



"STUDY OF ACADEMIC ACHIEVEMENT OF ADOLESCENTS IN RELATION TO THEIR STUDY HABITS AND ATTITUDES."

Dr. Lalit Kumar, Principal, Aakash College of Education
Tohana, Fatehabad.

Abstract : The world is becoming more and more competitive and quality of performance is the key factor for personal progress. Excellence particularly, in academics and generally in all other areas has been seen as an important aspect. Parents desire that their children climb the ladder of performance to as high level as possible. This desire of a high level of achievement puts a lot of pressure on students, teachers, institutions and the educational system itself in general. In fact it appears as if the whole system of education revolves around academic achievement of the students, though various other outcomes are also expected from the system. In the present paper it is presumed that student's academic achievement of adolescents is majorly depends upon Study Habits and their Attitude towards study.

ISSN : 2454-308X



Keywords: *Academic Achievement, Study Habits, Adolescence and Attitude*

INTRODUCTION

Education has continued to evolve diversity and extend its reach and coverage since the dawn of human history. Every country develop its own system of education of express and promote its unique socio-cultural identity and also to meet the challenges of the time. Education is as old as human race. It is never ending process of human growth and development and its period stretches from cradle to grave. Education helps him to adapt to the environment.

The main aim of education is to modify the behaviour of the child according to the needs and expectations of the society. The behaviour to a great extent depends upon one's attitude towards the thing idea, object and environment etc. Learning of a subject and acquisition of habits, interests and other psychophysical disposition are all attested by his attitudes. Thus it is important for a teacher to develop positive attitude within a student because the student with positive and proper attitude towards their studies and teachers, school and home environment, towards their education, proper and positive attitude towards home assignment, examination, discipline, humanity, country and religion, may perform good in their academics whereas students with negative and improper attitude towards their studies and other related factors of studies may perform low in their academics.

ADOLESCENCE:

A young person who has undergone puberty but who has not reached full maturity is called a teenager or adolescent. The adolescent grows up to become the adult. The words adolescent and adult ultimately come from forms of the same Latin word, *adolescere*, meaning "to grow up". A young person, usually between the ages of 13 and 19 is named as teen or teenager or youth or adolescent.

Adolescence is the span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically (**Jersild, 1956**). Adolescence is a period of rapid change i.e. physical, physiological and sociological. It is characterized as a period of intensive growth and change in all aspects. Due to growth in every aspect of personality, it is called the period of disturbance.