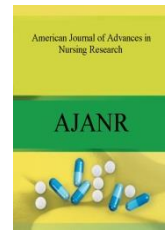




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# IMPACT OF STUDY SKILLS AND HABITS ON ACADEMIC PERFORMANCE AMONG NURSING STUDENTS AT SELECTED COLLEGE OF NURSING

**Dr. Angel shalini<sup>1\*</sup>, Dr. Padmavathi R<sup>2</sup>, Jahath Suja<sup>3</sup>**

<sup>1</sup>Professor, GRT College of Nursing, Tiruttani, Tamil Nadu, India.

<sup>2</sup>Principal, GRT College of Nursing, Tiruttani, Tamil Nadu, India.

<sup>3</sup>GRT College of Nursing, Tiruttani, Tamil Nadu, India.

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### ABSTRACT

A quantitative research approach, descriptive research design was adopted for the study and the purposive sampling technique was used to select the 78 students from the college of Nursing. A standardized 5 - point rating study skills and habits questionnaire with 53 items developed by psychologist Brown-Holtzman (1986) was used to assess the study skills and habits of the students. Findings of this study showed that the majority of them 69(88.5%) had Desirable study habits and 9(11.5%) of them were in relatively undesirable study habits. Obtained coefficient correlation value ( $r= 0.4$ ) indicating that there was a significant positive correlation between study habits & skill and Academic performance of nursing students since the value was statistically significant at  $p<0.001$  level. Also results shows that there was an association found between the level of study skills and habits with Family income per month and Average no.of hours spend to sleep which was a statistically significant at ( $p<0.05$ ).

### INTRODUCTION

The quality of a nation depends upon the quality of its citizens. The quality of citizens depends on the quality of their education and quality of education besides other factors depends upon study habits and study attitude of the learners [13]. Quality of education is reflected through academic achievement which is a function of study habits and skill of the students. Thus to enhance the quality of education, it is necessary to improve the study habits and study skill of the students. 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 [14].

Evans stated that the Study Habits are a well-

Corresponding Author

**Dr. Angel Shalini**

planned and deliberate pattern of Study which has attained a form of consistency on the part of the students toward understanding academic subjects and passing at examination<sup>11</sup>. Study Habits determine the Academic Achievement of students to a great extent. Both Study Habits and Academic Achievement are interrelated and dependent on each other. There are students who come from different environment, localities etc. and have different levels of Academic Achievement i.e., high and low they also differ in the pattern of Study Habits<sup>17</sup>. Some students have better Study Habits while the others have poor. Better the Study Habits better is the Academic Achievement. Academic Achievement means how much knowledge the individual has acquired from the school. Academic Achievement of the students is determined by their Study Habits<sup>5</sup>.



According to Nonis and Hudson (2010) study habits of business students from Arkansas State University had the positive relationship with student performance. Definitely, this reflects that if a student has the proper study habits, the assignment marks and the examination results will be in the superior level especially among students.

Globally as per 2018, the QS (Quacquarelli Symonds) world university rankings by subject includes a ranking of more than top 100 Nursing colleges in the world are ranked on the basis of factors such as their academic and employer standing retention. Whereas Indian Nursing education stands on 119th rank.

Nationally According to World Bank data, 67th rank is secured by India in respect of numbers of Doctors, among and I terms of Nurses India got 75th rank. Although India always proved itself a big supplier of health care workers to developed countries and the world. But there is always a gap seen between knowledge, studies and practices. Improving student nurses abilities toward self-directed study is one of the main responsibilities of the nurse educator. Lack of knowledge by the nurses can lead to life threatening conditions so it is clear that low grades or performances leads to less knowledge which further affect the nation in a direct way.

According to the Bureau of Labor Statistics, the demand for RNs through 2029 is expected to grow at a faster-than-average rate of 7% and at a 45% rate for nurse practitioners, midwives, and anesthesiologists. When students move from school to college, sometimes they find it difficult to adjust with their previous study skills.

Considering the importance of study skills and habits of students, and the important role they play in the academic achievement of students, and taking into account that study habits vary from person to person and from place to place, and also as the results of related studies are different from each other, the present study was designed and implemented. Hence the researcher interested to know the study habits and academic performance of nursing students with the purpose of developing some interventions by improving good study habits to achieve excellent academic performance among nursing students.

#### OBJECTIVES OF THE STUDY

1. 1 To assess the level of Study Skills and Habits and academic performance of Nursing students
2. 2 To find out the correlation between the level of Study Skills and Habits and academic performance of nursing students
3. 3 To find out the association between the level of Study Skills and Habits of nursing students with their selected demographic variables.

4. 4 To find out the association between the level of academic performance of nursing students with their selected demographic variables.

#### RESEARCH METHODOLOGY

Quantitative descriptive research design was adopted by the researcher to assess the impact of study skills and habit on academic performance among nursing students at GRT College of Nursing. 78 samples were selected by using purposive sampling techniques. The study was aimed to assess the impact of study skills and habit on academic performance among Nursing students.

The data collection tools are, Study Skills and Habits questionnaire was used to assess the Study Skills and Habits among Nursing students developed by psychologist Brown-Holtzman (1986). The study skills and habits questionnaire had 53 items which assessed varying aspects of study skills and habits like Health Habits, Time Management, Attitude, Concentration, Academic Stress, Goal Setting, Preparation and Follow-Up, Comprehension, Selecting Main Ideas, Use of Resources, Exam Preparation and Exam Writing

#### Scoring and interpretation

The study skills and habits questionnaire has 53 items with 5 point rating scale. The options such as 1 = Rarely, 2=Not often, 3= Sometime, 4= Fairly and 5= A lot

#### The Scores were Interpreted as

Undesirable	: <25%
Relatively Desirable	: 25 – 50%
Desirable	: 51-100%

Average mark of all the subjects were taken for the overall academic performance and individually each subjects performance also was assessed.

#### Marks percentage were interpreted as:

Very Poor	: 0-25% (0-25 Marks)
Poor	: 26-50% (26-50 marks)
Good	: 51-75% (51- 75 marks)
Very good	: 76-100% (76-100 marks)

#### RESULTS AND DISCUSSION

##### Distribution of demographic variable of Nursing students

While portraying education status of father, more than half of them 43 (55%) were completed their high school certificate and 12(15%) were in the category of middle school certificate. Regarding the occupation of father, 32(41%) were in the category of clerical, shop owner &farmer and 25(32%) of them were in the category of skilled worker.



In regard to the occupation of mother, 29(37%) were unemployed and 17(22%), 16(21%) were professional, skilled worker respectively. In the category of Socio economic status, majority of them 73(94%) fall in the category of middle class family. In the aspect of family income, nearly half of them 42(53%) had a family monthly income of <150000/-, 20(26%) had a family monthly

income of 15000-20000/-. With regard to the type of family, 56(72%) were from the nuclear family.

In the regard to the religion, maximum of them 71(91%) belongs to the Hindu religion. In context to the area of residence, 47(60%) belongs to rural habitat. In relation to the no. of hours spend per week in class, 26(33%) of them were spent 20-24 hours, 20(25.6%) spent 15-20 hours, 20(26%) spent less than 10 hours.

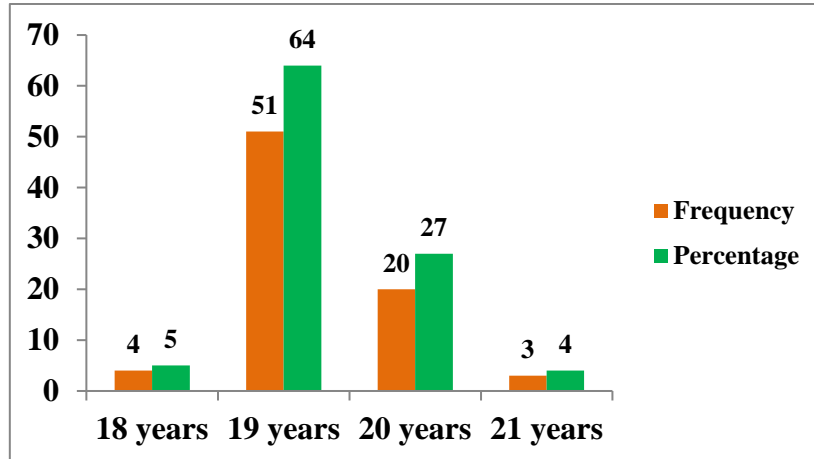


Figure 1: Frequency & percentage distribution of Age of Nursing students.

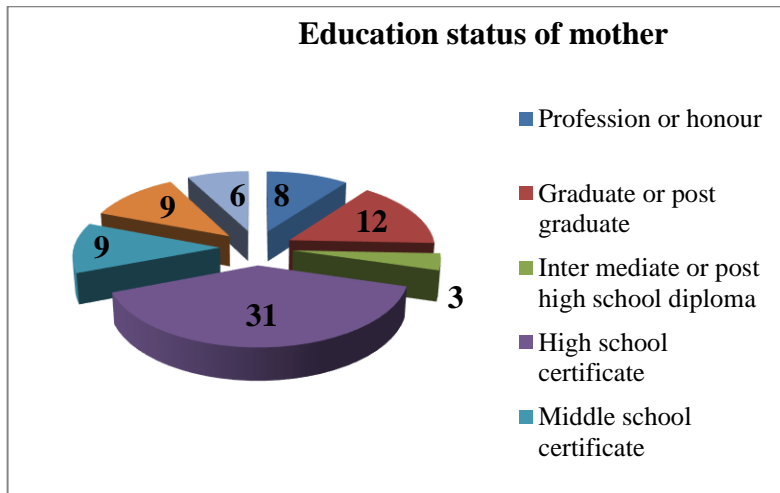


Figure 2: Frequency distribution of Educational status of mother of Nursing students



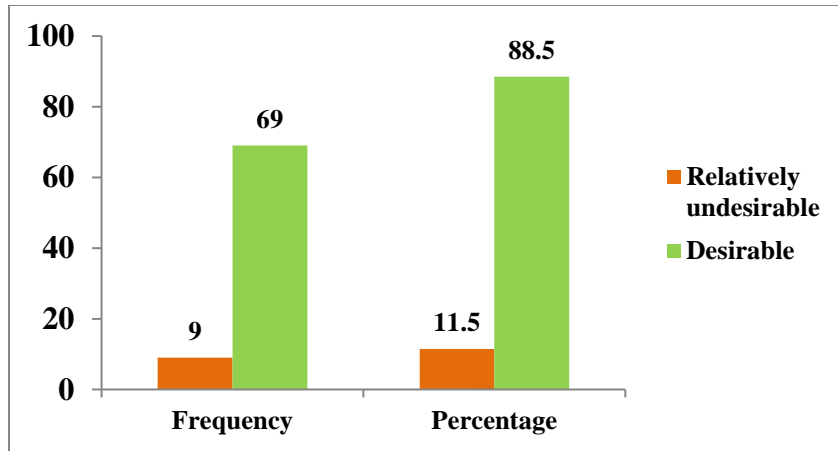


Figure 3: Frequency and Percentage Distribution of Study Skills & Habits of Nursing Students

The Fig revealed that the majority of them 69(88.5%) had Desirable study habits and 9(11.5%) of

them had relatively undesirable study habits.

Table: 2 Frequency and Percentage Distribution of overall Academic Performance of Nursing Students

S.NO	ACADEMIC PERFORMANCE	FREQUENCY	PERCENTAGE
1	poor	0	0
2	Very poor	0	0
3	good	46	59%
4	Very good	32	41%

This table depicts that 46(59%) of them had good academic performance and 32(41%) of them had very good academic

performance and none of them had poor or very poor performance.

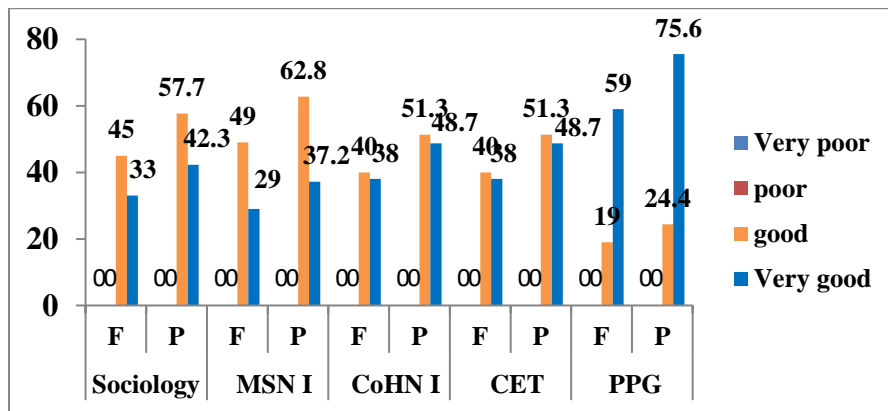


Figure 4: Frequency and Percentage Distribution of subject wise Academic Performance of Nursing Students

In regard to Sociology, 57.7% of them had good performance and 42.3% of them performed very good. In respect to MSN-I, 62.8% have shown good performance and 37.2% have performed very good. In regard to CoHN, 51.3% of them performed good and 48.7% found to have

very good performance. Regarding CET, Half of them that is 51.3% performed good and 48.7% of them had very good performance. While analyzing PPG, 24.4% had good performance and 75.6% of them had very good performance.



**Table: 3** Mean and Standard Deviation of Study Skills and Habits and Academic Performance

CATEGORY	MEAN	SD
Study skills & Habits	178.28	37.0723
Over all Academic Performance	83.692	5.4568
Sociology	72.974	7.1
MSN-I	71.667	9.1
PPG	81.1	7.1
CoHN	73.67	8.2
CET	73.7	7.5

This table explains the mean and standard deviation of academic performance of nursing students. The mean study habit was 178.28 with SD of 37.0723, the mean of overall academic performance was 83.692 with SD of 5.4568, and regarding sociology the mean was

72.974 with SD of 7.1, regarding MSN-I the mean was 71.667 with SD of 9.1, regarding PPG the mean was 81.1 with SD of 7.1, regarding CoHN the mean was 73.67 with SD of 8.2 and regarding CET the mean was 73.7 with SD of 7.5.

**Table 4: Correlation Between the Level of Study Skills & Habits and Academic Performance among Nursing Students**

Correlation	Study habits		Academic performance		r
	Mean	S. D	Mean	S. D	
	178.28	37.0723	83.692	5.4568	0.4

This table shows that the obtained coefficient correlation value in study group ( $r= 0.4$ ) indicating that there was a significant positive correlation between study skills & habits and Academic performance since the value was statistically significant at  $p<0.001$  level.

Thus, study skills & habits is positively related to academic performance. The mean study habit was 178.28 with SD of 37.0723. The mean academic performance was 83.692 with SD of 5.4568. The calculated correlation coefficient value  $r=0.4$  which indicated statistically significant relation positively which means that students who had high study Skills & habits score had high academic performance.

#### Association between selected demographic variable and level of Study habits among nursing students N=78

This table depicts that, there was a statistically significant association found between the level of study skills and habits with Family income ( $\chi^2= 37.984$   $p= 2.84S$ ) per month and Average No.of hours spend to sleep ( $\chi^2= 43.09$   $p=4.38S$ ) which was at ( $p<0.05$ ). There is no association was found for other demographic variables.

#### DISCUSSION

##### The first objective of the study was to assess the level of Study Skills & Habits and Academic performance of Nursing Students

The majority of them 69(88.5%) had Desirable study habits and 9(11.5%) of them had relatively undesirable study habits. Regarding overall academic

performance, 46(59%) of them had good academic performance and 32(41%) of them had very good academic performance and none of them had had poor or very poor performance.

Regarding subject wise academic performance, about Sociology, 57.7% of them had good performance and 42.3% of them performed very good. In respect to MSN-I, 62.8% have shown good performance and 37.2% have performed very good. In regard to CoHN, 51.3% of them performed good and 48.7% found to have very good performance. Regarding CET, Half of them that is 51.3% performed good and 48.7% of them had very good performance. While analyzing PPG, 24.4% had good performance and 75.6% of them had very good performance.

The mean study habit was 178.28 with SD of 37.0723, the mean of overall academic performance was 83.692 with SD of 5.4568, and regarding sociology the mean was 72.974 with SD of 7.1, regarding MSN-I the mean was 71.667 with SD of 9.1, regarding PPG the mean was 81.1 with SD of 7.1, regarding CoHN the mean was 73.67 with SD of 8.2 and regarding CET the mean was 73.7 with SD of 7.5.

The findings of this study is supported by the study done by Dr Harjinder, Dr Ramesh Kumari (2022) to assess the level of study skills among 700 undergraduate nursing students and revealed that, out of 700, maximum 428 (61.1%) Undergraduate Nursing students had Very Good Level of Study Skills, and Minimum 6(0.9%) Undergraduate Nursing students had Poor Level of Study



Skills According to Domain wise analysis Preparing for tests, got first rank with mean percentage of 70.63% and managing your time, with mean percentage of 56.63 got the sixth rank among all the areas taken in the study. The study skill score of undergraduate Nursing students was not significant with any of the socio-demographic variable.

**The second objective of the study was to find out the correlation between the study skills and study habit and academic performance of nursing students**

The obtained coefficient correlation value in study group ( $r= 0.4$ ) indicating that there was a significant positive correlation between study skills & study habits and Academic performance since the value was statistically significant at  $p<0.001$  level.

Thus, study skills & study habits is positively related to academic performance. The mean study habit was 178.28 with SD of 37.0723. The mean academic performance was 83.692 with SD of 5.4568. The calculated correlation co-efficient value  $r=0.4$  which indicated statistically significant relation positively which means that students who had high study habits score had high academic performance.

Hence, the research hypothesis  $H_1$  started that There is a correlation between the study skills & habits and academic performance of nursing student was accepted.

This findings is supported by the study done by Ms. Sayali S. Shete, Mrs. Vaishali S. Jadhav (2022) to assess the relationship between study habits and academic achievements among 152 nursing students in selected nursing colleges of Navi Mumbai. Results showed that there is weak positive relation between study habits and academic achievement among nursing student ( $r = +0.294$ ). There is a association of academic achievement with few selected demographic variables such as mother's education, travelling time from home to college and back and mode of travelling as their p value is less than 0.05 level of significance.

**The third objective of the study was to find out the Association between the level of Study skills and habits with their selected demographic variable of nursing students**

There was a statistically significant association found between the level of study skills and habits with

Family income ( $\chi^2= 37.984$   $p= 2.84S$ ) per month and Average No.of hours spend to sleep ( $\chi^2= 43.09$   $p=4.38S$ ) which was at ( $p<0.05$ ). There is no association was found for other demographic variables.

Hence, the research hypothesis  $H_2$  started that there is a significant association between the selected demographic variable and the level of study skills and habits among nursing students was accepted to the variables like Family income per month and Average no.of hours spend to sleep and not accepted for other demographic variables.

This findings is supported by the study done by Ahmed S BaHammam, Abdulrahman M Alaseem, Abdulmajeed A Alzakri, Aljohara S Almeneessierand Munir M Sharif (2012) to find out the relationship between sleep and wake habits and academic performance in medical students: a cross-sectional study concluded that the Cognitive performance is susceptible to inadequate sleep duration, defined as fewer than 7 hours a day for adults. Inadequate sleep decreases general alertness and impairs attention, resulting in slowed cognitive processing.

**CONCLUSION**

This academic performance can be improved by Health Habits Time Management, Attitude, Concentration, Academic Stress, Preparation and Follow-Up, Selecting Main Ideas, Exam Preparation, Exam Writing and various method of study habits to academic performance.

**RECOMMENDATIONS**

On the basis of finding of the study the following recommendations have been made.

- A Similar study can be replicated on the large sample size, in different settings within different population as longitudinal study
  - A similar study can be done by using experimental research study
  - A similar study can be conducted as nursing students of different group.
  - Can conduct the study with other intervention to help the students to improve their academic performance.
- A comparative study can be conducted to assess academic performance among other group of students.

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