

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

#### **A. Review of Literature**

The literature in this chapter shows a brief explanation about some theories that support this study. The study deals with the theories related to study habits, while the researcher decides this research covered main area of the eighth grade students at SMP Progressive Bumi Sholawat Sidoarjo.

Before stepping further down to study habits in learning English for students at the eighth grade of SMP Progressive Bumi Sholawat Sidoarjo especially for high class of male and female students, better for us to know definition the effective study habit and the elements of study habits explanation. These aspects are chosen because they include straight relation to students for reaching their success in organizing their study habits.

#### **1. Effective study habits**

Effective study habits are conditions in which the students study habitually to reach the maximum success of their academic in the school work.<sup>1</sup> There are many kinds of effective study habits that found by researcher in the previous study. From another research, there are ten steps toward effective study habits for students that have been modified to be nine steps of effective study habits:

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<sup>1</sup> Ogbodo, Rosemary Ochanya PhD, "Effective Study Habits in Educational Sector: Counseling Implications", *Edo Journal of Counseling*, Vol. 3, No. 2, 2010, Pp. 229

- a. The positive/ right mindset of the students towards study
- b. Place of study where students can concentrate on learning
- c. The availability of the things you need for the class
- d. A standard outline format and rewrite your notes from it
- e. Using memory games for remembering pieces of information using a simple association of common words
- f. Practice for testing yourself
- g. Organizing the regular schedule study time
- h. Keep balance in studying
- i. Try to know what the expectations are for the class of various teachers and professors.<sup>2</sup>

In addition, there are eight dimensions to construct good study habits of students; home environment and planning of work, reading and note taking, planning of subjects, concentration, preparation of the exam, habits and interest, school environment, and total study habits.<sup>3</sup>

Good study habits are called the effective study habits, because good

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<sup>2</sup> John M. Grohol, (2011) cited in Arshad, Zulfiqar & Ramim, "Study Habits and Educational Planning: A Case Study of Comparison of Private and Public Sector Schools". *The Dialogue*, Vol. 7 No. 3, 311

<sup>3</sup> Rajendra et al, (2009) cited in Dr. Suresh Chand, "Study Habits of Secondary School Students in Relation to Type of School and Type of Family", *International Journal of Social Science & Interdisciplinary Research*, Vol. 2 No. 7, Summer 2013, Pp. 91

study habits have significant effect to student's academic achievement  
In their learning process.<sup>4</sup>

## **2. Components of study habit**

Study habits have some components to be applied by students in their learning strategies for achieving student's academic success. Based on the previous research, there were seven components that included in study habit that are discussed in this section based on Patel as following:

### **a. Home environment and planning of work**

Home environment gives the important effect to students' habit when they choose for studying at home to review the school material or to prepare material for the next lesson. Because the environment is important to support students in their learning, the home environment should provide good circulated air, silent voice, and the bright lighted room or open place with the desk and chair.<sup>5</sup>

Good circulated air is needed for children to help their learning effectively. Students can feel interesting when the learning's environment provides the good circulated air for

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<sup>4</sup> Dr. Ismail Khalil et al. "The General study Habits of Major EFL Students in King Khalid University and their Relationship with GPA, Gender, and Certain Social Factors". *Journal of Languages and Literatures*, Vol. 10, 2013, Pp. 15

<sup>5</sup> G.I Osa-Edoh, et al "A Survey of Students Study Habits in Selected Secondary Schools: Implication for Counseling", *Current Research Journal of Social Sciences*, Vol. 4 (3), 2012, 229

affecting their willingness in learning some subjects because the good circulated air can solve student's weariness when focused on their learning time.

Beside of home environment' characteristic in study habits, home environment includes on parents' role to support their children in improving study habit with purpose in reaching their children's achievement.<sup>6</sup> Parent's awareness to their children in creating an ideal learning environment at home can help their child for reaching their achievement.<sup>7</sup>

#### **b. Reading and note taking**

Reading is one of English skill that someone makes meaning of written symbols on a page of paper.<sup>8</sup> About the purpose of reading based on this article, there are some kinds of reading; reading for enjoyment or interest, reading for studying purposes, and reading just for decoding signs on page. Based on reading for studying purposes, reading can build someone knowledge about something new that never they

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<sup>6</sup> Nuthanap G., "Gender Analysis of Academic Achievement among High School Students", University of Agricultural Sciences: Dharwad, 2007, 11

<sup>7</sup> Stacey M. Meyer, "Running Head: Learning Styles and Study Habits: Teaching Students to Take Control of their Own Learning", St. Mary's College: Maryland, 7

<sup>8</sup> Ritha O' Donoghue, MPhil, M.A. (edu). "Study Skills: Managing your Learning", National University of Ireland: Galway, 2005-2006

know before.<sup>9</sup> Therefore, there are some discussions about benefit for the reader when implementing effective reading:

- 1) Look for the information directly to the goals
- 2) Search the information to guess ahead
- 3) Summarized some points by making notes
- 4) Re-read some difficulties sentence or part
- 5) Have some questions to search specific information
- 6) Evaluate new information
- 7) Check your progress and understanding about your reading

Reading can make someone felt boring when they should focus on long written and do not catch the point of information. Therefore, there are some techniques to make your reading effectively that called by SQ3R technique:

- 1) Skim the written to alert your brain
- 2) Prepare questions based on your information that you search
- 3) Re-read and make a note
- 4) Recall what you have written
- 5) Review the learned information

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<sup>9</sup> Anne E. Cunningham and Keith E. Stanovich, “What the Reading does for the Mind”, *Journal of Direct Instruction*, Vol. 1, No. 2, Summer 2001, 147

Reading can be more useful when students should be able making a note in their own word to get the best understanding about the information they seek.

Note taking is one of skill that is important to be learnt for increasing the effectiveness of study habits.<sup>10</sup> When you take a note in your study, you will be more focused on your idea and speed up of your process in learning process. There are some activities that asked students to take a note for getting the idea, such as; in reading and listening activity. Students should take their note to get the idea from their activity. To make a good note, there are some structures to organize it:

- 1) Use the outline form as shown
- 2) Use words and phrase only
- 3) Shows' teacher emphases

### **c. Planning of subjects**

Learning some subjects was felt easier or not for students when they should be learnt in their home lonely depended on their achievement. Students with high achievement will be more easy to learn their school material when study alone. On the contrary, the students with underachievement will be

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<sup>10</sup> Hawthorn, Victoria. "Study Habits Evaluation and Instruction Kit", New Zealand for Educational Research: New Zealand, 1980, 22

difficult to learn their school material with learning by themselves when they implement their study habits at home. Therefore to help the students easy when they disliked their subject, there are three methods can be applied by students<sup>11</sup>:

*1) The Premack Principle*

The Premack Principle is when you dislike enjoying study overall the school material, you should be have any way to reward yourself for studying deeper the subject. This principle was not ask you as the learner to skip the material to be learnt, but how you could learn the difficult material based on your perception with some motivations to cover it.

*2) Vary the Order in which You Study Subject*

When you studied some subjects of school, you would be faced by the difficulty chapter of the material. You did not ask for skipping the difficult chapter by learning more the interesting material as your perception. Ought to be implemented in your study, the students should have a plan to recover the difficult

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<sup>11</sup> Hawthorn, Victoria. "Study Habits Evaluation and Instruction Kit", New Zealand for Educational Research: New Zealand, 1980, 13

subjects. The students should create more interesting learning style to be enjoyed their school material.

### 3) *Programmed a Time and Keep to It*

Another way to solve your habits when learning difficult material is how you can manage your study time as same as you learn another subjects. In addition, you should not think about how much the material you have learnt, you should focus on how to understand the points of material that you have learnt. Because when you really understand about your material, you can improve your academic achievement.

Based on three methods about how to plan a subject when you study at home, the students can be easy to choose the way when they want to learn the school material at home. They must be creative and smart to occur their own interesting learning, because the ways that they apply in their learning style are determined their own academic success.

#### **d. Concentration**

Concentration is the most important one that offers the aspiration outcome in the students' learning process.<sup>12</sup> There

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<sup>12</sup> Rosemary Ochanya Ogbodo PhD, "Effective Study Habits in Educational Sector: Counselling Implications", *Edo Journal of Counseling*, Vol. 3, No. 2, 2010, 232-233



are some techniques that recommended for used by students in their study habits to keep their concentration:

### **1) SQ3R Technique:**

*Stand:* view of the contents, chapters, going through the headline and sub-heading to the end for having a general impression of written material.

*Questions:* the readers should formulate the question on the broad ideas as stimulating areas for later references.

*Read:* read the chapter based on the question that is formulated and concentration of the word.

*Recite:* the reader writes down and understanding the points from the chapter.

*Review or Revise:* re-reading the passage carefully to answer the question for better understanding of the passage.

### **2) The Rosemary (L)**

*Repetition:* read the passage many times as you get used to the word inside material or topics.

*Over-Learning:* from repetition reading, the reader will produce over-learning. So the readers will not forget any part of passage.

*Summarization:* summary be short and straight to the point.

*Enumeration:* write down to do not forget the points

*Mnemonics:* devise mnemonics for important ideas, principles, concepts, formulae, etc.

*Application:* apply the material based on your personal life and daily

*Revision:* revise all the steps which have done and bring to you memory

*Yes: I know it now!* The reader can apply all the points to their life

*Linkage:* the readers should make link the material to their daily life.<sup>13</sup>

By using the concentration techniques from Ogbodo article that suitable used for students in their habit when reading, the students can improve their achievement by increasing their knowledge from reading activity with implementing this concentration technique.

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<sup>13</sup> Rosemary Ochanya Ogbodo PhD, "Effective Study Habits in Educational Sector: Counselling Implications", *Edo Journal of Counseling*, Vol. 3, No. 2, 2010, 233-234

### e. Preparation of exam

Preparing examination for students that enclose the real-test can compose them depressive and concern reaction.<sup>14</sup> The depressive and concern from students when preparing English examination can be managed by good organizing student's study style to review the subject materials that accomplished in the paper question. By applying the good strategy in preparation of examination, the students are more prepared to answer the question of examination and their result of examination can get the maximum score.<sup>15</sup> There are some strategies that can be applied by students before having examination:

- 1) Keep your good study habits: do your class work
- 2) Look for and use your past homework assignment, class notes, and presented review materials
- 3) Pursue directions
- 4) Find out when tests will be given out

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<sup>14</sup> Student Centre, *Effective Exam Preparation*. (Tasmania: Tasmania University, 2013), ([http://www.utas.edu.au/data/assets/pdf\\_file/0018/11547/Effective-Exam-Preparation.pdf](http://www.utas.edu.au/data/assets/pdf_file/0018/11547/Effective-Exam-Preparation.pdf) , accessed on March 23, 2014)

<sup>15</sup> Nathan Hawley, B.A et al, "Dental Students' Preparation and Study Habits for the National Board Dental Examination Part I". *Journal of dental Education*, Vol. 73, No. 11, 2009, Pp. 1274

- 5) Obtain a good night's rest and eat a normal breakfast before testing<sup>16</sup>

In addition, study habits in preparing English examination are implemented by students to get the success academic in their learning process. There are other tips for reaching their success academic before taking the test:

- 1) Create a study schedule
- 2) Review previous tests
- 3) Review your notes
- 4) Review your text
- 5) Form study groups
- 6) Relax.<sup>17</sup>

Finally, study habits of students in preparing English examination must be concerned well to achieve their success academic. The important of the study approaches from the fact, student's study habits require to be identified from the high achievement students that taking English private course and not that the result from observation can be applied by underachievement students to organizing their study habit with

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<sup>16</sup> "Test-time" Strategies for Students, Parents, and Teachers, downloaded from <http://www.tn.gov/education/assessment/doc/tsteststrategies.pdf>

<sup>17</sup> Downloaded from <http://sci.odu.edu/sci/academics/ugadvising/problemsolving/SucessTips%20FinlExamPreparationTips.pdf>

adapted from high achievement students that taking English private course or not to get the best academic especially in their English examination.

#### **f. General habits and attitudes**

Habits and attitudes of students are importance part of study toward students' achievement.<sup>18</sup> As their definition, habit is some patterns of behavior that adopted by students to serve their learning. Attitude is students' attitude toward act of studying and students' acceptance and approval of broader goals of college education.<sup>19</sup> So habits and attitude are needed for students to increase their learning style for achieving their academic success. There are some determined to reach habits and attitude; time management ability, work method, attitudes toward teachers and acceptance of education. From the previous research, we can find that habits and attitude has relation to students' learning with purpose for reaching their academic achievement when they really arrange their study in effective study.

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<sup>18</sup> Marie Jean N. Mendezabal. "Study Habits and Attitudes: the Road to Academic Success", *International Journal of Applied Research and Studies*, Vol. 2 (4), 2013, Pp. 4

<sup>19</sup> Crede & Kucel, 2008, incited from, Marie Jean N. Mendezabal. "Study Habits and Attitudes: the Road to Academic Success", *International Journal of Applied Research and Studies*, Vol. 2 (4), 2013, Pp. 4

### **g. Total study habits**

By applying the components of study habits in learning process, students can increase their achievement. Therefore total study habits are important applied by students in their learning. Because there was many research that shown the readers, total study habits has relation to improve student's academic achievement that hold in government and private school research.<sup>20</sup>

## **3. Factor of Study habits' Implementation**

The implication of study habits that applied by students can be successful increasing their achievement with affected by some factors in their application.<sup>21</sup> There are some factors that affect students' study habit in reaching their academic achievement;

### **a. Teacher Consultation**

Teacher consultation is the most influential factor to affect students' study habit in improving their academic achievement.<sup>22</sup> Teacher is the one of school personal can help and support the students for improving the quality of their

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<sup>20</sup> Dr. Suresh Chand, "Study Habits of Secondary School Students in Relation to Type of School and Type of Family", *International Journal of Social Science & Interdisciplinary Research*, Vol. 2 (7), 2013, 94

<sup>21</sup> Supattra Maraya, "The Effect of Study Habits on the Academic Performance of English for Academic English (LE 4000) Students in International Islamic University Malaysia", 2013, 3

<sup>22</sup> Owoyele, (2012), incited from, Dr. Jake M. Laguador. "Engineering Students' Level of Study Habits and Factors Affecting Them", *International Journal in IT and Engineering*, Vol. 01 (03), July, 2013, 2

academic achievement.<sup>23</sup> Therefore the regular counseling to train the students in arranging their study skill strategies are provided in order to encourage their study habits and affect to their academic achievement

#### **b. Socioeconomic Status**

Socioeconomic status can contribute toward the academic achievement of students.<sup>24</sup> From the previous study, there is the research that explain about socioeconomic status has effect to academic achievement.<sup>25</sup> Therefore students with low socioeconomic have negative effect to their academic achievement; on the contrary, the students with high socioeconomic have positive effect to their academic achievement.

### **B. Review of Previous Study**

This research which comes from Riaz et al with their journal entitled *Relationship of Study Habits with Educational Achievement that focuses on economics students in Pakistan*, the result of this study explain that there presented a positive relationship between study habit and achievements of

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<sup>23</sup> M.S. Farooq. "Factors Affecting Students' Quality of Academic Performance: A Case of Secondary School Level", *Journal of Quality and Technology Management*, Vol. 7 (2), 2011, 3

<sup>24</sup> M.S. Farooq. "Factors Affecting Students' Quality of Academic Performance: A Case of Secondary School Level", *Journal of Quality and Technology Management*, Vol. 7 (2), 2011, 2

<sup>25</sup> Muhammad Amjad Saleem, et al. "Credentials and Examination of the Factors Affecting the Students' Academic Achievement in Higher Education: A Case Study of Universities in Public and Private Sector at D.I.Khan, *Gomal University Journal of Research*, Vol. 27 (2), 2011, 78

students for the some dimensions of study habits that observe in their area of study.<sup>26</sup> This study shows evident that study habits can improve student's achievement when they apply study habits effectively in their learning habits.

Another research entitled *Study Habits and Academic Achievement in Core Subjects among Junior Secondary School Students in Ondo State, Nigeria* that focus on students' study habit for subject materials school from the public junior secondary school in Nigeria (two schools from each of the three senatorial districts).<sup>27</sup> This study shows that relation of study habits and students' academic achievement in their learning. Study habits' dimension that is used in this research such as homework and assignment, time allocation, reading and note-taking, study period procedures, concentration, written work, examination and teacher consultation. The result of this research shows that there was different impact of study habit to their academic achievement for different school subject.

Previous research entitled *Study Habits of Higher Secondary School Students in Relation to their Academic Achievement* that focuses on relation between study habits' dimensions and students' academic achievement at the

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<sup>26</sup> Aisha Riaz, et al, "Relationship of Study Habits with Educational Achievement". *International Journal of Agriculture & Biology*, Vol. 4, No. 3, 2002, 370

<sup>27</sup> J.T.B. Oluwatimilehin, "Study Habits and Academic Achievement in Core Subjects Among Junior Secondary School Students in Ondo State, Nigeria", *Bulgarian Journal of Science and Education Policy (BJSEP)*, Vol. 6, No. 1, 2012, 155.



government school of Banaskantha in Gujarat.<sup>28</sup> From the article, the researcher shows that each dimensions of study habits that applied by students at the government school in Gujarat has different relation with academic achievement success of students based on the collected data. There are some points from the research to support a good study habits in students' learning; parent's role is important to guide their children to develop their study habits, teacher's role to control their students' study habits by asking them to record their progress and teacher should be create a conducive environment in the classroom to make their students enjoy when they study with them. Therefore to reach students' achievement, there should be good arrangement study habits in students' learning.

Success by applying study habit is affected by some cases that come from their environment. Based on the article entitled *Comparison of Study Habits and Academic Performance of Pakistani British and White British Students*, the research shows to the readers about comparing study habits of Pakistani British as foreign students and White British as local students to their achievement from four multiethnic school of England, United Kingdom.<sup>29</sup> There are some unique results showing in this article that the foreign students have lower achievement than native students. This result of research is

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<sup>28</sup> Aravind N. Chaudhari, "Study Habits of Higher Secondary School Students in Relation to their Academic Achievement", *International Journal of Research in Humanities and Social Sciences*, Vol. 1 (3), 2013

<sup>29</sup> Rana, Shabbir Ahmad. et al. "Comparison of Study Habits and Academic Performance of Pakistani British and White British Students", *Pakistan Journal of Social and Clinical Psychology*. Vol. 9, 2011

caused by some factors that influenced of students' study habits of foreign students and can be impacted to their academic performance. Parental involvement, home environment, classroom atmosphere, teaching skill of teacher and their study habits are some factors that influence foreign students' achievement when learning in the odd place. Moreover, the location of learning can influence students' achievement when they applied study habits.

In addition discussion about an article entitled *Study Habits of Tenth Grade Students in Relation to their Academic Achievement* that focuses on comparing of female and male students at rural and urban area about their study habits to reach their academic achievement. From this research, the researcher concluded that there was not significant effect for their academic achievement and study habits based on students' sex. There was also different result of research about locality of students. The location of students when they studied their school materials shows the affect to their study habits and academic achievement. In conclusion, students with applying good study habits will reach their achievement in learning process.

Finally, the researcher concluded from the previous research which the researchers conducted their research in different areas and focuses with the same topic about study habits to achieve academic success. In this study, there are some explanations about student's study habits that organized by

Islamic boarding school management to reach students' academic achievement.