Habits profile of the university students

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ABSTRACT

Present study was designed to explore the habits profile of university students. Six habits were selected as effective for the students at university such as, Balance, Time management, Optimism, Team work, Understanding and Organization. A random sample of 148 students was collected from various universities of Islamabad among them 66 were males and 82 were females, their age ranged from 20 to 28 years and their family income level ranged from 25000 to 100000. The findings of the study revealed that the most common habits exhibited by the university students are Balance, Organization and Optimism. University students need to learn how to practice habits of Understanding, Teamwork and Time Management. No gender difference was found in practicing the habit of Balance, Time management and optimism, however male university students score higher on Understanding and Organization as compared to female students. Younger students are more Balance and Organized as compared to the older students, on the other hand older students have the habit of Optimism and understanding as compared to younger ones.

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Introduction

When one learns or observes something and then try it in life, the practice can become a habit. There are many factors which play a vital role in life for the development of habits such as environment, culture, customs and values are significant in developing habits. With the passage of time these activities becomes our habits. Habits make personalities, and determine one's success or failure among society members.

Much of the individual success is dependent on a good personality. For which there is a need of developing a sound character. Personality can emerge naturally when character is rooted in and formed by principles. Forceful display of a personality that is inconsistent with our character is like wearing a mask. It is deceptive, manipulative and ultimately destructive. Certain basic principles and values make people more effective. They are fairness, equity, integrity, honesty, human dignity and worth, excellence, a spirit of service, patience, perseverance, caring, courage, encouragement and positive thinking. The person whose character grows from these classic principles is a true leader who can inspire and help others. So it can say that character is a habit. Basically character is a collection of our habits which has a powerful role in life. Habits usually based on three main things, knowledge, skill and desire. Knowledge allows what to do and skill provide ability how to do the certain task whereas, desire provide motivation to perform certain task.so for learning of habits these three things are mandatory. So it can say that a habit is intersection of knowledge, skill and desire (Covey, 2001).

Habits are not inherited but learned, if the learned habits are effective it is beneficial for learning good things and making future one's safe. Key of success is hidden in one's effective habits. when we look at the life of successful people , we come to know that they were in the habit of effectiveness , they have

not remain hang with their sense of failure or rejection but they have adopted and followed the effective habits. So it is one's own responsibility to learn effective habits. With this not only people around us appreciate us but; it also provide opportunity to enhance self-confidence.

When students enter to university education, they should think about responsibilities which are increasing day by day. For this purpose they should learn effective habits which will help them in coping with the demand of university education. Some habits are very effective for the students and they should adopt them at this level. For the sake of their bright future they should follow effective habits because they are the future builders of the nation. They have to compete with world which is progressing rapidly. Effective university students incorporate various habits which can facilitate their learning with positive frame of mind, successful students employ time management, optimism, taking responsibility of their actions, and motivation towards study, and moreover they usually prefer to do team work in studies with their peers and classmates.

The student at university level should have balance and flexibility in life. They may not be involved in any activity too much that the other important activities may ignore. They should develop the habit to do the work in balanced way. Balance always provides the stability and extremes in life make the personality week. Out of balance life harms the abilities of the individual. The students at university level should maintain balance in academic, social activities. With studies they should have the habit of taking rest. They can get relaxation by hanging out with the friends and outing with the family. Students should be careful about their physical health body, have a balanced diet, enough sleep and physical exercise. All these activities help him to become physically and mentally healthy. The university should read the newspaper, observe the surroundings for better

experience. These things provide the knowledge about the world and what is happening around. With balance he should have flexibility in his life. With the passage of time he may have to change his routine, he should accept the change so that he can settle down with new routine.

Time management has great importance in the life of a student. The university students should manage the time and they should be punctual. They should know the value of time. If they will follow the timetable then they will be able to manage the work in orderly. They will be able to complete their projects timely. Punctuality is the first effective habit that the university students should adopt. It is observed that they waste the time with their friends. And then they are unable to manage the studies in proper way. The solution of this problem is that students need to manage their time effectively and prioritize their time by figure out which task is most important for them at this moment.

Be responsible for your actions is another effective habit, at university level the students should be responsible for their actions. They should not blame others for their mistakes or the failures. If they will have the courage to take the responsibility of their actions and mistakes then they will make themselves correct. This is very effective habit which makes them strong and self-confident. Mostly it happens that "whatever is done is the fault of someone else" becomes the slogan of our life and we do not take the responsibility. This habit makes us weak and we fail to solve the problems of our life and we fail to recognize our mistakes. When the university students become responsible for their actions they become careful because they think that they are answer able for their actions. They take the decisions with their thinking and they do not follow their desires blindly.

Be optimistic, when students enter to university they meets various challenges and the people with different temperament around them. In such environment habit of remaining optimistic can work. Being optimistic can improves emotional well-being, fosters better relationships and provides protection against adverse events to the students. Optimism as a practice is self-fulfilling which leads to greater effort, which in turn leads to better outcomes. Generally optimistic and pessimistic students had much the same goals, but differed in how they approached them, because of the attitude and the common perception both have.

Team work is important for students at this level; they should try to solve their educational as well as social problems collectively. Some students prefer to work alone, they try to be independent in various issues, but in this way they have to work harder and unable to get the ideas from others. The value of team work cannot be denied because the team work makes us able to share our ideas with others and to get more information from others. In this way we can get more ideas, thoughts and suggestions from others. When a student work individually at university level, he has to compromise with his own thoughts but the team work provide him opportunity to read others minds. Team work boosts our energies make us more tolerant and prepare students for social work.

Try to understand others; the students at university level are mature enough to think about themselves as well as about others. They should try to understand others first than the can be understood by others. It is very common that we want others to understand us and we do not try to understand others. When student becomes able to understand others then his life turns easy, and others can easily understand him. Mostly the individuals want to impose their own thinking, on others without understanding that whether they will accept it or not. When we are not in the habit of listening to others then we cannot understand them.

Keep the eye on the destination is necessary for the students to be alert about the aim of their life. They should dream about the time that when they will be able to fulfill their dream of life. It is greatly beneficial for them. Because many times it happens that the student at university level goes far away from his mission and get indulge in some other activities. It is the effective habit to be in touch with the end and the destination. It will give the inspiration and courage for the passion of work. At university level the students should think deeply about their goals of life. The effective habit is to make the map of life and highlight the destination boldly. With the passage of time they may think that how far they are from destination? It will make them organized.

There is no right approach to be organized because different people need different approaches, organized life is sign of successful people, at university level the students have to perform many duties. They have to make assignments, prepare for the tests, enjoy with the friends and family. It is up to the student to that how he will make his routine to fulfill all these demands. If he/she is working on very important project he/she should keep it on first priority then he/she should make the schedule for other activities. Many students become yes-men to all like if they are offered to hang up with friends they do not deny, if they are asked to attend some social gathering or the party they get ready, if they are invited on dinner or some seminar they accept it but they ignore that what is their first priority the work that they have to do at first Otherwise they will have to suffer. But students do need a method that keeps you on top of their assignments and helps them to prepare in advance for projects and exams. Even excellent students end up doing things at the last minute, but they don't leave it until the last minute to get started. So there is dire need of organization that works for the betterment of students.

When literature on the habits profiles of university was reviewed it, depicted that in context of study habits research is available in but as far as general habits profile of university teachers are concerned a few research is available, therefore this study was designed to fill this gap and add into existing literature of habits research in the context of university students.

Statement of the Problem

The problem under consideration was to develop habits profile of male and female university students, it further aim is to explore the role of certain demographic variables in determining the effective habits profile of university students.

Objectives of the Study

The objectives of the study include:

1. To explore the habits profile university students.
2. To explore the interrelationship between various habits.
3. To see the effects of demographic variation in determining the habits profile of university students.

Research Questions

In view of the problem under exploration following research questions were developed.

(1) What are the major habits of university students?
(2) What is the difference in habits of university students in relation to students gender, age, and father profession?

Method
Sample

The study was descriptive in nature. A random sample of 148 students was collected from three universities of Islamabad among them 66 were males and 82 were females, their age ranged from 20 to 28 years and their family income level ranged from 25000 to 100000.

Research Instrument

In this study for the exploration of effective habits profile a research scale comprised of 40 items a six sub scales were developed through standard procedure first scale is deal with Balance, second scale consisted of time management, third scale consisted of optimism, fourth scale was teamwork, fifth scale deals understanding whereas the sixth sub-scale is about habit of organization.

Procedure

After getting permission from university authorities students were contacted in respective classroom and briefed about the aim of the study. Data was collected by administering questionnaire on the sample of 148 university students. The efforts were made to ensure 100% return rate. After collecting data, it was analyzed by using Statistical Package for Social Sciences (SPSS). The analysis was focused existence of various habits and their interrelationship.

Results

Reliability of the research instrument was determined by splitting it into two halves twenty items in each half, reliability of first half is .81 and reliability of second half is .86.

Table 1 describe the item total correlation of research questionnaire from this table it appears that all items are significantly correlated with the total scale, it ranges from .18 to .89.

Table 1. Items Total Correlations

Items	correlations	items	correlations
1	.47	21	.67
2	.33	22	.76
3	.38	23	.56
4	.35	24	.97
5	.38	25	.65
6	.39	26	.46
7	.82	27	.87
8	.32	28	.54
9	.41	29	.87
10	.35	30	.55
11	.45	31	.89
12	.38	32	.59
13	.18	33	.87
14	.30	34	.86
15	.19	35	.56
16	.78	36	.57
17	.65	37	.76
18	.37	38	.38
19	.49	39	.87
20	.83	40	.84

Table no 1 describe the alpha reliability coefficient of the subscales habit inventory, all subscales and total scale of habits have enough reliability index to be used as a measure of the habit in the context of university students .

Table no 3 describe the inter-scales correlations between various habits of university students, From this table it can be seen that habit of Balance, Teamwork and Organization have significant correlation with the total habit scale whereas Time Management and Understanding have insignificant relationship with the total scale, while Optimism has moderate correlation with the habit scale.

Table 2. Alpha Reliability Coefficients of the Subscales

Subscales	Alpha coefficients
Balance	.76
Time Management	.67
Optimism	.75
Team work	.67
Understanding	.85
Organization	.76
Total	**.89**

Table no 4 describe the percentile analysis of various habits exhibited by the university teachers, from the table it can see that the most common habits exhibited by the university students are Balance, Organization and Optimism whereas, students need to learn the habits of Understanding, Teamwork and Time Management.

Table 5. Habits Profile of University Teachers Due to Gender Differences

Habits	Gender			
	Male		Female	
	Mean	SD	Mean	SD
1 Balance	31.45	4.5	31.54	4.3
2 Time management	9.45	3.1	9.07	3.6
3 Optimism	19.18	3.4	19.41	3.9
4 Teamwork	16.82	4.9	16.95	4.1
5 Understanding	15.03	3.8	11.78	2.9
6 Organization	25.73	4.5	22.27	3.1

Table 5 no describe the differences in the habit profile of the students due to gender , from this table it can be seen that as far as balance, Time management and optimism is concerned there is a negligible difference between the habits of male and female university students. Whereas understanding and organization is concerned male students score higher on these two dimensions as compared with female students.

Table 6. Habits Profile of University Students Due to Age Differences

Habits	Age			
	20-24 Years		25-28 years	
	Mean	SD	Mean	SD
1 Balance	32.90	4.7	28.50	4.8
2 Time management	9.28	1.7	9.10	1.9
3 Optimism	17.28	3.7	20.58	3.3
4 Teamwork	17.28	1.9	17.07	2.8
5 Understanding	11.08	1.6	13.42	1.5
6 Organization	22.95	2.5	20.00	2.4

Table no 6 shows the difference in the habit profile of university students due to age differences, from this table it can be seen that younger students are more balance and organized as compared to the older students, older students are more optimistic and exhibits more understanding as compared to the younger ones. On Teamwork and Time Management negligible differences were found.

Table 3. Inter-scales correlation between six habits of University Students

Habits	Balance	Time management	Optimism	Team Work	Understanding	organization
Balance						
Time management	.23					
Optimism	.24	.13				
Teamwork	.44	.10	.19			
Understanding	.16	.17	.23			
Organization	.67	.19	.22		.34	
Total	.78	.16	.46	.67	.27	.68

Table 4. Percentile Analysis of Respondents Scores On Various Habits

Percentile Ranks	Balance	Time management	Optimism	Teamwork	Understanding	Organization
5	22	6	14	11	8	16
10	24	7	15	14	9	18
15	26	8	16	14	10	19
20	29	8	16	15	10	19
25	30	8	17	15	11	20
30	30	8	17	16	11	21
35	31	9	17	16	11	21
40	32	9	18	17	12	21
45	32	9	18	17	12	21
50	33	9	19	17	12	22
55	34	9	19	17	`12	22
60	34	9	20	17	12	22
65	35	10	21	18	13	23
70	35	10	21	18	13	23
75	36	10	22	18	14	24
80	37	11	23	19	14	25
85	38	11	25	20	14	26
90	39	12	27	21	15	27
95	40	12	27	21	15	29

Table 7. Habits Profile of University Students due to Father Profession Differences

Habits	Father Profession			
	Govt. Officials		Professional	
	Mean	SD	Mean	SD
1 Balance	31.07	5.1	29.50	4.8
2 Time management	8.9	2.2	9.22	1.9
3 Optimism	18.44	3.1	19.67	3.3
4 Teamwork	17.12	2.5	15.05	2.8
5 Understanding	12.0	1.7	14.78	3.6
6 Organization	24.31	3.2	22.00	3.8

Habits	Father Profession			
	Businessman		Private Job	
	Mean	SD	Mean	SD
1 Balance	33.4	5.1	31.50	4.8
2 Time management	9.3	2.2	11.1	1.9
3 Optimism	19.44	3.1	21.68	3.3
4 Teamwork	18.9	2.5	16.05	2.8
5 Understanding	11.11	1.7	11.00	3.6
6 Organization	22.96	3.2	21.00	3.8

Table no 7 describe the differences in the habits profile university students due to father profession from this table it can be seen students whose fathers are businessman are more balanced and like team work, students those fathers are doing private job are better time managers and optimistic, Students whose fathers are working as a Professional exhibits greater understanding more and students whose fathers are working in Govt. sector are more organized.

Discussion

Present study was designed to explore the habits profile of university students. As Aristotle said we are what we repeatedly do, excellence, then, is not an act but a habit. Our character is a composite of our habits which are deep rooted, often unconscious. Usually there is a consistency and cohesiveness in habits which express our character. A habit is intersection of knowledge, skill and desire. Whereas, knowledge deals with what to do and why to do, skill relates with how to do and desire is our want to do some act (Covey, 2001). In this study following six habits were seems to be most important for the students at university such as, Balance, Time management, Optimism, Team work, understanding and organization. Data was collected from 148 students of three leading universities of Islamabad among them 66 were males and 82 were females, their age ranged from 20 to 28 years and their family income level ranged from 25000 to 100000. Study provide us valuable information about the existing habits profile, details are given as under.

Conclusions

1. The most common habits exhibited by the university students are Balance, Organization and Optimism.
2. University students are weak in practicing the habits of Understanding, Teamwork and Time Management.
3. No gender difference was found in practicing the habit of Balance, Time management and optimism
4. Male university students score higher on Understanding and Organization as compared to female students.

5. Younger students possess more the habits of Balance and Organization as compared to the older students,

6. Older students have the habit of Optimism and understanding as compared to younger ones.

7. Students whose fathers are businessman exhibit the habit of Balanced and Team work, students those fathers are doing private job are good in Time management and Optimistic, Students whose fathers are working as a Professional have habit of understanding and students whose fathers are working in Govt. sector have the habit of Organization.

8. These habits are not mutually exclusive in order to prepare themselves for future challenges university students may learn and adopt all these six habits because it will ensure their future success.

Recommendations

In order to improve the awareness of students about the importance of effective habits, the results of the study provide many insights. Following are some recommendations for student's teachers and parents, benefits to enhance awareness about need of practicing effective habits:

It is important for university students to learn what they need to learn and practice if they want to be really successful in life, as success in life is dependent on our habits. For this awareness of existing paradigms is very important because our paradigms are source of our attitudes and Behaviour which also determine relationship with other. If existing way of seeing at the things is not effective one can modify it in the light of effective habits.

This research provides opportunity for the university students to note their behavioural pattern in their personal and educational context. They can use these contexts for information and motivation to changes existing habit profile in to more productive one.

Workshop can be arranged in which university students learn the importance of Understanding, Teamwork and Time Management. Because without the habit of understanding one cannot do team work. In order or understand other they should develop empathetic listening and understanding, which can reduce the chance of conflict as well.

Time management is one of the important habits which university students need to learn. difference between most important and least important. Students can do effective time management which can prevent emergencies for this they need to spend time on planning, avoiding pitfalls and cultivating opportunities for themselves.

Female university students can teach the importance of Understanding and Organization as a life skill.

Teachers play a very important role in building the character and personality of the learners. They can play a role of facilitators or resource person in order to develop an effective habit profile in the learners.

In learning the effective habits one cannot deny the role of Parents, they have profound effect in the personality development of their offspring as from the finding we noted that father 's profession affect the habits of students, parents can play a role here and appear as a role model in front of their offspring.

Applied Significance

The study is significant because it deals with the secret of happiness and successfulness with the help of effective habits in the life of university students. Basically attitude towards life makes people feel happy or unhappy (Michelli, 1977). It is true that adult life is full of challenges and if students know the art of creative adjustment to each situation with positive frame work of mind and rule through careful observation it will ensure successful life for them.

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