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## The Effects of Students' Study Habits in Kenyan Universities

**Dr. Mary Kathambi Kinoti**

Deputy Vice Chancellor, Department of Theology and Counselling  
Kenya Methodist University, Kenya

**Dr. James Mwita**

Lecturer, Department of Theology and Counselling,  
Kenya Methodist University, Kenya

### **Abstract:**

*Study habits determine how students learn; they are the learning behaviours formed by students during their school years. Students cannot attain academic excellence unless they develop strong study habits. The degree to which students succeed or accomplish their studies is heavily influenced by the study habits that they establish and employ. When contrasted to a student who has terrible study habits, a student who establishes and uses excellent study habits is more likely to succeed in their academics. As a result, study habits are critical to the academic performance of all students at all levels. However, one wonders how far students have progressed in developing and implementing study habits in recent years, given that the majority of university students have little knowledge of how to study effectively. The majority of students do not have a study plan to help them with their academics. Some students seldom attend course lectures, complete assignments, and study for tests, among other things. This might result in student's poor results in both externally and internally conducted examinations. This article therefore, attempts to highlight the effects of student's study habits in Kenyan universities.*

**Keywords:** Students, study habits, Kenyan universities, examinations

### **1. Introduction**

Study habits are studying dispositions that allow students to study independently, they are characterized as strategies used by learners to aid in the effective learning of the contents available, such as reviewing, making notes, organizing, or identifying information. The phrase study habits refer to a somewhat consistent technique of studying (Ebele, 2017). According to the dictionary, study habits are students' proclivity to study whenever provided the chance. How students do their studies has a significant impact on their degree of academic performance. Students' degree of preparation and learning techniques devised and utilized intentionally has a significant impact on their academic success (Walck-Shannon, 2021). Thus, one of the most important student learning variables that have a significant impact on student's academic success is study habits. If students at all stages, educators, administrative staff, parents and guardians, guidance advisors, and the current regime proceed to subvert students' dismal achievement in both internal and external assessments, the tendency and threat of students' dismal achievement will continue to grow and become more disastrous and worrisome. The most prevalent barrier to student achievement in all aspects is a lack of adequate constructive or rather excellent study habits. If students can acquire a strong study habit and keep excellent discipline, they would achieve exceptionally well in their academic quest (Mark & Howard, 2009).

A significant learning problem among students of all levels is a lack of efficient or constructive and excellent study habits (Hussain, 2000). The process of learning is still somewhat unknown, but studies suggest that the most efficient method of studying requires highly active activity over time (Grace, 2013). To put it another way, to properly study, one should read, sketch, analyze, recall, and evaluate themselves during a learning period. The notion of study habit is wide since it encompasses virtually all other concepts such as study attitude, study techniques, and study abilities (Hussain, 2000). Attitude is a psychological and natural state of preparedness that is formed by experiences and has a direct impact on the individual's reaction to all objects and events. Academic success and a good study pattern are greatly influenced by one's attitude toward studying (Tus J, 2020). Successful students have a good attitude toward their studies. If the learning experience is enjoyable, the learner's attitude and motivation are typically positive; if the learning experience is not enjoyable, they prefer to avoid it.

Commentary such as; Studying but being unable to recall what is learnt or complaining that the courses are too long, can often reflect a hostile perception about studying. Attitude is a measure of how we feel and think about persons, things, and situations in our surroundings (Tus J & Cruz, 2020). Study attitude refers to the attitudes that students have formed regarding private readings throughout time, a positive study attitude opens up many opportunities for academic success. Students understanding and use of successful study skills or strategies are referred to as their study strategy (Kashif, 2021). Several efficient study strategies and skills that students might utilize depending on the education system have been found (Husain, 2000). For students to thrive in their academics, they should be able to ingest coursework,

process it, think on it, and express the information in a structured and/or verbal form. What is essential is a student's capacity to develop efficient study habits (Kelli, 2009). Many students believe that the number of hours spent studying is the most essential factor some students, on the other hand, can study for hours and recall relatively little.

The better issue is how students can study more effectively and successfully. It is critical to practice strong time managing skills. Students must understand that there is an appropriate time for everything. The important problem is recognizing that a proper equilibrium is required. Students should also be able to see. A well-stated image of the future they aim to create for themselves is critical to their academic achievement. This will encourage them to be enthusiastic about what they want to accomplish. Enthusiasm is essential because it drives strong attention, perseverance, and dedication to accomplishing professional aims and ambitions (Brown-Kramer, 2021).

Students with cognitive disorders may still have ineffective and poor study habits and skills (Marc, 2011). Being conscious of studying patterns or habits assists students in understanding why they may become dissatisfied with conventional study approaches. Excellent study habits are critical to academic achievement since they correlate to a prosperous academic future. Good study habits result in good grades in universities, maybe with a scholarship for further studies added. This, in effect, leads to a successful profession. Establishing effective study habits is critical for all students, regardless of their level of schooling. It improves students' capacity to be self-disciplined, self-directed, and productive in their degree programs (Walck-Shannon, 2021). The earlier a student begins exercising and forming excellent habits, the more likely he is to stick with them. Procrastination may be addressed with appropriate study habits, and the key to improved studying is to improve one's study habits. The most essential factors in assisting a student in developing excellent study habits for life are organization and assignment schedules.

## 2. Problem Statement

Study habits are important parameters in learning, it is however recognized that most students employ bad study habits in their university education, therefore resulting to poor performance and incompetency. This issue has raised a lot of concerns in the higher institution in Kenya. Good study habits are the key to becoming a successful student. This is becoming increasingly true, particularly in higher education. The great majority of successful students succeed as a result of adopting and implementing good study habits. To be a great student, one must acquire the most effective study skills in order to improve their grades, knowledge, and capacity to learn and comprehend information. Therefore, it is important for the students in Kenyan university to abandon bad study habits so as to excel in their studies.

## 3. Objectives

The main objective of this study was to evaluate the study habits of students in Kenyan universities and the effects of their study habits on their academic performance.

## 4. Discussions

Establishing strong study habits leads to accomplishment, and a student will find themselves performing more effectively and under less stress as a result. Having good study habits leads to a more efficient academic atmosphere. As a student, planning studying routine ahead of time and adhering to it saves a lot of time. Students who practice effective study habits are less anxious. Students who are nervous on exam day are usually the ones that procrastinate and arrive underprepared. Students who arrange their life and stick to their set study plans are more assured and comfortable when it comes time to take tests (Marc, 2011). If students want to assure academic achievement through the course, they must abandon negative study habits and develop positive ones. Regardless of age or level of education, using good study techniques can be the distinction between mastering a course, narrowly completing, or flunking terribly. Most of today's most popular study techniques or routines can result in total disillusionment (Ashish, 2013).

The most efficient study tool of all is; understanding precisely what works and does not function on a personal basis, including recording study habits and linking it with relevant results, and then strategically constructing a study plan and timetable around the established successful approaches (Ashish, 2013). Effective study habits enable pupils to study freely in the university and strive for a higher academic career. The development of appropriate study habits in the university acts as a foundation for pupils' achievement in external examinations (Adeninyi, 2011). Learning is an individualized affair, and no study habit fits throughout every scenario. Individual students must take on a greater initiative to obtain the necessary knowledge to build good ideals, critical reasoning, mindsets, and abilities. Good study abilities and methods allow students to pursue learning problems methodically and autonomously. Good study habits are the key to getting sharper and succeeding in school (Clarke, 2021). Study habits developed in university have higher relevance, and students must recognize the need of developing these efficient study habits. Efficient studying will assist students in completing an assignment in less time and achieving a higher level of understanding of the subject. Students who study successfully and productively use learning strategies that help in the accumulation, memory, and implementation of ideas, skills, and material from textbooks, group discussions, lectures, and other materials (Paivio, 2000).

Study skills, habits or study methods as ways to learning are typically important for academic achievement, are regarded necessary for obtaining excellent grades, and are beneficial for studying during one's lifetime (Brown-Kramer, 2021). Several study skills may be used to address the practice of structuring and absorbing new knowledge, remembering knowledge, or coping with evaluations. Mnemonics, which help in the memory of sets of knowledge, productive studying and attention methods, and expedient taking notes, are among them. Effective study practices are frequently left to the students and their assistance, but there is an indication that they are progressively being taught at the university levels.

According to the experts, developing study habits can help a student become more effective and efficient. Study habits are reported to be growing as a result of the introduction and widespread usage of the Web and digital content, all of which have a significant impact on study habits (Liu, 2005). The rapid expansion of digital material, which alters the way students view learning, as well as the usage of printed resources is essential in assisting study habits. Students' print out content from the Web to study and peruse later (Chris, 2015; Liu, 2005).

The scores a student obtains for a certain period might indicate the level of their academic progress. A grade is thought to be the primary measure of such learning. It is believed that they may have also learnt a great deal, whereas low marks suggest less comprehension (Chris, 2015). Nonetheless, numerous encounters and research have revealed that various elements contribute to grades such as gender, Intelligence, study habits, age, school level, parent's academic achievement, socioeconomic position, the influence of peers, genetic factors, and so on have all played a role. Almost all extant contextual and interpersonal variables are, in reality, a factor of academic success (Clarke, 2021). Students' scholarly achievement is one of the primary measures used to assess the standard of education at universities. Academic success is a complicated practice that is impacted by a variety of factors, including study habits. A study habit is a distinct personal practice in connection to studying that is the result of a mix of study techniques and competence. In other terms, study habits comprise actions and abilities that can boost desire and turn studying into an efficient procedure with good rewards, resulting in increased understanding (Brown-Kramer, 2021). This is also described as any action that aids in the practice of studying a subject, addressing difficulties, or recalling a portion or all of the material provided.

## 5. Conclusion and Recommendations

### 5.1. Conclusion

Study habits, which vary from individual to other, are in reality the key to achievement. Previous research has found that excellent study habits involve learning in a quiet place, studying regularly, turning off devices that interfere with study (such as TV and mobile phones), writing notes on essential material, optimizing complicated content etc. Procrastination, dodging the studies, studying in unsuitable settings and listening to music or watching television while studying, is a few of the bad study habits (Chris, 2015).

### 5.2. Recommendations

In university education, study habits contribute a lot to the performance of students. It is apparent that in Kenyan universities, students do not employ good study habits in their academics which therefore results in poor performance in both internal and external examinations from the Kenyan ministry of education. This indicates that the students study habits in Kenyan universities highly affects their performance and their academic prowess, therefore it is recommended that students must evaluate and adopt good study habits to perform better in their studies.

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