

Study Habits of Adults: An Analytical study

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Abstract

The present analytical study examines the study habits of adult students with the objectives of (i) identifying the overall level of study habits and (ii) analysing the specific areas of study habits among adult learners. The study employed a survey method, and data were collected from a sample of 150 postgraduate students studying in various faculties of Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. The sample was selected using a random sampling technique. The Study Habits Inventory developed by M. N. Palsane and Anuradha Sharma was used as the tool for data collection.

The findings reveal that a substantial proportion of adult students demonstrate effective study habits, though a noteworthy segment still exhibits weaker practices. Specifically, 41% of the students were found to have an excellent level of study habits, indicating well-developed and disciplined learning strategies. A good level of study habits was observed in 22% of the students, reflecting moderately effective study practices. Additionally, 17% of the students exhibited an average level of study habits, while 19% were categorized as having unsatisfactory study habits, highlighting the need for academic support and guidance.

Overall, the results suggest that although the majority of adult learners possess satisfactory to excellent study habits, targeted interventions are required to enhance study skills among students with average and unsatisfactory levels, thereby improving their academic performance and learning outcomes.

Keywords: Study Habits, Adults Students.

1.1 Introduction:

In the contemporary landscape of education, adult learners represent a significant and growing segment of the student population. Unlike traditional students, adult students often balance multiple responsibilities, including employment, family obligations, and social commitments, while pursuing their academic goals. This unique context influences not only their motivation to learn but also the strategies and habits they adopt to manage their studies effectively. As lifelong learning becomes increasingly essential in a rapidly evolving, knowledge-driven society, understanding the study habits of adult learners has gained considerable importance.

Study habits refer to the consistent practices and techniques that learners employ to acquire, organize, and retain information. For adult students, these habits are often shaped by prior educational experiences, personal discipline, time management skills, and external pressures. While some adult learners demonstrate high levels of self-regulation and goal-oriented behavior, others may face challenges such as limited study time, cognitive fatigue, or difficulty adapting to new learning environments, especially in digital or blended formats.

This research aims to conduct an analytical study of the study habits of adult students, focusing on key factors such as time management, learning strategies, motivation, environmental influences, and the use of technology. By examining these dimensions, the study seeks to identify patterns, strengths, and challenges that characterize adult learning behaviors. Furthermore, the findings are expected to contribute to the development of effective educational strategies, support systems, and policies that can enhance learning outcomes for adult students.

Ultimately, this study underscores the importance of recognizing adult learners as a distinct group with specific needs and potentials. A deeper understanding of their study habits will not only benefit educators and institutions but also empower adult students to optimize their learning processes and achieve their academic and professional aspirations.

Key Areas of Analysis:

An analytical study on this subject typically examines:

1. Budgeting Time,

2. Physical Condition for study,
 3. Reading Ability,
 4. Note Take,
 5. Factors in Learning Motivation,
 6. Memory,
 7. Taking Examinations,
 8. Health.
1. **Budgeting Time:** Adult learners often have limited time due to jobs and personal duties. They must plan and prioritize tasks carefully.
 2. **Physical Condition for Study:** Physical well-being strongly affects learning efficiency. Adults may face fatigue, stress, or health issues. A proper study environment (lighting, seating, quiet space) is important. Adequate sleep, nutrition, and exercise improve concentration.
 3. **Reading Ability:** Adult learners usually have better comprehension but may read slower. They benefit from purposeful reading (reading with goals). Use techniques like skimming, scanning, and critical reading. Relate new information to life and work experience.
 4. **Note Taking:** Note-taking helps organize and retain information. Adults prefer summarized and meaningful notes rather than copying everything. Use methods like bullet points, mind maps, or charts. Highlight key ideas and write in their own words for better understanding.
 5. **Factors in Learning Motivation:** Motivation in adults is usually internal (intrinsic). Driven by goals like career growth, promotion, or personal development. Real-life relevance increases interest. Encouragement, success experiences, and supportive environments help sustain motivation.
 6. **Memory:** Memory may not be as quick as in younger learners, but it is more meaningful. Adults learn better when information is connected to experience. Use repetition, association, and practice. Techniques like mnemonics and revision improve retention.
 7. **Taking Examinations:** Exams can be stressful for adult learners. They may experience anxiety due to long gaps in study. Good preparation, practice tests, and time management are essential. Understanding concepts is more helpful than rote memorization.
 8. **Health:** Health directly influences learning capacity. Chronic stress, poor diet, or lack of sleep reduces efficiency. Regular exercise and mental relaxation improve focus. Maintaining a balance between study, work, and personal life is crucial.

1.2 Reviews of related researches:

Maheswari, T. Kavitha (2026): A Study on Students' Study Habits and Their Impact on Academic Performance 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 was collected from 30 students using a structured questionnaire.

Nonis, S. A., & Hudson, G. I. (2010): Performance of college students: Impact of study time and study habits. Available empirical research investigating the relationship that study time has with college student performance has seen mixed results. Positive, negative, and no relationship between the two variables has been reported, results showed some study habits had a positive direct relationship on student performance, but others had a negative direct relationship

Mahwish Rabia, Naima Mubarak, Hira Tallat Wajiha Nas (2017): A Study on Study Habits and Academic Performance of Students In this study, the association between study habits and academic performance of students is examined. Sample of 270 students were taken from two colleges Govt. Allama Iqbal College for Women, Sialkot and Govt. Technical College for boys, Sialkot. The association between study habits and academic performance was checked by using the chi-square test. The results showed that there is a significant relationship between study habits and academic performance of the students.

1.3 Objectives:

The objectives of present research are framed as follows:

1. To find out the level of Study Habits of Adults Students.
2. To analyze Study Habits Areas of Adult Students.

1.4 Research Methodology:

For data collection researchers used Survey Method.

1.5 Sample:- For this research study total 150 students were selected students studying at Kaviyatri Bahinabai Chaudhari North Maharashtra University, Jalgaon.in different facilities were randomly selected for this study. All Students belong to post graduate degree.

1.6 Tools:-To find out the study habits of adults students the researcher used a Study Habits Inventory by M.N.Palsane and Anuradha Sharma.This test Consists total 45 questions. Areas of Study habits are as given below - 1.Budgeting Time, 2.Physical Condition for study, 3. Reading Ability, 4. Note Take, 5.Factors in Learning Motivation, 6. Memory, 7.Taking Examinations, 8.Health.

1.7 Descriptive Data Analysis: The descriptive analysis of the present research study is as given below

Objective: 1. To find out the level of study Habits of Adults Students.

Table: - 1 Showing level of study habit & its percentage

Sr. No.	Level of study Habits	Number of Students	Percentage
1	Excellent	60	41%
2	Good	32	22%
3	Average	25	17%
4	Unsatisfactory	28	19%

Interpretation:

The analysis of the data presented in the table reveals marked differences in the level of study habits among adult students.

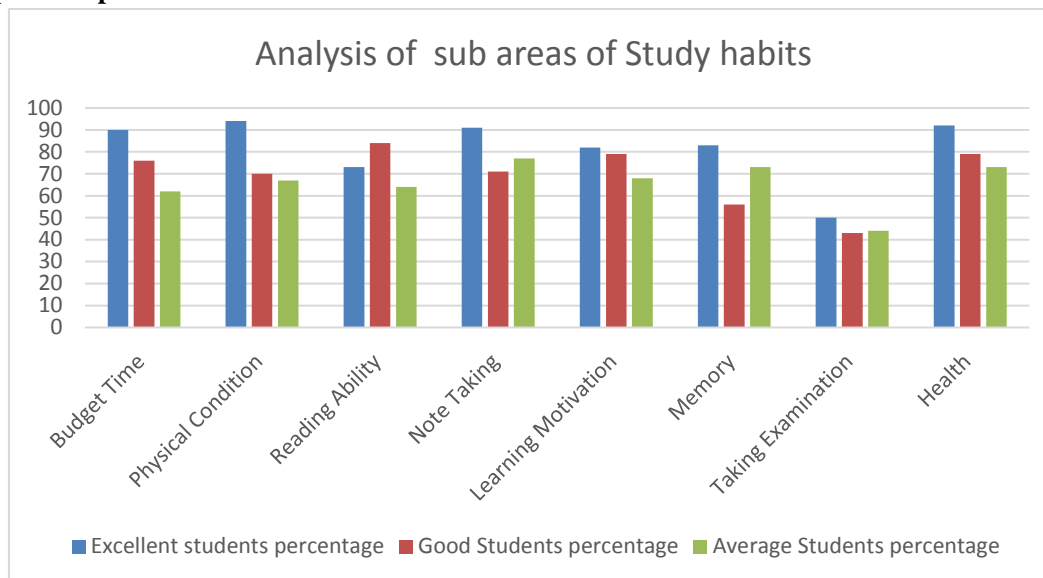
- It is evident that 41% of the respondents demonstrated an excellent level of study habits, indicating the presence of well-organized, disciplined, and effective learning strategies among a substantial proportion of the sample.
- Furthermore, 22% of the adult students were identified as having a good level of study habits, reflecting moderately effective but improvable study practices.
- In addition, 17% of the students were found to possess an average level of study habits, suggesting inconsistency and limited application of effective learning techniques.
- Notably, 19% of the respondents exhibited unsatisfactory study habits, indicating significant deficiencies in essential study skills and learning behaviours.
- These findings suggest that, although a majority of adult learners display positive study habits, a considerable segment continues to face challenges in adopting effective study practices.

Objectives:-2 To analyze different study habits areas of adult Students

Table:- 2 Showing Areas of study habit & its percentage

Sr.No.	Areas of Study Habits	Excellent students	Good Students	Average Students
1	Budget Time	90%	76%	62%
2.	Physical Condition	94%	70%	67%
3.	Reading Ability	73%	84%	64%
4.	Note Taking	91%	71%	77%
5.	Learning Motivation	82%	79%	68%
6.	Memory	83%	56%	73%
7.	Taking Examination	50%	43%	44%
8	Health	92%	79%	73%

1.8 Graphical representation of above data



1.9 Interpretation:-

The analysis of study habits among adult students reveals distinct patterns across different areas.

- Excellent students consistently demonstrate strong performance in time budgeting (90%), physical condition (94%), note-taking (91%), and health maintenance (92%), indicating that effective organization, well-being, and systematic learning strategies are critical to academic success.
- Good students show relatively higher percentages in reading ability (84%) and learning motivation (79%), suggesting that while they possess strong foundational skills, they may lack the consistency in other domains that distinguishes excellent learners.
- Average students, on the other hand, display moderate strengths in note-taking (77%), memory (73%), and health (73%), but their lower percentages in time budgeting (62%) and examination-taking (44%) highlight areas of concern.
- Overall, the findings emphasize that effective time management, physical well-being, and structured learning practices are the most decisive factors in achieving excellence, whereas examination-taking skills remain a challenge across all groups. This suggests that interventions aimed at improving test-taking strategies, coupled with reinforcement of time management and health practices, could significantly enhance the academic performance of average and good students, bridging the gap toward

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