Study Habits in Students of Sabzevar School of Medical Sciences

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Abstract

Background and Purpose: The quality and quantity of learning are influenced by such factors as IQ, mental and physical health, motivation, environmental facilities, educational aids and technology and cognitive capabilities; however, psychologists have observed that, at least for university students, what affects educational performance for the most part are general study skills, learning and recall. Therefore, this study was conducted to identify the students, study habits and to diagnose possible deficits in their skills.

Methods and Materials: The present study is a cross-sectional descriptive research. 297 students were selected through convenient non-probability sampling, out of the whole study population of students studying in Sabzevar school of Medical Sciences in Sabzevar, Iran in 2004 (1383). PSSHI inventory of study skills was used for data collection. The inventory contains 45 questions in eight areas divided in to time allotment, physical conditions of studying reading ability, note taking, learning motivation, memory, examinations and health. The likert-type responses were "always or often", "sometimes", "Rarely or never". Test-retest and split-half methods rendered the reliability of the questionnaire as 0.88 and 0.65 respectively. Descriptive statistics in spss were used for data analysis.

Results: Mean study habit in male and female students were 50.87 and 51.48, respectively, out of 90, with no significant difference. Results for eight respective areas were as follows: time allotment 5.36 (out of 10), physical conditions 6.9 (out of 12), reading ability 8.29, (out of 16), note taking 3.2 (out of 6), learning motivation 8.55 (out of 12), memory 4.6 (out of 8), examinations 10.26 (out of 18), and general health 2.94 (out of 6). Significant differences were observed across gender in reading ability, learning motivation and examinations.

Conclusion: University students do not have high quality study skills and this problem should be attended by the university officials in charge of students, education. It is necessary to plan for the improvement of their study habits. (Journal of Sabzevar School of Medical Sciences, Volume 13, Number 4, pp.185-189).

Key words: Study Skills; Study Habits; Students.