



### Effectiveness of Structured Teaching Programme on Study Habits on Academic Performance among Nursing Students at GRT college of Nursing, Tiruttani.

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#### ABSTRACT:

**Introduction :** Study Habits can be defined as buying out a dedicated scheduled and interrupted time to apply one's self to the task of learning. Without it, one does not grow and becomes self-limiting in life. This Pre experimental research design was adapted to assess the effectiveness of STP on study habits on academic performance among nursing students. Purposive sampling technique was used to select the sample and the sample size was 30 2<sup>ND</sup> year B.Sc (Nursing) students. Data were collected by using of demographic variable and Academic performance scale (J.DuPaul). Analysis of data was done by using Descriptive and Inferential statistics. The findings revealed that the good study habits had improved the academic performance and also it shows the difference in mean and standard deviation of nursing students academic performance before STP on study habits ( $M=49.3, SD=5.6$ ), whereas the academic performance of students after STP on study habits ( $M=61.2, SD=5.14$ ). The difference was statistically significant at ( $p<0.001$ ) and can be attributed to the effectiveness of STP on study habits on academic performance.

Key words: Study habits, Academic performance, Nursing students.

#### Introduction:

Today's world is moving in a speed which was unheard in the past. Everyone wants to excel. Individual's success affects personal and social aspects. Academic performance is one of the most common factor which influence individual's success. Good study habits and skills will help to promote the efficiency in the tasks. In education, proper study habits and skills entail to proficiency as well as high quality of learning (Dehghani & Soltanagharaei, 2014). Productive study requires conceptualization and intention. It could include some skills such as note-taking, observation, asking question, listening, thinking and presented idea so the learner should be interested in learning and must be able to apply needed skills. The quality of a nation depends upon the quality of its citizens and quality of their education and quality of education besides other factors depends upon study habits and study attitude of the learners. Many students do badly academically, due to factors other than low intellectual capacity. One of such factor is poor study habits, which often result in poor academic performance even among naturally bright students. Study habits are the behaviour of individuality in a person. Study habits reveal students' personality. Learning character is characterised by his study habits. Study habits serve as the vehicle of learning. It may be seen as both means and ends of learning. Study habits

play a very important role in the life of students. One academic believed that, "the truth is that success in school is not so much determined by sheer intelligence as knowing how to study. There are many researches that were conducted about study habits and the academic performance. Afful-Broni and Hogrey (2010) stated that good study habits could help students to improve their academic performance. Lot of researches about learning behavior identified the relationship between study habits and the academic performance going together in the same direction. (Mayland Community College, 2002, p. 2) and when students perform what they should do in study period, it means that they have good study habits. Also, Mayland Community College (2002) identified that good study habits include many skills such as time management, learning attitude and interest of the student.

STUDY HABITS' EFFECT 5 method of doing assignments as well as how to success in academic performance and they significantly needed to create good study habits from the foundation. These indicate the lack of study habits' perception in secondary level. Also, it leads continuously to many academic misconducts and poor academic performances. It is consistent to what Afful-Broni and Hogrey (2010) suggested. They mentioned that having good study habits could improve academic performance and assignment should be used as one of students' learning way to improve their academic performance. Study habits influence academic achievement among students who belong to secondary and senior secondary levels. Higher the study habits better is the academic achievement. Thus, study habit is an important correlate of academic achievement among students. It implies that in the interest of the students, schools and parents must pay attention to the study habits of learners. Teachers have a role in guiding students to understand and develop in them the desirable study habits, while parents have a responsibility in understanding the significance of good study habits and monitor their children towards that, Statement of the Problem

A Pre Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Study Habits on Academic Performance among Nursing Students in GRT College of Nursing, Tiruttani.

### Objectives of the Study

To assess the level of academic performance among Iyear BSc(N) Students.

To find out the effectiveness of structured teaching programme on study habits on academic performance among Iyear BSc(N) Students.

To find out the association between selected demographic variables and level of academic performance among Iyear BSc(N) Students.

### Material and Methods:

The researcher have used the pre experimental research design and conducted the study. The population of the study comprised 2<sup>nd</sup> year BSc(N) Students of GRT College of Nursing, Tiruttani. The sample of the study has been drawn by using purposive sampling technique and the final sample of this study comprised of 30 students. In order to assess the effectiveness of STP on study habits, demographic variable of the students and academic performance rating scale (JU PAUL) was used. Data collection for the investigation was done for a period of 1 month from 26.01.2015 to 26.02.2015. STP was conducted for about 30 mts session of every day for 30 days. Post test was conducted among the students after the 15 days interval by using the same tools. The academic performance of students considered in the present study was the percentage of marks obtained by the students in the previous term exam.

### Results:

Demographic Variable: More than half of the students (60%) was in the age group of 18-20 years. Majority (90%) of them followed Hinduism, (100%) belonged to nuclear family, and family monthly income 5000-15000 (80%), (63%) of the parents of participants were had only primary level of education, Most of them (90%) were from Tamil medium and followed 4-6hrs (97%) of study hours. Majority of them were followed individual study, it high lights the need of the nurse to concentrate more on them to improve their study habits.

The data presented in table 2 depicted that the majority of students had average level of academic performance (93%), fair level of academic performance (7%), it was found before structured teaching programme. After structured teaching programme on study habits the academic performance was, above average (67%) & average level of academic performance was reduced from 93% to 33% and also 67% of them had above average level of academic performance and there is no fair level of academic performance was found among B.sc (N) students.

Table.2. Comparison of mean and standard deviation of academic performance

Table.3 indicates the significant difference was found on mean and standard deviation in before and after of STP on study habits on academic performance. The academic performance of the students was improved after STP on study habits ( $M=61.2, SD=5.14$ ) than before STP on study habits ( $M=49.3, SD=5.6$ ). The difference was statistically significant at ( $p<0.001$ ) and can be attributed to the effectiveness of STP on study habits on academic performance. Hence the null hypotheses  $H_{01}$  "There will be no significant difference in academic performance before and after STP on study habits among BSc(N) Students" was rejected. Association Demographic Variable and Academic performance: Chi square test was used to find out the association between selected demographic and academic performance. It was found that there is no significant association between the selected demographic variable (age in years, educational status of parents, family monthly income, type of family, Mother tongue, Type of study habits, Study hours, etc.) and level of academic performance.

### Discussion

The present study intended to assess the effectiveness of structure teaching programme on study habits on academic performance among nursing students. This study also supported by Crede and Kuncel (2008) concluded to establish effective study, study habits, and study attitude. can influence performance of students to do better in academic tasks. Study habits may determine efficient or inefficient methods (p. 37). Several studies reported positive and significant relationship between study habits and academic success (National Assessment of Educational Progress (Ch, 2006, p. 38).

### Conclusion:

Study habits seem to be an important determinant of academic performance. This academic performance can be improved by effective intervention aimed at creating awareness, enhancing coping skills, assertiveness and various methods of study habits to improve the academic performance.

### Educational Implications:

The present study is of immense educational importance to the students, course writers, teachers and counselors. It will help the students to change their faulty study-habits. They should devote equal time to all the subjects. The students should be encouraged to use library books and magazines to develop good study habits. Counseling programs should be organized for the students to developed good study habits in them. The students require more guidance and counseling with regard to study habits so that the students may identify their strengths and weakness in the learning strategies and they may become more conscious about better study habits. There is a need to evolve curricular activities in school programme in which students may actively participate. School education should be made need based and practical oriented. This will promote school effectiveness and hence students' learning

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**Table.1. Frequency and percentage distribution of Level of Academic performance**

Group	Before STP on study habits						After STP on study habits					
BSc(N)	Fair		Average		Above average		Fair		Average		Above average	
	n	P	n	P	n	p	n	p	n	P	n	P
	2	7	28	93	-	-	-	-	10	33	20	67

**Table.2. Comparison of mean and standard deviation of academic performance**

Level of academic performance	Before STP on study habits		After STP on study habits		Paired 't'test
BSc(N)	Mean	SD	Mean	SD	8.96***
	49.3	5.6	61.2	5.14	

\*\*\*p<0.001#Paired't' test

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