

## Impact of Online Education on Study Habits of Secondary School Students

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### ABSTRACT

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Online education has gained immense popularity among working professionals and students pursuing higher education. These categories of online learners find immense benefit in the autonomy and flexibility that these courses offer. Online courses can be planned around their schedule which may include full-time employment, internships and caring for family. Online learning can also help them take out some quiet time to study.

Distance learning has been around for a long time, even before technology made it extremely accessible. Traditional schooling is now seeing an increased proliferation of virtual training materials and online courses. Even in a world of tried and tested schooling systems and curricula, the most successful schools are the ones who adapt to the changing times, as well as to the expectations of students, parents and the society. If online education is here to stay, then what are its implications for traditional learning? Instead of focusing on pros and cons, the conversation we should be having today is about leveraging online education to make our education systems more conducive to learning.

**Keywords :** Online Education, Students, Data Analysis, Influence Study

### INTRODUCTION

On line courses call for a greater amount motivation and self-discipline than a classroom-based course. A classroom has one or more instructors and peers, who can hold a student accountable for their course-work. In contrast, online courses involve setting our own goals, tracking progress and meeting deadlines. One does not learn effectively in isolation so online courses do offer discussion forums, email and one-on-one support. Technology also adds on to the visual experience by incorporating animations that can be

used interactively for effective learning and communication.

### THE CLASSROOM ADVANTAGE

A school provides structure, support, and a system of rewards and penalties to groom its students. Traditional classroom education offers the benefit of face-to-face interactions with peers which are typically moderated by a teacher. It provides children, especially those in their early developmental years, with a stable environment for social interactions, helping them develop skills like boundary setting,

empathy and cooperation. It also allows plenty of room for spontaneity, unlike a virtual learning setup.

## ONLINE EDUCATION IN THE CONTEXT OF SCHOOLING

As students progress to higher classes in school, they seek more autonomy and intellectual freedom. Online learning can help them pursue highly individualised learning programmes, possibly even college level courses. These, combined with hands-on exercises, real world exploration, and thorough assessments, can be highly beneficial to their learning progress. They can explore their options by trying out introductory topics from different fields, before committing to a specialisation. Online learning platforms can help these students become more independent learners, before they make their way into college. I believe that we must not hold back students from pursuing an online course but instead provide them guidance as they navigate through it.

Mobile apps that provide enhanced learning opportunities for school children have become quite popular as of late. Since mobile phones have already found their way into their hands, these apps are being used to supplement classroom learning. Teachers and parents need to act as anchors and mentors, curating the kind of educational content students are exposed to, during this tricky phase of exploring the right career to pursue.

Virtual public schools, that offer full-fledged K-12 education have already sprung up in some parts of the world. They even offer a combination of the traditional system with online education. There are programmes that provide support to families that wish to home-school their children in the form of online course material. These programmes bring parents and teachers into the fold, by involving them in their child's education from the get go. However,

their effectiveness in the long term needs to be studied.

Online learning programmes will also open up opportunities for children from the weaker socio-economic communities who have limited access to learning resources i.e. teachers, text books and infrastructure. It will connect them to a global network of online learners, exposing them to new perspectives. The ideas that they receive will not be limited by the number of heads in one classroom.

## ONLINE EDUCATION FOR EDUCATORS

Online education can also be designed to accommodate a variety of learning styles among students. As educators, it is likely that we will have to put in additional efforts to incorporate online learning programmes into the curriculum in the most suitable manner.

Online training programmes are helping teachers/educators advance their skills in curriculum implementation, policy, education systems and leadership, both independently and with the support of their institutions. It lets them collaborate with their peers and learn new instructional skills that are relevant to their career. These programmes can help them develop new skills and capabilities in their students with the help of technology and interdisciplinary approaches.

As the overlap of the traditional and online modes of education is becoming more and more inevitable, we owe it to our students to make their education relevant to their future through ingenuity, passion and careful planning.

## STUDENT HABITS OF SECONDARY STUDENTS

Adolescents, typically aged between 12 to 18 years old, are in a stage of significant cognitive, emotional,

and social development. As they prepare for adulthood, education plays a crucial role in shaping their future success. Therefore, it is essential to understand their education and study habits to help them succeed. Developing good study habits and strategies is essential for academic success during adolescence. By prioritizing time management, active participation, organization, effective study strategies, avoiding procrastination, seeking help, and using technology, adolescents can achieve their academic goals and prepare for their future. Study habits refer to the behaviors and strategies that individuals use to learn and retain information. These habits are developed through practice, and they influence how effectively a person can learn and perform academically. The definition of study habits can vary depending on the context. For students, it refers to the methods they use to learn and prepare for exams, while for professionals, it may refer to the strategies they use to learn and apply new skills or knowledge. The importance of study habits cannot be overstated. Effective study habits can significantly improve academic performance, boost confidence, and reduce stress levels. Study habits refer to the techniques, behaviors, and routines that individuals adopt to acquire knowledge, improve their academic performance, and succeed in their educational endeavors. It involves various activities such as reading, note-taking, memorization, time management, and test-taking strategies. The academic achievement of secondary school students is largely influenced by their study habits. Study habits are the routines and practices that students adopt in order to effectively learn and comprehend new information. Study habits or reading habits significantly contribute in the development of cognitive and affective capacities of the human beings (Rabia, Mubarak, Tallat, & Nasir, 2017) as it is stated that study habits not only constitute cognitive processes such as, thinking, memory, comprehension but also associated with non-cognitive/affective abilities (Rosenberg, Nelson, & Vivekananthan, 1968).

Lyn (2013) square measure generally mentioned as positive or productive study habits. According to Azikiwe (1998) good study skills are a good asset to learners because good study skills assist students to gain proficiency in areas of specialization and subsequent wonderful presentation while the opposite constitutes restricting learning. Sorenson (1991) stated that good study habits stated that the primary intention of the study must be the understanding. For this requirement, the study should not be in a hurry but the concentration without interruption is mandatory. Arieta, Gementiza, and Saco (2017) highlighted that study habits play a significant role in students' life. The success or failure of each student depends on their study habits. The study also says that study is an art and requires practice and effort. The success of each student depends on the ability, intelligence, and action of the students. Thus, many effective study habits can help a student to improve. According to the study as cited by Fouche (2017) He described good study habits like doing homework, actively participating in class, managing time, staying focused, and working hard showed a significant positive correlation on their academic performance. Further, students need to develop study habits because these are study strategies that are applied in learning. Without developing study habits, students cannot perform and improve their academic performance (Ebele & Olofu, 2017). The Covid-19 pandemic has had a significant impact on the education sector in Karnataka, including the academic achievement and study habits of secondary school students. The pandemic has disrupted the traditional classroom learning model and forced students to adapt to online learning and home-based study environments, which has resulted in several challenges. The closure of schools and the shift to online learning has created a significant gap in academic achievement. Many students, especially those from economically weaker sections and rural areas, did not have access to the necessary technology or internet connectivity, leading to unequal access to

online classes and learning resources. Moreover, the prolonged closure of schools has affected the overall academic performance of students, as they have missed out on crucial classroom interactions and personalized attention from teachers. The pandemic has forced students to re-evaluate and change their study habits. Many students struggled to adapt to online learning, leading to reduced motivation and concentration levels. Additionally, the lack of structure and discipline associated with homebased learning has affected the ability of students to manage their time effectively and maintain a consistent study routine. The shift to online learning has also led to increased screen time and reduced physical activity, which has further affected the mental and physical health of students. The Covid-19 pandemic had a significant impact on the academic achievement and study habits of secondary school students in Karnataka. It has highlighted the need for innovative solutions to bridge the digital divide and improve access to online learning resources for all students. It has also emphasized the importance of promoting effective study habits and providing students with the necessary tools and resources to succeed in a rapidly changing learning environment.

#### NEED AND IMPORTANCE OF THE STUDY EDUCATION AND ACADEMIC ACHIEVEMENT

Are significant for both individuals and society as a whole. Education is a vital aspect of personal development as it helps individuals to acquire knowledge, develop critical thinking, and enhance communication and interpersonal skills. These skills are essential for success in any career path and help individuals to achieve their goals. Moreover, education plays a crucial role in developing active and responsible citizens. It provides individuals with the knowledge and skills needed to participate in democratic processes and contribute to society. Education also promotes tolerance, understanding, and respect for diversity, helping to build more

inclusive and cohesive communities. They provide individuals with the necessary skills and knowledge to succeed in their careers and contribute to the overall well-being of society. The relationship between study habits and academic achievement is significant. Good study habits are essential for academic success, and students who develop effective study habits are more likely to perform better in their academic pursuits. Effective study habits, such as time management, active participation, organization, effective study strategies, avoiding procrastination, seeking help, and using technology, help students retain information better, manage their workload, and perform well in exams. The relationship between study habits and academic achievement is significant. Developing good study habits is essential for academic success and can lead to better academic performance, increased self-motivation, and improved self-confidence. On the other hand, poor study habits can lead to poor academic performance and decreased motivation. Therefore, it is crucial for students to prioritize developing effective study habits to achieve academic excellence. The Covid-19 pandemic has caused significant disruptions in the education sector worldwide, leading to the closure of schools and universities, and a shift towards online learning. This sudden change has posed significant challenges for students, teachers, and parents, particularly in developing countries with limited access to technology and internet connectivity. The pandemic has also had a profound impact on students' mental health and well-being, with many experiencing stress, anxiety, and social isolation. These factors may have a negative effect on students' academic achievement and study habits. In response to the pandemic, many governments and educational institutions have implemented various measures to mitigate the impact on students' learning, such as providing online classes, distributing learning materials, and offering mental health support. Overall, the impact of the pandemic on the academic achievement and study habits of secondary school students in Karnataka is likely to be

complex and multifaceted. It may vary depending on factors such as students' socio-economic background, access to technology and internet connectivity, and the quality of educational resources and support provided by schools and the government. Hence the present study was taken to know the relationship between academic achievement and study habits of secondary schools' students during Covid-19 pandemic.

#### 4. STATEMENT OF THE PROBLEM

The purpose of this investigation is to examine the relationship between Study Habits and ONLINE EDUCATION secondary school students during Covid-19 Pandemic with regard to sex, locality and study habit levels. The topic identified for the current investigation is: 'Effect of Study Habits of Secondary School Students on Academic Achievement during Covid-19 Pandemic.'

#### 8. ANALYSIS AND INTERPRETATION OF DATA

Table-1: Shows independent 't' test results related to Academic Achievement of secondary school students with respect to Sex

| Name of the Variable Groups |       | Number | of | Mean scores | Std. Deviation | 't' Value | Sig. level |
|-----------------------------|-------|--------|----|-------------|----------------|-----------|------------|
|                             |       | Sample |    |             |                |           |            |
| Sex                         | Boys  | 120    |    | 425.583     | 88.671         | 2.15      | *          |
|                             | Girls | 120    |    | 447.616     | 68.590         |           |            |

\*Significant at 0.05 level (N=240; df=238, 0.05=1.97)

Table value at 0.01(df-2, 237) =4.71

The table-3 shows Academic Achievement of secondary school students with regard to different levels of study habits. The obtained 'F' value 16.35 is greater than the table value of 4.71 for df '2 and 237' requested for significance at 0.01 level of significance. The results of the study indicated that 'there exists significant difference in the Academic Achievement of secondary school students having different levels (poor, average and good) of study habits.' To determine the significant difference in the Academic Achievement of students having different levels of study habits of said paired mean scores, the 'Scheffe's post hoc test was applied and the results are presented in Table-3(a).

Table-3(a): Scheffe's Post Hoc Analysis on Academic Achievement scores of secondary school students having different levels of study habits.

| Study Levels | Habit   |         | Mean Difference |
|--------------|---------|---------|-----------------|
| Poor         | Average | Good    |                 |
| 366.000      | 441.421 | -       | 75.421*         |
| -            | 441.421 | 507.636 | 66.215*         |
| 366.000      | -       | 507.636 | 141.636*        |

\*Significant at 0.05 level

## CONCLUSION AND EDUCATIONAL IMPLICATIONS

From the present study, the 't' test results indicate that there was a significant difference in the Academic Achievement of secondary school boys and girls. The secondary school girls' academic achievement is better when compared to boys. Therefore, it is possible that improving study habits may play a role in narrowing the gender gap in academic achievement. Encourage boys to minimize distractions while studying. Students should avoid using social media or watching TV while studying. And also, there was a significant difference in the Academic Achievement of secondary school urban and rural students. The secondary school urban students' academic achievement is better when compared to rural students. Encourage rural students to participate actively in class by asking questions, taking notes, and engaging in discussions. Active learning helps students retain information better and improves their understanding of the subject. From the present study, the correlation ('r') result shows that there was a significant positive relationship between Study Habits and Academic Achievement of secondary school students. The students who had good study habits had higher achievement in academic and vice versa

The 'F' test result shows that there was a significant difference in Academic Achievement of secondary school students having poor, average and good levels of study habit. The students having good study habit

level had higher academic achievement when compared with students having average and poor study habits levels. The similar results concurred with study by Gahir; Sahu and Sahoo (2022) and Sasi and Anju (2020) examined the relationship between Study Habits and academic achievement of secondary school students. The correlation results revealed that there was a high positive correlation between the study habits and academic achievement students studying in secondary schools. Developing effective study habits in adolescents is crucial for their academic achievement and personal growth. By focusing on time management, online learning, motivation, study environment, and self-directed learning, adolescents can cultivate the skills and habits necessary for lifelong learning and success.

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