A Study on Students' Study Habits and Their Impact on Academic Performance

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ABSTRACT

This study examines students' study habits and their impact on academic performance through the collection and analysis of primary data. The main objective was to identify common study behaviors, determine the average time students dedicate to studying, and evaluate the relationship between study habits and Grade Point Average (GPA). A descriptive research design was used, and data were collected from 30 students using a structured questionnaire. The collected data were analyzed using simple statistical methods, including frequency distribution, percentages, and mean averages.

The findings indicate that the majority of students study between one to three hours per day, with self-study being the most preferred learning method. The analysis reveals a positive relationship between the number of study hours and academic performance. Students who studied for longer and maintained consistent study routines generally achieved higher GPAs. However, several challenges were identified, including lack of concentration, social media distractions, and time management issues, which negatively affected academic outcomes. The study concludes that effective and consistent study habits significantly contribute to improved academic performance. It recommends that students adopt structured study schedules and minimize distractions to enhance learning outcomes. Although limited by a small sample size and basic statistical tools, the research provides useful insights into how study behaviors influence student achievement.

Key words: Study habits, Academic performance, Primary data, GPA, Time management, Self-study, Student achievement, learning behaviour.

INTRODUCTION

Study habits play a crucial role in determining students' academic success. In educational environments, students adopt various strategies to manage their time, prepare for examinations, complete assignments, and understand subject material. However, not all study methods produce the same level of effectiveness. Some students rely on consistent daily review, while others prefer last-minute preparation. Understanding how these habits influence academic performance is important for improving learning outcomes.

This journal presents primary data collected from students regarding their study habits. The purpose of this study is to examine common study behaviors and analyze how they relate to academic performance. A simple analysis method is used to interpret the findings, including percentages, averages, and comparisons.

Objectives of The Study

The main objectives of this study are:

- To identify common study habits among students.

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- To determine how many hours students study daily.
- To analyze the relationship between study time and academic performance.
- To identify challenges faced by students during studying.
- To provide recommendations based on findings.

METHODOLOGY

Research Design

This study used a descriptive research design with primary data collection through a questionnaire.

Data Collection Method

Data was collected using a structured questionnaire distributed to students. The questionnaire included both multiple-choice and short-answer questions.

Sample Size

A total of 30 students participated in the study. The respondents were selected randomly from different academic levels.

Data Analysis Method

The collected data was analyzed using simple statistical tools such as frequency distribution, percentage calculation, and average (mean). No advanced statistical tools were used in order to maintain simple analysis.

Limitations of the Study

- The sample size was limited to 30 students.
- Data was self-reported and may contain bias.
- Only simple statistical tools were used.
- The study was conducted in a limited academic setting.

Presentation of Primary Data

Daily Study Hours

Study Hours Per Day	Number of Students	Percentage
Less than 1 hour	5	16.70%
1–2 hours	10	33.30%
2–3 hours	8	26.70%
More than 3 hours	7	23.30%
Total	**30**	**100%**

Table 1: Distribution of Daily Study Hours

Analysis: The majority of students (33.3%) study for 1–2 hours daily. Only 23.3% study for more than 3 hours. This indicates that most students maintain moderate study hours rather than long study sessions.

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Preferred Study Method

Study Method	Number of Students	Percentage
Self-study	12	40%
Group study	8	26.70%
Online resources	6	20%
Private tutoring	4	13.30%
Total	**30**	**100%**

Table 2: Preferred Methods of Studying

Analysis: Most students (40%) prefer self-study. Group study is the second most preferred method (26.7%). This shows that independent learning is more common among respondents.

Academic Performance (Last Semester GPA Range)

GPA Range	Number of Students	Percentage
Below 2.5	4	13.30%
2.5–3.0	9	30%
3.1–3.5	10	33.30%
Above 3.5	7	23.30%
Total	**30**	**100%**

Table 3: Academic Performance Distributions

Analysis: The largest group (33.3%) scored between 3.1–3.5 GPA. Only 13.3% scored below 2.5. This suggests that most students perform at an average to above-average level.

Relationship Between Study Hours And Gpa

A simple comparison was conducted:

- Students studying less than 1 hour mostly scored below 3.0.
- Students studying more than 3 hours mostly scored above 3.1.

Study Hours	Average GPA
Less than 1 hour	2.4
1–2 hours	2.9
2–3 hours	3.2
More than 3 hours	3.6

Table 4: Average GPA by Study Hours

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Analysis: The data clearly shows a positive relationship between study hours and GPA. Students who studied longer hours generally achieved higher academic performance.

Major Challenges in Studying

Challenge	Number of Students	Percentage
Lack of concentration	9	30%
Social media distraction	8	26.70%
Time management issues	7	23.30%
Family responsibilities	6	20%
Total	**30**	**100%**

Table 5: Identified Study Challenges

Analysis: The most common problem faced by students is lack of concentration (30%). Social media distraction is the second biggest issue (26.7%). This indicates that digital distractions significantly affect study habits.

FINDINGS

Based on the analysis, the following findings were identified:

- Most students study between 1–2 hours daily.
- Self-study is the most preferred learning method.
- Majority of students have GPA between 3.1–3.5.
- There is a positive relationship between study hours and GPA.
- Lack of concentration and social media are major obstacles.

SUGGESTION

The results of this study suggest that study habits strongly influence academic performance. Students who dedicate more hours to studying tend to achieve higher GPAs. However, quality of study also matters. Self-study appears to be the most effective and preferred method.

The data also shows that distractions such as social media and lack of focus reduce study effectiveness. This means students not only need sufficient study time but also a distraction-free environment. Another important observation is that moderate study duration (2–3 hours daily) seems sufficient for achieving good performance if done consistently.

CONCLUSION

This study concludes that effective study habits positively impact academic performance. Students who spend more time studying consistently achieve better academic results. However, time management and concentration are essential factors for success. Although the study used a small sample size, the findings clearly show a pattern between study time and GPA. Students should focus on improving study consistency and minimizing distractions.

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Future Research Suggestions

Future research can:

- Use a larger sample size.
- Apply advanced statistical analysis.
- Compare study habits across different departments.
- Examine the impact of digital learning tools.

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