

# Study Habits and Education Planning: A Case Study of Comparison of Private and Public Sector Schools

Arshad Ali\*, Zulfiqar Ali\*\* & Ramim Naz\*\*\*

## Abstract

*This study aims to evaluate and compare the study habits of students of public and private sector's schools in district Swabi of Khyber Pakhtunkhwa (KP). The study is focused on investigating into study habits of students in six public and six private schools in the study area. Samples of both types of schools' students were selected through stratified random sampling procedure. Ten students from grade 7<sup>th</sup> in government schools, and the same from private schools were selected for the study. Information was collected through questionnaire technique about various aspects of study habits of students in the sample schools. The variables included student's study hours, study style preference, help extended by family members and availability of tutor. The data collected was tabulated and analyzed in terms of percentage to draw findings and conclusions. The findings revealed that the study habits of students in the private schools are better than study habits of students in the public schools. The students' interest in the study is higher in the private schools as compared to students in the public schools. However, the active concentration during the study was higher by students of the public sector schools. At the end, suggestions are provided for improvement in study habits of students for better learning in schools of both sectors.*

**Keywords:** Study habits, Education, Planning, Public Schools, Private Schools

## Introduction

The process of education is composed of three basic elements, namely the teacher, students and the materials to be taught. Modern educationists

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\* Dr. Arshad Ali, Assistant Professor, Institute of Education and Research, University of Peshawar. Email: arshad\_ier@yahoo.com

\*\* Dr. Zulfiqar Ali, Assistant Professor, Institute of Geography and Urban & Regional Planning, University of Peshawar

\*\*\* Ramim Naz, Institute of Education and Research, University of Peshawar

have greatly stressed the importance of students. Now the center of educative process is the student rather than the curriculum. Whole of the subject matter is designed to develop the over-all potentialities of the child. In order to have mastery in the subject matter, the child has to develop an effective study program, which helps the child to achieve his goals. The child study program is not a course of instruction which participants receive rather it is a program of guided experiences. Those participants undergo and through which they gradually learn to see school situations through the eye of individual children.<sup>1</sup>

No one gives flawless musical performance without practice. No one is a star athlete without practice. Similarly, no one is a good student without a good study habit. The first and probably the most important thing are to acquire the habit of studying systematically. Effective methods of study consist basically in applying those fundamental principles, which underlie efficiency. Doing ones work regularly, persistently until it is done and not falling behind in it are the general guidelines for successful study as well as for effectiveness in any field of endeavor. It is assumed that students are able enough to cope successfully with their academic tasks than successfully with which they master the task before them depend in a great measure on their efforts.<sup>2</sup>

Study habits are included in three large areas of human activity. First, that of attentive through full observation of objective, phenomena. Second, the techniques of using language and all it's tools such as books, maps, machines and libraries etc. Third, that of organizing the material in a logical sequence. Studying is an important skill, yet not until recently have school done much about teaching pupils to be expert at skill and study habits if they are to be successful.<sup>3</sup>

A list of good study habits is to go to your class ,do not cram, read before class, prioritize your tasks, do your homework at school, involve yourself in sports/arts to be refreshed, talk to your teachers, join study groups, clutter free study space, prepare for test ahead of time and know your schedule.<sup>4</sup>

Most of the time, study skill training of students occur at home. It is the duty of parents to ensure that their children have a regular place and time to study. Moreover, it is must for them to see that their children are studying at that regular place as well as the time.<sup>5</sup>

The seven steps towards effective student study habits are: institute a regular schedule, incorporate study time, post the schedule, stick to the schedule, get organized, guide your child but let him/her do the work and lastly to praise the efforts to build his/her confidence in order to acknowledge the effort rather than the correctness of the work.<sup>6</sup>

One of the most important factors of success is the students' studying in order to achieve their target is to get accustomed to gain the habit of studying. Some of the studying habits; such as, studying lessons regularly, motivating oneself towards the courses one is bored of, planning and organizing without being affected by one's psychological mood regarding how to study is very important to the habit of studying.<sup>7</sup>

According to J. Grohol, "the key to effective studying is not cramming or studying longer, but studying smarter". He further identified the following effective study habits.

- The positive/right mindset of the students towards study;
- Place of study where student can concentrate on learning;
- The availability of the things ( book, paper, or some other resource) you need for the class, exam or paper you're focusing on for the study session;
- A standard outline format and rewrite your notes from it;
- Using memory games for remembering pieces of information using a simple association of common words;
- Practice by yourself or with friends for testing yourself with either practice exams, past quizzes, to compare class notes, and review materials;
- Make a regular schedule study time just as your class time is scheduled;
- Divide study time into segments that make sense and work for you;
- Keep balance in your life in studying, have friends, keep in touch with your family, and find interests outside of school that you can pursue and enjoy;
- Try to know what the expectations are for the class of various teachers and professors.<sup>8</sup>

Our educational system suffers from a lot of hazards, one of them is the lack of guidance to be provided to students regarding how to study effectively and get a maximum benefit of reading material. The performance of a student in an academic environment is a function of a number of variables. Intelligence and cognitive aptitude are the two well known factors used for the prediction of academic performance non-cognitive factors like attitude, materials, study habits, and study orientation also plays an important role in determining the academic performance of students. Study habits and study attitude are factors that are determinant of an individual's approach towards study. The problem under study, here, is to find out difference in study habits of students of public and private sector's schools.

### *Statement of the problem*

This study was designed to investigate the comparison of the study habits of the students of both sectors, i.e. government and private schools in Swabi district, Khyber Pakhtunkhwa, Pakistan.

### *Hypothesis*

The following null hypothesis was formulated for the study:

There is no difference between the study habits of private sector's students and public sector's students.

### *Method and Procedure*

Population: All schools both working in government and private sectors, were comprised of the population of this study. There were 63 Private High schools and 62 Private Middle schools in district Swabi, while the Government Girls High Schools were 23 and Government Girls Middle schools were 33.

Sample: Out of the total population six Govt; girls' schools and six private girls' schools of Dist. Swabi were selected for the study through stratified sampling procedure. Ten students from grade 7<sup>th</sup> in government schools and the same from private schools had been taken as sample. So the total size of the sample was 120.

Instruments used in the study: Questionnaire was prepared to collect relevant data from the government and private schools students by the researchers. Main areas of the Questionnaire were the students study style, the study hours of students, availability of a tutor, and about the person helping in the study etc.

Treatment of the data: After collection of data, it was organized, tabulated and interpreted in percentage.

### **Results and Discussion**

On the basis of information collected in terms of various variables, results are derived from the study, which are discussed and shown in the following tables:

Table 1: Study hour at home

Information	Total No	1- Hour		2-Hours		3-Hours		More than 3-hours	
		No	%	No	%	No	%	No	%
Private school	60	7	12	21	35	23	38	9	15
Public school	60	18	30	23	38	16	27	3	5

The table-1 indicates that private schools students' duration is much more as compared to public schools. 38% of students of private sector study three hours in a day, 35% study two hrs and 12% study one hrs. While 27% of public schools' students study three hours in a day, 38% study two hrs and 30% study one hrs. In public school only 5% students are exceptional who study 4 hours in a day while exceptional students of private sector are 15%. In which 4 students study 4 hours, 2 students 5 & 6 hours while 2 students study 12 hours in their daily routine.

Table 2: Availability of tutor to students

Information	Total No	Yes		No	
		Number	%	Number	%
Private schools	60	6	10	54	90
Public schools	60	28	47	32	53

The table-2 indicates that only 10% students of private schools have a tutor, while 47% public schools' students have tutor.

Table 3: Help in teaching to students during study at home

Information	Total No	Parents		Sister		Brother		Yourselves		Any other	
		No	%	No	%	No	%	No	%	No	%
Private Schools	60	11	18	10	17	6	10	32	53	1	2
Public Schools	60	4	7	10	17	9	15	32	53	5	8

The table-3 indicates that students of both sectors study independently by themselves. The percentage of public sector as well as private is 53. However, the table shows that parents of students of the private schools take more interest in their children study as compared to public sector. Other family members help students too in study in both sector schools.

Percentage of other persons like cousin and friend helping the students is high in public as compared to private schools' students.

Table 4: Measure of concentration of students during their study

Information	Total No	To be quite		Listen music		Watch T.V		Any other	
		No	%	No	%	No	%	No	%
Private Schools	60	57	95	2	3	1	2	0	0
Public Schools	60	60	100	0	0	0	0	0	0

The table-4 shows that students of public schools are studying in a quite situation. They are not doing other things during study. They want to remain silent. Most of private schools students do the same but 5% of them are listening music or watch T.V. during study.

Table 5: Inclination to study just before exams

Information	Total No	Yes		No	
		Numbers	%	Numbers	%
Private schools	60	20	33	40	67
Public schools	60	51	85	9	15

The table-5 indicates that 85 % of student of public school study just before exam, while the % of students in the private sector is 33. This indicates that private schools' students study throughout the year.

Table 6: Study style preference

Information	Total No	Study alone		Study in group	
		Numbers	%	Numbers	%
Private schools	60	45	75	15	25
Public schools	60	45	75	15	25

The table-6 indicates that majority of students (i.e. 75 %) of both the public and private sector's schools study independently / alone while 25 % of them study in group.

### **Conclusions**

It is concluded from the study that study habits of students of schools in the private sector are better from public sector in the following ways:

The private sector students' parents take more interest in their children education. They help in study of their children at home. Private sector's students study throughout the year. They do not study just before the examination. Their study hours were also greater than public sector's students. They study more than 4 hours. Some of them even study 12 hours in their daily routine.

In some area the performance of government sector is better than private sector, for example; students of all public sector schools study in silence. They do not like doing any other thing during their study. Though majority of private sector students study in silence, but some of them listen music or watch T.V during their study.

So, on the basis of findings of the study, we reject the Null the hypothesis that there is no difference between the study habits of private sector's students and the public sector's students.

### **Suggestions**

On the basis of the findings, the following suggestions are provided for their incorporation in education planning for improvement:

#### *a. Suggestions for both sectors' schools*

- Need for guidance: There is need for a systematic guidance and counseling program in all educational institutions. Students face many problems and difficulties during their study period, however, if guidance is provided at the right time, they (students) would be able to concentrate adequately and hence progress smoothly in their studies.
- Conducive atmosphere: A pleasant and conducive atmosphere in the class is part and parcel of the learning process. It will depend largely on a polite, encouraging and tolerant attitude of the teacher. When students feel relaxed and free from undue stress and strain, the result would be efficient and effective learning. So both sector schools should provide such an environment.
- Monthly tests: For both sectors, regular monthly tests should become a permanent feature of the academic session. As a result, students will turn out to be regular, alert, active and serious in study. It will accelerate the learning process and will result in better academic achievements.
- Well equipped libraries and laboratories: Well-equipped and up to date libraries and laboratories are a source of interest and

motivation for students. Special attention should be given towards improving the conditions of libraries and laboratories.

- Refresher courses: Refresher courses for teachers should be arranged as a permanent feature in education policy and planning. This could help teachers learn modern methods of teaching and new devices for instruction.
- Students' participation: The improvement of learning takes place with the participation of students. There are various devices, which may lead to the involvement of the students in the learning activity, viz., discussions, pair work and free questioning.
- Develop power of thinking: A vital aspect of education, in teaching learning process is to develop the thinking power of students. Thought provoking questions stimulate students, which facilitate mastery of academic content. After presenting the new material a good part of the period should be devoted to questioning.
- Quiz and speech competition: Quiz and speech competition should be arranged between private and public sector's schools in order to create enthusiasm and curiosity in students for learning.

*b. Suggestions for public sector's schools*

- Teacher parents association: The teacher should inform the student's parents for the child's improvement and progress. Teachers-parents meeting should be arranged in all public sectors' schools. On the other hand, the parents should take interest in their children education and keep liaison with schools' teachers and administration.
- Home assignments: Public schools must give home assignments regularly because it is a tool of independent learning and these assignments should be checked regularly. Students should be appreciated for doing good assignments. In this way students' interest could be increased.
- Devices for regular study: The public sector's school should make some devices through which students could study throughout the year, not just for examinations. Such devices could be monthly, weekly and daily written and oral tests.
- Result cards for improvement: There should be results cards in public schools in order to keep all previous records of students. This is also a channel of communication between parents and



teachers. In this way it proved very effective for the child improvement.

*c. Suggestions for private sector's Schools*

- Trained teachers: Only trained teachers should be appointed in private schools in order to improve quality education. So these teachers make students to realize the importance of doing studies in silence, as effective study could not take place when mind is divided. Students should be advised to avoid doing studies along with listening music or something else.

## Notes & References

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