

# Study Habits and Academic Performance of Undergraduate Nursing Students: A Descriptive Study

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## Abstract

### Introduction:

Students' academic achievement is greatly influenced by their study habits. Academic Success and Study Habits are tied to and dependent upon one another. There are pupils with various degrees of academic achievement who come from various environments, communities, etc. The academic performance of students has been one of the main indicators used to evaluate the quality of education in schools, colleges, universities, and Institutions. It is a complex process that is influenced by several factors, such as study habits. The study aims to study the study habits and Academic performance of undergraduate Nursing students.

**Materials and Methods:** A self-structured questionnaire schedule tool has been prepared to assess the effect of study habits and Academic performance. The tool was given to 100 students of all the 3<sup>rd</sup> year and 4<sup>th</sup> year B.Sc. Nursing students in a Google form.

**Result:** In terms analysis of study habits and academic performance and the Association between Study habits and academic performance, undergraduate Nursing students had above-average study habits, with a median and SD of  $66 \pm 9.82$  and  $8 \pm 1.69$  respectively. The test was done using a chi-square test. There is a statistically significant association between Study habits and academic performance. The p-value=0.000

**Conclusion:** The study habits of nursing students have a significant impact on their academic performance. The findings underscore the need for educational institutions to provide resources and guidance on developing strong study habits.

**Keywords:** Study habits, Academic performance, Undergraduate Nursing Students.

## INTRODUCTION

Students' academic achievement is greatly influenced by their study habits. Academic Success and Study Habits are tied to and dependent upon one another. There are pupils with various degrees of academic achievement who come from various environments, communities, etc.<sup>2</sup>The academic performance of students has been one of the main indicators used to evaluate the quality of education in schools, colleges, universities, and Institutions. It is a complex process that is influenced by several factors, such as study habits.<sup>3</sup> 1 Academic performance is the measurement of student achievement across various academic subjects and academic Achievement is the amount of knowledge a person has obtained from their

education.<sup>3</sup> Academic Achievement and Study Habits are very important for researchers and educators to understand that every child, regardless of how gifted or disadvantaged they are, should receive an education in their own way.<sup>4</sup> However, if a child has good study habits, they can demonstrate academic achievement in all situations, and if they don't, they won't be able to succeed in life.<sup>4</sup>

Effective study techniques can boost one's self-esteem, competence, and confidence. They can help lessen the stress associated with deadlines and tests. You might be able to reduce the amount of time you spend studying by creating efficient study techniques, giving you more time for other activities.<sup>2</sup> The most significant predictor of academic achievement is study habits, and studies conducted around the world have shown that study habits have an impact on academic performance. Your self-esteem, competence, and confidence can all rise as a result of good study habits. Your capacity for learning and memory retention can be enhanced through overlearning. Effective study techniques might help students feel like their efforts are more worthwhile.<sup>2</sup> The most significant predictor of academic performance, study habits have a special impact on a student's academic success. The purpose of this study was to examine how medical science students' study behaviors compare to their academic performance.<sup>3</sup>

### Objectives of the Study

- To assess the study habits and academic performance among Undergraduate Nursing Students.
- To examine the association between study habits and academic performance among Undergraduate Nursing Students.

### MATERIALS AND METHODS

#### Research Approach and research design: -

In this study, the quantitative research approach is chosen to check the effect of study habits and academic performance and the association between study habits and academic performance. Descriptive Research design is adopted for the study.

#### Variables under study: -

In this study, research variables include study habits and academic performance.

#### Setting of the study: -

The study setting is the location in which the research is conducted. It could be natural, partially controlled or highly controlled.

#### Population: -

In this study target population is all 3rd year and 4th-year BSc Nursing students. Accessible Population Accessible population is the aggregate of the cases that confirm to designated criteria and are also accessible as subjects for study. In this study accessible population is 3rd year BSc Nursing students and 4th year BSc Nursing students of selected Nursing college.

#### Sample: -

In this study, the sample comprises of 3rd year and 4th year BSc Nursing students who fulfill inclusion criteria.

#### Sampling Criteria

**Inclusion Criteria** Inclusive (Students of 3rd year and 4th year who will be present on the day of survey)

**Sample Size:** - The sample size for the study is a total of a Hundred 3rd year and 4th year BSc Nursing students of selected college.

**Sampling Technique:** - The study comprises of non-probability convenient sampling was used for this and enumeration method to pick up all the available subjects who are meeting the pre-set inclusion criteria.

**Data Collection Technique:** -

In this study, the researcher used the self-reporting method technique for data collection. The researcher made a questionnaire used as a tool to collect the data involving questions regarding Study habits and Academic performance.

**Section A: DEMOGRAPHIC DATA** In this study, the data collection will be done by collecting the demographic data of the population such as age, gender, Program studying, Batch, Fathers' education, and Mothers' education.

**Section B:** It consists of a structured questionnaire. Likert scale for assessing the effect of study habits and Academic performance.

**Data collection instrument:** -

Investigators have developed the tool based on objectives. It was based on a review of literature, internet resources, textbooks, and discussions with experts in order to select the most suitable and appropriate tool. The tool was developed in English.

**Description of Data Collection Tool:**

A self-Structured questionnaire schedule tool has been prepared to assess the effect of study habits and Academic performance.

**Section A: Demographic Data** In this study, the data collection will be done by collecting the demographic data of the population such as age, gender, Program studying, Batch, Fathers' education, and Mothers' education.

**Section B:** It consists of a structured questionnaire. Likert scale for assessing the effect of study habits and Academic performance.

**Scoring of tools:** -

Part 2- Five-point Likert scale was used to assess study habits and academic performances which consisted of 20 items. Each item was given a score like Always-5, Often-4, Sometimes-3, Rarely-2, Never-1. The Likert was divided into two groups. Always and Often as **Good** and Sometimes, Rarely and Never as **Bad**

**Content validity of tool:** -

In this study content validity of the tool was done by 5 experts. The suggestions and recommendations given by the experts are incorporated in the final preparation of the tool.

**Reliability of tool**

In order to test the reliability of the tool, it was administered to 10 subjects. In this study reliability was done by giving twice at two different points in time. The reliability score for tool was 0.89.

**Ethical Consideration:** - The proposal was submitted before the research committee of the college and approval was obtained from the institutional Ethical Review Committee of the selected Nursing college.

**Pilot Study**

The tool was administered to 10 students of nursing college. Samples were collected according to the sampling criteria. Data analysis was done using inferential and descriptive statistics. The study revealed that out of 10 students 9 students claimed that good study habits leads to better academic performance. 56% of the students often got marks in the midterm according to the efforts put while 3% of students never got marks in the midterm according to the efforts put. 56% of the students always submit their assignments on time while 3% of students never submit their assignments on time.

**Data collection process: -**

The researcher explained the purpose of the study to the potential participants and first obtained verbal consent and then provided a Google form, and link to their individual mail id. Reminders are given 3-5 days for uploading on Google Forms. A total of 100 participants' responses were collected from Google Forms.

**ANALYSIS AND INTERPRETATION**

The data collected has been analyzed and presented in the section considering the objectives of the study are as follows: -

1. To assess the study habits and academic performance among undergraduate Nursing students.
2. To examine the association between study habits and academic performance among undergraduate Nursing students.

**SECTION A**

This section deals with the analysis of demographic data of the samples under study. It is analyzed and represented in the form of a frequency and percentage table.

**Table-1 Distribution of sample in relation to gender****n=100**

<b>Gender</b>	<b>Frequency</b>	<b>Percentage</b>
Female	93	93%
Male	7	7%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table-2 Distribution of sample in relation to age group in years****n=100**

<b>Age group</b>	<b>Frequency</b>	<b>Percentage</b>
20-23	98	98%
24-26	2	2%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table-3 Distribution of sample in relation to program studying****n=100**

<b>Program studying</b>	<b>Frequency</b>	<b>Percentage</b>
BSc Nursing	100	100%
Post B.Sc. Nursing	0	0%
MSc Nursing	0	0%

Nurse Practitioner in Critical Care 0 0%

**Table-4 Distribution of sample in relation to Batch**

**n=100**

Batch	Frequency	Percentage
3 <sup>rd</sup> year	50	50%
4 <sup>th</sup> year	50	50%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table-5 Distribution of sample in relation to Fathers' Education**

**n=100**

Fathers Education	Frequency	Percentage
Matriculation	11	11%
Higher Secondary	49	49%
Graduation	35	35%
Masters	5	5%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table-6 Distribution of sample in relation to Mothers' Education**

**n=100**

Mothers Education	Frequency	Percentage
Matriculation	15	15%
Higher Secondary	52	52%
Graduation	28	28%
Masters	5	5%
<b>Total</b>	<b>100</b>	<b>100%</b>

**Table 7: Item course Analysis of Self Perception of Study Habits and Academic performance among undergraduate Nursing students**

Components	Good		Poor	
	f	%	f	%
I study every day according to my study schedule.	52	52	48	48
I study any time of the day.	62	62	38	38
I take rest in between my studies	73	73	27	27
I keep all the required books which is needed for study.	70	70	30	30

I like to study listening to music.	47	47	53	53
I pace my time in learning	64	64	36	36
I have the habit of reading loudly.	64	64	36	36
I prefer to read silently.	50	50	50	50
I utilize college library for studying.	54	54	46	46
I have the habit of postponing my assignments.	34	34	66	66
I score marks according to my efforts.	53	53	47	47
I discuss with my peers while studying.	56	56	44	44
I prefer to study alone.	57	57	43	43
I prefer to study in groups.	50	50	50	50
I take short intervals in between the studies.	66	66	34	34
I carefully record my examination results.	64	64	36	36
The library always available for me.	59	59	41	41
I get enough resources from my teachers.	65	65	35	35
I scored marks in my mid-term exam according to the effort I put.	64	64	36	36
I submit all my assignments on time.	78	78	22	22

**Table 7** result suggest that 73% students took rest in between studies and 27% students do not take rest during studies.70% students keep all the required books needed for study and 30% do not keep the required books for study.78% students submit all the assignments on time and 22% do not submit the assignments on time.64% of students scored marks in their mid-term exam according to the effort they put and 36% did not score marks according to the efforts they put.

**Table. 8 Distribution of Self Perception of Study habits among undergraduate Nursing students**

**n=100**

Study habits	f	%
Good Study Habits	57.7	57.7
Bad Study Habits	42.3	42.3
Total	100	100

**Table 8** shows that 57.7% of students have good study habits and 42.3% have bad study habits.

**Table.9 Distribution of Self Perception of Academic performance among undergraduate nursing students**

**n=100**

Academic performance	f	%
Good Academic Performance	71	71

<b>Bad Academic Performance</b>	<b>29</b>	<b>29</b>
<b>Total</b>	<b>100</b>	<b>100</b>

**Table 9** shows that 71% of students have good academic performance and 29% students have bad academic performance.

**Table-9 Association between study habits and academic performance**  
n=100

		<b>Below Average</b>	<b>Above Average</b>	<b>Total</b>	<b>Chi-Square Value</b>
<b>Study Habits</b>	<b>Below Average</b>	24 (52%)	22 (48%)	46(100%)	P=0.000 Significant
	<b>Above Average</b>	4 (7%)	50(93%)	54(100%)	
	<b>Total</b>	28	72	100%	

Table 8 depicts that in terms of Study habits and academic performance, undergraduate Nursing students had above-average study habits, with a median and SD of 66±9.82 and 8±1.69 respectively. The test was done using a chi-square test. Above average study, habits showed 85% and below average showed 15% students, as well as academic performance, was good for 70% of students and average for 30% of students. There is a statistically significant association between Study habits and academic performance. The p-value=0.000

### CONCLUSION

The study habits of nursing students have a significant impact on their academic performance. This study has highlighted the importance of cultivating effective study strategies, time management, and self-discipline. By adopting these practices, nursing students can enhance their understanding of complex subjects, retain information better, and ultimately excel in their academic pursuits. The findings underscore the need for educational institutions to provide resources and guidance on developing strong study habits, thereby promoting overall academic success and future professional excellence in the field of nursing.

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