a certain time. This academic achievement helps to get to the next stage/level of education even it helps to choose students' profession.

Academic achievement, student success, or failure of a student is depended on various factors [30] like, students' intelligence, adjustment level, personality, hard work, interest and motivation to learn, teaching methods, and especially most important students' study habits.

In general, study habits mean all study related behaviors or works or activities if it is regularly or irregularly maintained by the students, like- timely study, class attend, taking class note, study related discussion with others, taking help from friends for study, using Google or YouTube or Blog or Internet Search, etc.

We can normally understand that study habit is an important factor in academic achievement and it is also proven by [19], [2], and this factor effects on academic achievement [22], [19].

So, in this study, the researcher tries to understand from the findings of the previous study what are the relation between study habits with academic achievement and their gender differences.

STUDY HABIT:

According to Onubugwe (1990), "Study Habits is a technique, a student employs to go about his or her studies which are consistent and have become stereotypes as a result of long application or practice".



Study habits mean all study related behaviors/ works/ activities[30] which is help a student to study if it is regularly or irregularly maintained or practiced by the students, like- timely study, class attend, taking class note, study related discussion with others, taking help from friends for study, using Google orYouTube or Blog orInternet Search,etc.

ACADEMIC ACHIEVEMENT:

According to Oxford Advanced Learners Dictionary (2010), "Achievement is a thing that somebody has done successfully; especially using his/her own efforts and skills."

Academic achievement refers to the achievement in academic examinations in the educational context which is an indicator of a student who has how much learn successfully. That means academic achievement is a record of students all successful academic work within a certain time. In this study, the researcher states that academic success or academic performance is the same as the academic achievement of a student.

II. OBJECTIVES:

The purpose of the present study is

1. To understand what is the relationship present between study habits and academic achievement of

college and university students in previous studies from 2010 to 2022.

2. To understand what is the gender differences present between study habits and academic achievement of college and university students in previous studies from 2010 to 2022.

III. RESEARCH QUESTIONS:

Two research questions were framed according to the objectives, they are:

1. what is the relationship present between study habits and academic achievement of college and university students in previous studies from 2010 to 2022?
2. what are the gender differences present between study habits and academic achievement of college and university students in previous studies from 2010 to 2022?

RELATED LITERATURE OF THE STUDY:

The researcher found 66 articles from online to search through Google Scholar, Academia, Research Gate, and other sources. Among them 29 in the college (U.G.) level and university (P.G.) level. There were 21 International and 8 National Journal articles.

Table 1
Literature at the national level

SL. NO.	AUTHOR	YEAR	LOCATION	LEVEL	FINDINGS
1.	DR. Chandana Dey	2014	India	College & University	1. A significant relationship observed between the study habits and academic achievement of university students. 2. No significant difference found between male and female in respect of academic achievement of university students.
2.	Ishmi Handique Rekha Konwar	2014	India	College	1. No significant difference found between male and female due to study habits. 2. A significant difference found between urban and rural due to study habits. 3. A positive significant relation found between study habits and academic achievement.
3.	Amandeep Kaur & Raj Pathania	2015	India	College	The results found that 1. A high significant relationship existed between academic achievement and study habits. 2. The factor like, family type, income and mothers' education, occupation effecting the study habits and were significantly related with study habits. 3. Sex and caste had negligible role in developing study habits.
4.	Bhat Younes Illahi1 Dr.Hemant Khandai2	2015	India	College	1. no significant difference in the study habits of college male and female students. 2. Female students have better than male on academic achievement. 3. Urban students have high academic achievement than rural students.
5.	DR. Pramod Kumar Naik* & Parvati Yadav	2016	India	College	1. students have moderate level of study habits and good level of academic achievement. 2. Found a significant impact of study habits on academic achievement of science undergraduate students. 3. A significant impact of girls and boys students' study habits



					separately on academic achievement. 4. A significant relationship between learning style, study habits and academic performance.
6.	Dr. G.Sowbhagya	2018	India	College	1. a significant and high positive relationship found between study habits and academic achievement among (both male and female) degree college students. 2. a significant and high positive relationship found between study habits and academic achievement among male college students. 3. a significant and high positive relationship found between study habits and academic achievement among female college students.
7.	Tawheed Lateef Rather & Ishfaq Ahmad Bhat	2020	India	University	it can be concluded that having good study habits are important and contribute significantly in the academic achievement of students
8.	Tehsin Ehsan* Naveed Sultana**	2020	India	University	Result showed that the study habits play positive role in the improvement of academic results in university scholars in Punjab.

Table 2
Literature at the international level

SL. NO.	AUTHOR	YEAR	LOCATION	LEVEL	FINDINGS
1.	AfsaneHassanbeigia , Jafar Askari b , Mina Nakhjavanic , Shima Shirkhodad , Kazem Barzegar c , Mohammad R. Mozayyan f , HossienFallahzadehg 1*	2011	Iran	university	Found a positive relation between study skills and academic performance of university students.
2.	Luisa B. Aquino	2011	Philippines	College	1. A correlation found between the engineering. College students` study habits and the level of academic performance.
3.	Abdulwahab Olanrewaju Issa, Mulikat Bola Aliyu, Rachel BisilolaAkangbe, Adegboyega Francis Adedeji.	2012	Nigeria	College	1. everyday reading activities influence their studying skills and subsequently academic performance. This study concludes that the desired good reading interests and habits as are required for attaining academic success are lacking among the student.
4.	Khurshid, Tanveer & Qasmi.	2012	Pakistan	university	1. Found a positive correlation between study habits and academic achievement. 2. Female have better study habits than male.
5.	Fazal et al.	2012	Pakistan	College	1. State that girls showed better study habits than boys.
7.	Marie Jean N. Mendezabal	2013	Philippines	College	1. The study habits of Filipino students is at moderate level. 2. A significant positive correlation between academic achievement and study habits.
8.	Harry N. Blumner, Herbert C. Richards	2013	Philippines	College	1. No significant sex difference were found for academic grades. 2. Women scored higher on study habits than men.
9.	Fatemeh Mashayekhi, ShidehRafati, MahdieMashayekhi, FooziehRafati, Mohamad Reza Mohamadisardoo, and Emad Yahaghi.	2014	Iran	University	1. Found study habits has a significant effect on academic achievement. 2. There is a significant positive correlation found between study habits and academic achievement.
10.	Mohammadreza Hashemian, Alireza Hashemian	2014	Iran	University	1. Did not found any significant difference between male and female in respect of study habits.
11.	Mahwish Rabia1 Naima Mubarak2 Hira Tallat3 Wajiha Nasir	2017	Pakistan	College	1. The result showed a significant relationship between study habits and academic performance of college students.
12.	Teresita B. Gonzales	2017	Iran	College	1. No correlation found between the engineering college students` study habits and the level of academic



					performance.
13.	AmmaraNuman, 2 Syeda Salma Hasan	2017	Pakistan	College	1. A positive relationship was found between study habits and academic achievement. 2. Girls exhibit better study habits and excel more academically than boys.
14.	HayedeRezaieLooyeh et al.	2017	Iran	University	1. Found the correlation between study habits and academic performance. 2. Study habits can predict 6.8% of the change in academic performance. 3. Observed study habits is an important factor that is influencing the academic performance.
15.	Tahamtani et al.	2017	Iran	University	1. The results showed no significant correlation between academic achievement and the scores of study habits. 2. No significant difference between both males and females in study habits.
16.	Saad S Alzahrani , Yoon Soo Park , Ara Tekian	2018	Saudi Arabia	College	1. Found a significant impact of study habits on performance outcomes. 2. Male and female are significantly differ by study habits.
17.	Oli Ahmed1, Muhammad Alamgir Hossain2,	2018	Bangladesh	University	1. Did not found any significant difference between male and female in respect of study habits.
18.	Alimohamadi et al.	2018	Iran	University	1. Found a positive and significant correlation between academic performance and study habits among students. 2. Study habits is the most important factor among several to achieve educational goal and academic achievement.
19.	Haleh Jafari, Abbas Aghaei, and Alireza Khatony	2019	Iran	University	1. A significant and positive relationship was found between study habits and academic achievement. 2. Most of the university students have moderate level of study habits and also moderate level of academic achievement.
20.	Khalid A Bin Abdulrahman, Ahmad M Khalaf, Fahad B Bin Abbas & Omran T Alanazi	2021	Saudi Arabia	college	The results showed a significant correlation between study habits and students' academic accomplishments.
21.	Dr. Zahid Khan , Dr. Muhammad Azeem , & Muhammad Irfan	2021	Pakistan	college	1. The researchers found that the habits of taking notes and writing back class materials significantly affected the academic performance of the students. 2. Our analysis shows the relationship between taking lecture notes and achievement of grade is highly significant.
22.	Xiao-Wu Wang , Yu-Juan Zhu and Yi-Cheng Zhang	2022	China	college	1. The result found that, the reading time spent on paper books has a significant positive effect on college students' academic achievement. 2. And reading strategies, the replicative reading strategy only has a significant positive effect on the improvement of college students' academic achievement

IV. DISCUSSION:

The researcher search the articles based on the related two variables (study habits and academic achievement between 2010-2022) and almost 66 articles were found. From 66 articles only 29 are belong to college and university levels. There are 21 articles in the International level and 8 articles are National level.

According to **objectives 1**, the findings of the analysis are:

The research analysis all the articles and the articles' findings are divided into some categories. They are,

The study habits have a relation with academic achievement at the college and university level, this finding was found in all 29 articles. Among them, 8 are (Dey, 2014; Konwar 2014; Bhat, & Khandai, 2015; Kaur, & Pathania, 2015; Naik, & Yadav, 2016; Sowbhagya 2018; B. M. Ishfaq & R. L. Tawheed, 2020; Ehsan & Sultana, 2020) in national level, and remain 21 are (Aquino,



2011; Hassanbeigi et al. 2011; Fazal et al., 2012; Issa et al., 2012; Khurshid et al., 2012; Blumner & Richards, 2013; Mendezabal, 2013; Mashayekhi et al. 2014; Mohammadreza & Hashemian, 2014; Looyeh et al., 2017; Numan & Hasan, 2017; Rabia et al., 2017; Tahamtani et al. 2017; Teresita, 2017; Alimohamadi et al., 2018; Alzahrani et al., 2018; Oli, & Muhammad, 2018; Jafari et al., 2019; A. A. Bin Khalid, K. M Ahmed, A. B. Bin Fahad & A. T. Omran, 2021; Dr. K. Zahid, Dr. A. Muhammad, & I. Muhammad, 2021; W. Xiao-Wu, Z. Yu-Juan, and Z. Yi-Cheng, 2022) in international level

Some articles revealed a more specific relationship that is, a significant and strongly positive relationship between study habits and academic achievement at the college level (Hassanbeigi et al. 2011; Khurshid et al., 2012; Mendezabal, 2013; Mashayekhi et al. 2014; Konwar 2014; Numan & Hasan, 2017; Alimohamadi et al., 2018; Sowbhagya 2018; Jafari et al., 2019; Ehsan & Sultana, 2020; W. Xiao-Wu, Z. Yu-Juan, & Z. Yi-Cheng, 2022). Out of 11 Konwar (2014); Sowbhagya (2018); Ehsan & Sultana (2020) belong to the National level and Hassanbeigi et al. (2011); Khurshid et al. (2012); Mendezabal (2013); Mashayekhi et al. (2014); Numan & Hasan (2017); Alimohamadi et al. (2018); Jafari et al. (2019); & W. Xiao-Wu, Z. Yu-Juan, & Z. Yi-Cheng (2022) belong to the International level.

On the other side a contradictory result that is no significant relationship between study habits and academic achievement, this is supported by 2 International articles (Teresita, 2017 and Tahamtani et al. 2017).

According to **objectives 2**, the findings of the analysis are:

The analysis also declared that there was a difference between male and female due to their study habits, specifically found that female students were better in their study habits than male students. Supported by the results of four International level articles (Fazal et al., 2012; Khurshid et al., 2012; Blumner & Richards, 2013; Numan & Hasan, 2017). The researcher did not find any article to support these results at the National level from 2010 to 2022.

The researcher of Some article has found a contradictory results that there were no significant differences between male and female due to their study habits on college level students by Konwar (2014); Bhat & Khandai (2015); Kaur & Pathania (2015); in National level and by

Mohammadreza & Hashemian (2014); Oli & Muhammad (2018) in International level. It means the male and female were almost the same mean score on their study habits.

In academic achievement the same contradictory results have been found, like study habit, that is there is a difference between male and female in respect of academic achievement on the college level by Bhat & Khandai (2015) at the National level. And also specifically declared that female is better in academic achievement than male.

But, no significant difference between male and female on the college level was confirmed through one National and one International level article (Dey 2014; Blumner, & Richards, 2013). It means male and female's academic achievement is almost the same.

From the analysis the Researcher also found:

Study habit is the most important factor among other several factors to achieve educational goal and academic achievements supported by Looyeh et al., (2017) & Alimohamadi (2018). The study habits effects on academic achievement of students' success according to Looyeh et al. (2017)'s study. And the factors affecting the study habits were family type, income and mothers' education, and occupation which were positively and significantly related to study habits, cast and sex had negligible roles in developing the study habits found by Kaur & Pathania (2015)'s results.

Study habits have a significant impact on the academic achievement of college and university students (Mashayekhi et al., 2014; Naik, & Yadav, 2016) and also impact the performance outcomes confirmed by (Alzahrani et al., 2018)'s article.

Most of university and college students belong to the moderate level in their study habits and academic achievement observed by Mendezabal (2013); Naik & Yadav (2016); Jafari et al. (2019). But more than 73% College students have excellent study habits identified by (Illahi & Khandai (2015).

Students' success or academic performance was predicted by using students' study habits according to (Looyeh et al., 2017)'s studies. Issa et al. (2012) state that everyday reading activities in which students engage which means students' study habits influence their studying skills and academic performance.

V. CONCLUSION:



The researcher concludes that some articles confirmed there is a relationship between study habits and academic achievement but some did not. Some articles supported female is better than male in respect of study habits and also academic achievement but some did not. As a result, the researcher found a contradictory results about the relationship between study habits and academic achievement. The researcher believes that the different study location, using different tools & sample technique also sample number, and analysis method, etc. is responsible for these differential and contradictory results.

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