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## RESEARCH ARTICLE

### A COMPARISON ON STUDY HABIT BETWEEN SPORTS SCIENCE AND OTHER SCIENCES STUDENTS OF MEKELLE UNIVERSITY ETHIOPIA

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#### ABSTRACT

A survey study was carried out on one hundred and twenty (n=120) college students, aged 18-25 years, belonging to Mekelle university of Ethiopia with a view to compare study habits between sports science and other sciences students. Maximum effort and meticulous care have been put to precision and accuracy in the measurements. Study Habits Inventory by M.N.Palsane, Pune University, Pune, India was used to measure study habit. To compare study habits between sports science and other sciences students independent t test was employed and the level of significance was chosen at 0.05. The result revealed that study habits showed significant difference sports science and other science students ( $t=2.47$ ,  $p<0.05$ ). Thus, this study concludes that other sciences students (viz. Biology, physics and chemistry) were better in study habits as compare to sports science.

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#### INTRODUCTION

No one can deny the importance of education. This process can only successful when teachers fully know their subjects matters and effectively communicate it to students and while students have clear view of their abilities have good study habits and are able to use effective study skills. Learning how to study involves putting away and ideas which have ,ade study unpleasaant and burden some and talking on habits and ideas which make tudy more pleasant and fruit ful.why does one individual learn more uickly and thoroughly than other? The main reason for inefficiency in learning is ones carelessness and ineffectives study habits. According to new standard of Dictionary of Education,study habits mean theme setting of subject to be learned or investigated,and the tendency of pupils or students to study when opportunity is given. Effective and successful study consists of more than merely memorizing facts.when the opportunity is gives. Effective study also determined by the curiocity of the students.it calls for knowing where and how to obtain important information and ability to make intelligent use of it.According to (crow and crow 1992) the effective habit of study include plan or place, adefinit time table and taking brief of well organized notes. To study successfully a student must decide what infor mation is important and then form opinions concerning it.

Therefore, understanding different study habit is good for students to use it in teaching and learning process, such kind of system and experience is also gathered from different students. Every student approaches the task of learning differently. Every student has a unique and personal learning style or preferred through which learning comes more easily. Depending on how you learn the activity or game, you will have a fair idea of what learning channel- visual. Auditory, kinesthetic and in fact we use all our senses in learning the world around us. But in relation to study habit, there is no any strict rule or system that students can follow. All students may use different study habit accordingly, there is no such investigation has been done particularly in Mekelle University, Ethiopia. Hence, it was considered appropriate by the researcher to conduct the study entitled” *A comparison on study habit between sport science and other sciences students of Mekelle University, Ethiopia*”

#### MATERIALS AND METHODS

##### Subjects

The population of this study was students of Mekelle University, College of Natural and Computational Science, Mekelle, Ethiopia. In reality, since this population in University is very large, this study was delimited to one hundred and twenty students (n=120).Viz sixty from sports science and sixty from other science students and the age ranged from 19-28 years. The subjects of this study were selected by using random sampling technique. The other

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science students viz. Biology, Physics and chemistry were taken as sample.

**Instrumentation**

Variable	Tools used	Criterion measure
Study habit	Study Habits Inventory by M.N.Palsane, Pune University, Pune, India	Points

**Collection of data**

The research scholar went through the various relevant literatures pertaining to the present the study and standard questionnaire was used. The study habit inventory prepared by M.N.Palsane, Pune University, Pune, India was used for the study. The study habits of the individual cover mainly the reading habits, learning techniques, memory, time-schedule, physical conditions, examination, evaluation etc. the items of the inventory roughly belongs to the following areas:-

- Budgeting time
- Physical condition for study
- Reading ability
- Note taking
- Factors in learning motivation
- Memory
- Taking examinations
- Health

**Administration of the Inventory**

The inventory was administered by the research scholar to group of 20 subjects. The subjects were seated comfortably and as far as possible should not have a chance to talk other students or glance at their answers. By explaining the purpose of the test the researchers try to get a full co-operation from the students. The inventory is self administering. All the instructions are printed on the front cover page of the inventory. The researchers read these out to the students and explain to them what-ever necessary. The subjects were exhorted to give their own and true opinion and the research scholar assured to the respondents that the information given by them would be kept confidential with him and utilized for the purpose of the study only. After the test is over the test material of every subject was collected. Scoring is done with the help of scoring key given at the manual. Each statement has 3 alternatives (always or mostly, sometimes, rarely or never). The subject has to choose any one as applicable to him. Score points 2, 1, 0 are awarded as per the alternative chosen by the subject. The sum of the score points is the raw score of the subject.

**Reliability**

Reliability of questionnaire 0.88

**Validity**

The inventory is a kind of checklist and possesses only face validity.

**Statistics**

The descriptive analysis of data was used and the data obtained from the given responses in the questionnaire rated according to the key was analyzed by employing independent ‘t’ test for each item and the level of significance was set at 0.05.

**RESULTS**

To observe the difference of study habit between sports science and other sciences students of Mekelle University, the result of ‘t’ratio has been presented as follows:-

**Table 1. Descriptive Data Analysis on Study Habit between Sports Science and Other Sciences**

Group	N	Mean	Std. Deviation	Minimum	Maximum
Sports Science	60	52.85	6.61	41	63
Other Sciences	60	55.90	6.89	39	71

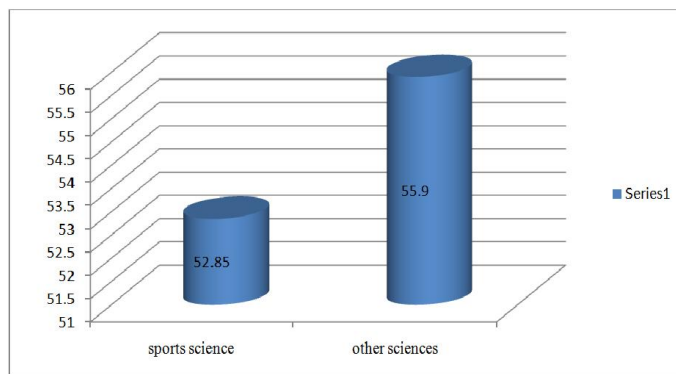
The descriptive statistics as presented in Table 1 reveals that the Mean and Standard Deviation for sports science and other sciences were (52.85 ± 6.61), (55.90 ± 6.89), minimum and maximum values were (41±63) (39±71) remained in normal range.

**Table 2. Comparison on Study Habit between Sports Science and Other Sciences**

Group	N	Mean	Std. Deviation	df	t-value
Sports Sciences	60	52.85	6.61	118	2.47*
Other Sciences	60	55.90	6.89		

\* Significant at 0.05 level. Tab  $t_{0.05} (118) = 2.10$

From Table 2 it is evident that mean and standard deviation for sports science and other science are (52.85 ± 6.61), (55.90 ± 6.89), as the t value 2.47 which showed significant at 0.05 level with 118 degree of freedom. Resulting of this confirm that there was significant difference between sports science and other science in relation to study habit.



**Graph 1. Graphical Presentation on Mean Comparison between Sports Science and Other Science In Relation to Study Habit**

**DISCUSSION**

According to the results the questionnaires distributed to the students which are calculated by the statistical methods,

comparisons of the standard deviation and mean by the tabulated value which is t-test and the indication of graphs the study habit of sport science students of Mekelle University is weaker than the study habit of Other science (physics, biology and chemistry) students of Mekelle University.

The present study is of immense educational importance to the students, course writers, teachers and counselors. Students should devote equal time to all the subjects. The students should be encouraged to use library books and magazines to develop good study habits. Counselling programs should be organized for the students to developed good study habits in them. The students require more guidance and counselling with regard to study habits so that the students may identify their strengths and weakness in the learning strategies and they may become more conscious about better study habits.

### Conclusion

Before arriving into meaning full conclusions, researcher critically examined the statistical findings, interpretation of statistical findings their-off, reviewed extensively related literatures of sports psychological aspects of college students. Based on understanding after deliberate discussion with experts and also light of above understanding. This study warrants the following conclusion:

- Students of physics, chemistry and biology are better as compared to sports science because students of sports science are involved in physical activity too.
- Counselling programs should be organized for the students to developed good study habits in them. The students require more guidance and counselling with regard to study habits so that the students may identify their strengths and weakness in the learning strategies and they may become more conscious about better study habits.
- Students should devote equal time to all the subjects. The students should be encouraged to use library books and magazines to develop good study habits.

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