

Progressive Education Society's

6

**MODERN COLLEGE OF
ARTS, SCIENCE & COMMERCE
SHIVAJINAGAR, PUNE - 411 005.**

(*Star College Award, DBT, *CPE Status, UGC, *A' Grade, NAAC, *Best College Award, UoP.)

Department of Psychology

Experiment / Test No. : 10

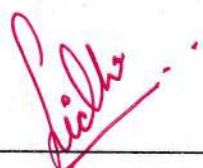
Date : 28/10/2018

Title of the Experiment / Test : Study Habit Inventory

Subject's Name : Pooja Ashtaputre

Student's Name : Madhura Vivek Pawar

Class : MA Part I. Roll No. : 1865/20


Signature of the Teacher

STUDY HABIT INVENTORY - 139

6

PURPOSE OF THE TEST :-

To find out study habit of the respondent by using study habit inventory by M.N. Palsane.

INTRODUCTION :-

a) DEFINITION OF SKILLS :

Social skills - Social skill is any skill facilitating interaction and communication with others. Social rules and relations are created, communicated with others. Social rules and relations are created, communicated and changed in verbal and non-verbal ways. The process of learning with this skill is called as Socialization.

Study skills - Physical conditions play an important part in study habit. The place for study should be calm and quiet. It should be clean and there should be proper illumination and ventilation. Furniture should be comfortable, there should be sufficient light one should use diffused light. Study table should be clean and contain. Only all the necessary things should be kept. Eg, Paper, books, stationery, etc.

b) DIFFERENT STUDY SKILLS :

1) **Planning and Time table** - It is very important to plan the time of study. Time schedule helps to adjust the study periods and other activities according to the needs of individuals. The best way to budget time is to keep the record of all the activities throughout the day for one week. The analysis of this diary will help in budgeting

Time. By budgeting time, students can optimise their success in study as well as in their extra circular activity.

2) Motivation :- Apart from the ability to learn, desire to learn is an important consideration. If one is genuinely interested in learning he may learn quickly and retain it for a long time. There are individual differences in capacity to learn. Everybody can improve with extra efforts. Spirits of competition and co-operation helps us learning. one learn better in group.

3) Reading :- Reading is the basic skill in any kind of study. Reading abilities include various factors such as good vocabulary, speed of reading, comprehension independent selection of appropriate material for reading and locating information. One should be able to read at least 800 words per minute in his mother tongue. 75-100 words in any foreign language. one must be able to build a good vocabulary by remembering precise meaning of the words.

Speed of reading is also an important factor. silent reading is always faster than loud reading. It is necessary to adjust the speed of reading. According to the importance of matter. Technical material requires more time than the usual are. An individual should try to understand what he is reading. He should try to remember the ideas he has grasped while reading and should be able to summarize the main ideas.

- 4) Memory :- Improving memory means learning better. Distributing learning periods is preferable to massed learning. The better we learn the longer we retain. Overlearning helps in remembering for a longer period.
- 5) Use of examination results :- From the results one can find out his strong and weak points. Knowledge of results can motivate an individual and direct the efforts.
- 6) Taking Notes :- It is an important learning activity in the classroom. There are different ways of taking notes. One may copy everything from text book, one may ~~take down~~ only important paragraphs or one may take down headings and important key paragraphs to make an outline. Paraphrasing in one's own words and summarizing is supposed to be the best way of making one's notes. It is good practice to combine class notes to make a final note with help of regular practise note taking can become a habit.
- 7) Preparation For exams :- One should devote more time and attention to his weak points. A time schedule for study should be prepared. If one is ~~regular~~ in the study habits he is already prepared for the exam calm cool and relaxed attitude towards the examination is necessary and can be achieved only after good preparation.
- 8) Health :- Regular habits of eating, exercise, recreation and sleep in maintaining good health and sound mental state which is necessary to achieve success in examination.

c) DEFINITION OF LEARNING:

- As a relatively permanent change in behaviour occurring as a result of experience or practice (Morgan and King, 1956).
- Some consider learning as a process of acquiring new skills, some other feel learning as a process of change in one's way of reporting resulting from environmental conditions (Ruch, 1958).
- Any measurable change in behaviour good or bad, adaptive or non-adaptive in learning and this change is more or less permanent which satisfies the current motivating conditions of the individuals (Mc Geoh, 1952).

d) FACTORS AFFECTING LEARNING:

i) SUBJECTIVE FACTORS -

- i) Intelligence :- Intelligence quotient (IQ) value. IQ describes one's intellectual level in relation to other person's of similar category. IQ is generally found to be positively related to the ability of learn. A person high in intelligence is supposed to learn things more rapidly and effectively, but it is not the case, always studies done in this area reveal that intelligence is not always related to learning ability.

- ii) Chronological age :- Learning is a matter of age as has been postulated by Thorndike et al (1938). Age level is an index of maturity level. All kinds of learning require a minimum level of maturity. Age is an important determinat of learning more particularly the verbal learning.

- iii) **Motivation**:- Motivation arouses desires to learn or intent to learn. This is an important factor in learning.
- iv) **Previous Learning**:- Our past learning experiences are another important factor of learning. Previous learning experience influence our present learning in 2 ways - It facilitates the present learning or it interferes with the present learning.
- v) **Anxiety state**:- Anxiety, in our everyday life situations, most of us carry some amount of anxiety, which we often find mounting, while preparing and taking examinations or facing an interview as a problematic solutions. Anxiety level of individual bear on his ability to learn in an intricate question to answer. It depends upon learning test.
- vi) **Preparedness or rediness to learn**:- The mechanism necessary to learn or form any sort of association S-S or S-R also may vary from species to species.

2) OBJECTIVE FACTORS -

- i) **Physical factors**:- Health, physical development, nutrition, visual and physical defects, glandular abnormalities etc. interferes with learning.
- ii) **Social factors**:- Social discontent springs from knowledge as delusion. Many of our learning occurs when we socially interact.
- iii) **Teacher's personality**:- Teacher's personality when

he/she interacts with the pupils while teaching kind of determines the kind of behaviour which energies from the learning situation.

iv) Environmental Factors:- Classrooms, play grounds etc help in learning a lot of new, good or bad habits or things.

e) SQ4R TECHNIQUE:

There are different methods for actively attacking your reading material. SQ4R is a study strategy which is based on work by Robinson (1946) and Gilbert (1992) has given the revised technique.

SQ4R is a study system designed to promote effective reading that includes six steps survey, questions, read, recite (w)rite and write and review.

- **SURVEY**:- Before you start actual reading of the chapter, look at the objectives in the beginning of the chapter and summary at the end of the chapter. These points will tell you the important points in the chapter. Then glance over the topic headings and try to get an overview of the material. Read bold prints, captions for pictures tables etc. Surveying will give you a feel for the chapter.

- **Questions**:- Turn the title and headings into lead questions. Generating questions as you read and writing them down makes you an active learner. Thus, you will have a list of questions.

- **Read**:- Find answers to your generated question. Formulate new questions which may have been missed during survey. Now read everything in the chapter, which includes photos, graphs, marginal notes, things in

Separate boxes etc.

- **Recite:** - While reading as you find an answer to a question, recite it loud to yourself. Use your own words for answers, because that requires understanding instead of simple memorization. Don't move to the next section until you understand the main ideas of the current section. Keep reciting, section by section, until you finish the chapter.
- **Writing:** - Before a test, go through the chapter check the list of questions and test yourself by writing answers to those questions. Write the answers without the material in front of you.
- **Review:** - Periodically take review of the content you have learned. So that the content will be fresh on your mind. This produces overlearning. Material is the best remembered when overlearning occurs.

ABOUT THE PRESENT TEST :

a) Conventional Properties.

The study habit of the individual cover mainly the reading habits, learning techniques, memory, Time Schedule, physical conditions, examinations, evaluations by M.N. Palsane. There are 45 item that are to be answered.

- **Planning and Time table** - Very important to plan a Time to study. Time schedule helps to adjust the study periods and other activities according to the needs of individuals.
- **Motivation** - Apart from ability to learn, desire to learn is an important consideration.
- **Reading** - Reading ability includes factors such as good vocabulary, speed of reading, comprehension

independent selection of appropriate material for reading and locating information.

- Memory - Improving memory means learning better. Distributing learning period is preferable to massed learning.
- Taking notes - One may copy everything from the text books, one may take down only important key paragraphs to make outline.
- Preparation for exams - one should devote more time and attention to his weak points. A time schedule for study should be prepared.
- Use of examination results - From results one can find out his strong and weak points.
- Health - Regular habits of eating, exercise, recreation and sleep in maintaining good health and sound mental state which is necessary to achieve success.

b) Psychometric Properties.

- Reliability - The reliability coefficient is calculated by test-retest method on a sample of 200 students. The inventory was administered twice to this sample with an interval of about 4 weeks. The reliability coefficient for this inventory is 0.88.
- Validity - The inventory is kind of a check list and passes only a face validity. Empirical studies of other types of validation are possible but yet not make.
- Norms - For the norms study habit inventory was administered to the students of SSC, pre university and the 14, 15, 16 students of various facilities. They include

boys and girls, rural and urban students from colleges of varying reputation. Thus it was attempted to obtain representative and adequate sample of norm study. As the sex differences were small, separate norms for male and female students were not given.

CONTEMPORARY TEST :

- Survey of Study Habits and Attitudes (SSHA) :- Inventory by Brown-Holtzman published by psychological corporation, New York to measure the study methods, motivations for studying and certain attitudes for scholastic activities important in classroom. There are 100 statements and each of them have 5 alternatives rarely, sometimes, frequently, generally, almost always.
- Study Habit Inventory by M. Mukhopadhyay and DN Sariswat :- It is published by National Psychological Corporation. Agra test is in English and assesses the study habit of college students on 9 different kinds of study behaviour comprehension, conclusion, concentration, test orientation, study tests, interaction, dwelling, supports, recording language; total 52 items 5 alternatives.

MATERIAL :

Two booklet + manual + scoring key + stationery + wooden screen.

PRECAUTIONS :

The subject is not allowed to turn the page before the test begins. He should not be exposed to test materials. All the items should be answered and detailed case history should be taken.

PROCEDURE :

The subject was called inside the cubicle. Rapport was established, detailed case history was taken and instructions were given as per the manual.

SCORING :

Scoring is done with the help of scoring key at the end of the manual. Each statement has 3 alternatives (always or mostly, sometimes, rarely or never). The subject has to choose any one as applicable to him. Score point 2, 1, 0 are awarded as per the alternatives chosen by the subject. The sum of the score points is the raw score of subject.

CASE HISTORY :

2 11747 F11219149

The subject is 21 years old girl. She is doing M.com externally and learning French language. Her both parents are well educated and working. She generally follows a particular study method in which she reads a lesson, underlines important points and revise it. She reads in mind. She does not believe in loud reading. She takes notes while studying. She like studying if the subject is of her interest. She doesn't feel motivated for studying. She has overcome her anxiety about exam. She remembers whatever she has studied in exam upto 70-80%. She used to getting check for her notes from teachers and taking feedback in early education. She likes to ask queries and take guidance. Mostly she takes help from internet. She prefers doing study at morning. Her breaks during study extends usually. She is not regular at her studies.

150

RESULT TABLE :

AREA	RAW SCORE	INTERPRETATION.
Regularity.	0	Low
Study Methods.	9	Average
Reading	4	Low
Note Taking	2	Low
Motivation	3	Low
Examination	14	High
Feedback	6	Average
Guidance	8	High.

INTERPRETATION :

The purpose of the test was to find out study habit of the respondent by using study habit inventory by M.N. Palsane.

Social skills is any skill facilitating interaction and communication for others. Social rules and relations are created, communicated with other. Social rules and relations are changed in verbal and non-verbal ways. Process of having this skill is Socialization.

Study habit skills are physical condition plays an important part in study habits. Place for study should calm and quiet. It should be clean and have good ventilation.

Learning is a relatively permanent change in behaviour occurring as a result of experience and practise (Morgan and King, 1956)

The subject was called in cubicle, was seated comfortably and rapport was established. The case history was taken and instructions were given as per the test manual.

The subject scored 0 on regularity that is low which matches with case history as she said she is not regular at her studies.

The subject scored 9 that is average on study method which matches with case history. Because as per the case history she said she follows some study method while studying but not regular in it.

The subject scored 4 on reading and 2 on note taking that is low, which does not match with the case history because as she said, she reads topic in mind and she have habit to take

notes. But after inquiry she said the reason behind the she scored low on both areas is that she is not regular in these two tasks.

The subject scored 3 that is low on motivation, which matches with the case history, as she herself said, she is not motivated for studies.

The subject scored 14 that is high on examination, which matches with case history as she said, she has overcome her anxiety about exams.

The subject scored 6 that is average on feedback, which matches with the case history. Because as she said she used to checked her notes from teachers and get feedback from them in her early education, but now she doesn't get that much time now.

The subject scored 8 that is high on guidance which matches with her case history, as she said, she takes guidance from teachers, friends and many times from internet.

The test administrator is still a student of psychology and is under training. Hence, the scores on this test must be interpreted with caution. Also, on the basis of one test, we cannot predict the subject's overall study habit.

CONCLUSION :

The subject scored Low on regularity, reading, note taking and motivation. The subject has scored average on study method and feedback. The subject has scored High on examination and guidance on study habit inventory by

M.N. Palsane.

153

REFERENCES :-

- 1) Mishra, B.K (2014). Psychology : The Study of Human Behaviour Delhi : PHI Learning Pvt. Ltd.
- 2) Palsane, M.N ; Manual for the Study Habits Inventory ; Department of Experimental Psychology, Pune University.

Palsane