Reading Habits and its Impact on Students Academic Performance: Case Study

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Abstract - *Reading of books and study material is basic on the life of each student. It is important to scholarly execution of students. Normal reading propensities will assist them with turning out to be long lasting students The Study investigated impact of reading habit on the academic activity and performance of students of Shri Rawatpra Sarkar University (SRU), Raipur (C.G.). The study utilized survey research method. The research instrument utilized was Questionnaire. The findings indicate that larger part of the respondents who take participate in the investigation are not used to their time for reading and they mostly read for Examination, own personality development and for improving spoken and written English skills The respondents usually read his own notes, Text books and Electronic Resources . The investigation the study also revealed that reading habits has importance impact on students. Academic Performance The major factor extenuate against students reading habits is the social media like Whatsapp, Facebook, Instagram and Twitter therefore the study recommends that students should be encouraged by their lectures to read different information resources other that their notes, they should make a blueprint of their timing schedule for reading and also academic institutions should monitor use of social media so that students will carefully use it for educational purpose.*

Key word: Reading Habits, Academic Performance, Library User, and University Students, etc.

1. Introduction:

Reading is the key technique of learning .It is the appreciating of acknowledging and acquiring data for mindfulness and advancement. It is an essential methodology that directs the beginning of considerations and data in ones picked field of study or specialization. Avow that the ability to examine is at the center of self-guidance and enduring learning and that it is craftsmanship fit for changing life and society. Henceforth, for understudies in tertiary establishments to perform well to their greatest advantage, scrutinizing is the reason to successful learning.

Reading habits will empower students to have effective meaningful study skills, acquiring knowledge of various study resources, and effective retention capacity, Reading is an very important tool for knowledge transformation and the habit of reading is an important academic activity that increases skills in reading strategies. Thereof, developing reading propensities is equivalent to students Academic Performance and achievement,. According to academic success at tertiary level is likely a multidimensional wonder that incorporates language capability, learning study techniques and certain individual attributes. Furthermore, this could be accomplish when one assimilate a decent reading habits which will make him/her a deep rooted student. Early guzzling of reading habits is a fundamental aptitude

important in the securing of knowledge which is profoundly requesting in the life of every student in the academic environment.

2. Objective of study

The main objective of this study is to find the effect of reading habit on academic performance of students of Shri Rawatpura Sarkar University, Raipur (C.G.) the main objectives of the study are as follows:

- To determine the time spent students of SRU on reading.
- Ascertain the purpose of reading by students of SRU.
- Find out the types of information Material mostly read by students of SRU.
- Find out factors extenuate against students reading habits of SRU.
- Subject interest of reading of SRU Students.

3. Research Hypotheses

In order to achieve the objectives of the study the following null hypotheses are to be tested .There is no significant effect of students reading habits on academic performance. There is significant effect of students reading habits on academic performance.

4. Methodology

A descriptive survey research design was used for the study using questionnaires to collect data from the students participants. The tool was used to gather detailed information about the participant's studied. Among the target group for library users, A random sample for Two Hundred (200) participants was selected from the library users of these, One Hundred Ninety (190) representing (95%) of the total were distributed and retrieved from the participants of the Shri Rawatpura Sarkar Central Library, Raipur the collected data were analyzed and presented in tables containing descriptive statistics especially percentage.

5. Data Analysis

Table 1: Distribution of respondents Department Wise.

S.N.	Department	Frequency	Percentage
Distribution of Respondents by user Department wise		
1	Commerce & Management	28	14.74%
2	Science	54	28.42%
3	Art	14	7.37%
4	Pharmacy	33	17.36%
5	Yoga	19	10.00%
6	Engineering	25	13.16%
7	Law	17	8.95%
	Total	**190**	**100%**

Table 1: The data presented in Shows that 28 respondents which represent (14.74%) percent were from department of Commerce and Management .In the department of Science there were 54 respondents which represent (28.42%). In the department of Art there were 14 respondents which represent (7.37%). In the department of Pharmacy there were 33 respondents which represent (17.36%). In the department of yoga there were 19 respondents which represent (10.00 %). In the department of engineering there were 25 respondents

which represent (13.16%) also In the department of Law there were 17 respondents which represent (8.95%).

Table 2: Distribution of respondents by Gender

S.N.	Gender	Frequency	Percentage
	Distribution by Gender		
1	Male	84	44.22%
2	Female	106	55.78%
		190	100%

Table 2: revealed that the majority of the students who took part in the study (55.78%) were **female** while 44.22% of the students who use library were male.

Table 3: Distribution of respondents by Age

S.N.	Age	Frequency	Percentage
	Distribution by Age of Students		
1	Up to 21	52	27.36%
2	21-25	67	35.26%
3	25-28	42	22.10%
4	28 above	29	15.26%
		190	100%

Table3: revealed that (27.36%) of the student who took part in the study were up to 21 years. (35.26)were between 21-25 years. (22.10%) were between 25-28 years while only (15.26%) where range 28 year and above. This result suggests that some postgraduate students of Shri Rawatpura Sarkar University took part in the study are slightly above 28 years.

Table 4: Distribution of respondents by Language

S.N.	Preferred language	Frequency	Percentage
	Distribution by Preferred language of students		
1	English	168	88.42%
2	Hindi	21	11.05%
	Other	01	0.53%
		190	100%

Table 4: Preferred Language It is depicted from the data that almost (88.42%) of Shri Rawatpura Sarkar University students prefer to read in English. (11.05%) of students want read in Hindi and only(0.53 %) of them prefer to read in regional and other language.

Table 5: Distribution of respondents by Time spent on Reading

S.N	Time	Frequency		Percentage
	Distribution by time spent on Reading			
1	Less than 1 hour	Yes 28	190	**14.74%**
		No 162		85.26%
2	1-3 hours	Yes 98	190	**51.58%**
		No 92		48.42%
3	3-5 hours	Yes 55	190	**28.95%**
		No 135		71.05%
4	Above 5 hours	Yes 9	190	**4.73%**
		No 181		95.27%

table 6 : respondents 28 out of 190 respondents which is (14.74%)of the students which took part on the study were reading less than an hour while majority (85.26%) were reading more than an hour. Also in the table bin the above analysis shows that (51.58%) of the study were reading between 1-3which represent 98 respondents out of 190 of the students who took part in the study while (48.42%) of them say no to the question, thus implies that they are not reading up to up to 3-5 hour. (28.95%) of the respondents were reading between 3-5 hour while (71.05%) of them were not reading up to those hours. Finally the students were asked to indicate whether they are reading above 5 hours majority of them (95.7%) reported that they do not while (4.73%) of them said they read above.

Table 6 : Distribution of respondents by use of library by students.

S.N.	Distribution by Use of Library by Students		
	Use of University Library	Frequency	Percentage
1	Every Day	24	12.63
2	2-3 times in Week	39	20.53
3	Once in a Week	47	24.74
4	2-3 times in Month	28	14.74
5	Once in a Month	35	18.42
6	Never	17	8.95
		190	100.00

Table 6 : The data reveals that the students mostly use college library once in a week (24.74%) followed by 2/3 times a week (20.53%), once in a month (18.42%) and 2/3 times a month (14.74%) respectively. The data also depicts that almost 8.95% of the students don't use the college library at all. And 12.63% are daily users of college libraries.

Table 7: Distribution of respondents by use Purpose of Reading

S.N.	Distribution by Purpose of Reading		
	Preferred language	Frequency	Percentage
1	For Self Development	08	4.21%
2	For Examination	132	69.47%
3	For Complete Assignment	18	9.47%
4	For Preparation of competitive Exam	26	13.68%
5	For spend free time	5	2.63%
		190	100%

Table 7 : show that purpose of Reading as follow: for self development (04.21%),for Examination 69.47% for complete Assignment 9.47% ,for preparation of competitive exam 13.68% and 2.63% are use library for spend free time.

Table 8 : Distribution of respondents by Material Mostly Read.

S.N.	Distribution by Type of Material Mostly Read		
	Type of Material Mostly Read	Frequency	Percentage
1	Notes	68	35.78%
2	Text books	45	23.68%
3	Reference books	24	12.64%
4	News paper and Journals	18	9.48%
5	E –Resources	35	18.42%
		190	100%

Table 8 : shows the rating of the items on the types of information resources mostly readers follow: Notes (35.78%), Textbooks (23.68%), Reference Books (12.64%), Newspapers/Magazines (9.48%), and e-resources (18.42%).

Table 9: Distribution of respondents by factor extenuate students reading habit

Distribution factor extenuate students reading habit			
S.N.	**Type of Material Mostly Read**	**Frequency**	**Percentage**
1	Lacking information resources in the Library	12	6.32%
2	Limited opening hours of library	21	11.05%
3	Social Media ie Face book ,Instagram whatsapp, twitter,	78	41.05%
4	Much time spent on TV viewing and Sports	55	28.95%
5	Restriction on borrowing	24	12.63%
		190	100%%

Table 9: reveals the rating of the items on the factors extenuate students reading habit of students as follows: Lacking information resources in the library (6.32%),Limited opening hours of Library(11.05%),Social Media ie face book, Instagram, whatsapp ,Twitter (41.05%),Much time spent on TV viewing and sports(28.95%) and Restriction on Borrowing books (12.63%)

6. Findings.

The Findings reveals that majority of the respondents are female students and the respondents are mainly between the age bracket of (21-25) and up to 21years respectively. Mostly students preferred language English for study .Findings reveals that Science students are most library user than other stream user . From the findings it can be deduce that mostly the student s who took part in the study are not used to their time for reading. Most of students using library 1-3 hours based on the purpose of reading .Reported that Revealed that mostly students read their Notes with the primary reason for Passing through their Examination. On the Reading Habits of the respondents, the majority of respondents showed that library is their preferred Location for reading, they are more interested in their lecture Notes, the formal features of a books (thickness, text illustration , outlines.)Affect preference for reading it or not reading it .and they initially learn about the book the will read, if friends who has read it or is recommended of subject teacher for study .based on the finding the major factors extenuate against students reading habits is the social media like face book, Instagram ,Whatsapp, twitter finally the study this is line with the investigation that reading habits has significance effect on academic performance and there is a connection between reading habit and academic performance.

7. Conclusion with Recommendations.

Reading is vital in the life of everyone, it emancipate man from the shackles of ignorance. It is an effective means of assimilate and comprehend knowledge for personal growth and advancement. Imbibing reading habit will prepare students to a more responsible and independent life. Therefore to be highly focused, versatile and knowledgeable in the course of life students need to cultivate the habit of reading. As reading has been highly acknowledge by different authors as an influencing factor to academic performance

Therefore the study recommends that

1. Students should be inspired and encouraged by their lectures to read different information resources other that their notebook so as to be exposed to diverge and broader gain to knowledge.

2. Lecturer should also create awareness in students on the importance of cultivating reading culture by creating periods for individual and group presentation of assignments.

3. Librarian should make the library environment attractive to the students. They should also organize symposiums and workshops for students on the need to cultivate effective reading culture.

4. Academic institutions should monitor of use of social media, so that students will meticulously use it for Academic Purposes.

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