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## **A Qualitative Insight Through The Study Habit Among Trainee Teachers At St. Christopher's College, Chennai**

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### **ABSTRACT**

The essence through which individuals gain knowledge is undoubtedly through education. Only qualified, passionate teachers can identify the very purpose of the students and thus serve as a guiding light to reach their respective goal. The quality of life is determined by the way an individual socializes with others in an accepted manner. All these ways lead to a disciplined and systematic management of time and work, to complete each person's scheduled task. Study habit framed to or by an individual encompasses the holistic education. During this process, the respondents face numerous challenges in striking a work-life balance. Case study is one of the best methods to understand the human behavior and it also helps to tune into introspection.

**Keywords:** Knowledge, Education, Teachers, Qualified, Goal, Discipline, Study Habit, Holistic.

### **Introduction**

Personality of an individual is moulded through the process of education. Wisdom and knowledge complement each other through the process of educating and learning. Passion and qualification are progressive parameters that establish the rapport between the teacher and student.

Study habits are the regular routine of students in order to engage in a stipulated schedule. Formal education obviously involves disciplining its disciples. The aspiring students are

inspired through their teachers. Teachers sculpt themselves and the students for the threshold of a new beginning. Each and every student enrolled for the Teacher training is focused and driven towards their goal. Female population is usually inclined towards achieving their target. Some of the assumption is that, it is said to be a safe job, noble profession. Keeping up the standard and mentoring the students are the challenges that are piled for during this contemporary society. The B.Ed. colleges under the Collegiate of Education prepare the trainee teachers. One of the colleges at Chennai is St.Christopher's College. It is a women's college. Intensive training is given to handle and guide the children for a better future.

### **Review of related literature (Concepts)**

Issa et al. (2012) recommended that everyday reading activities in which students engage influence their studying skills and subsequent academic performance. There is a general sense in which one appreciates the link between good habits of reading and the academic performance of students generally.

Stella and Purthothaman (1993) opined that the researchers have analysed the pupil's achievement with reference to the classification high, average and low achievers, in this conventional classification, the point of reference is the average score of group or a standard norm, but study habits differ from person to person, hence in an attempt to help the learners progress by developing suitable study habits, we need a different set of parameters that takes into account of the individual capabilities.

Palani (2012) emphasized that reading habit is an essential and important aspect for creating a literate society in this world. It shapes the personality of individuals and it helps them to develop proper thinking method, and creates new ideas. However, the developments in the mass media had continued to influence interest in reading books, magazines and journals, among others.

### **Significance of the study**

This qualitative study highlights the importance of the trainee teachers who are passionate to gain knowledge and are ready to be qualified to contribute to the society. The study habits determine the status of successful teachers towards development. It is very important to understand the preparedness of the trainee teachers to train school students in the near future. This paper concentrates on two respondents and their in-depth response for dedicating their time and energy towards

### **Objectives**

- a) To understand the interest towards B.Ed course.

- b) To know the socio-demographic details of the respondents.
- c) To estimate the study habit pattern of the respondents.
- d) To bring about the effectiveness of time management.
- e) To give suitable suggestions for a consistent performance.

## **Research Methodologies**

An in-depth interview was conducted to 2 respondents and the data was gathered. An inclusion criterion was that the respondents were willing to open up at St.Christopher's College.

### **Respondent -1**

The first respondent aged 28yrs was highly motivated to complete the B.Ed degree successfully. She was married for the past five years. Despite her unshakable ambition to become a qualified teacher, she had her personal commitments.

It was expressed to the researcher that, she found it difficult to bring about a balance in her life. From the professional perspective, there were number of assignments, home work, and module preparation and so on for all the subjects chosen under her course. It was mounted on her and allocating time for this work after regular college hours was a mammoth responsibility.

According to her personal life, she has multiple roles and tasks. As a spouse, she had to be supportive to her husband, who is a police official. Since, it is a nuclear family; she had no one to help in the daily chores. As a typical home maker, she had to take care of the entire work at home. It was also a tough time for her that they were planning for their family way. To meet the social expectations, her priorities had to be reordered. But, at the deep sense of heart, it was the noble profession that she was hooked to.

Again, in a vicious cycle, at college, she was required to complete her task in an efficient manner. Budgeting time towards study was very crucial. Apart from this, her physical condition was not stable. The stress had a direct relation to her health both physically and mentally. Her ability to read and grasp concepts need to be assessed, so that it could be improved. She was very good at note taking and accessing the library for information related to her studies. Even though the learning motivation was relatively high, it was a tough task to meet every day's requirement. The level of motivation had a ripple effect on memory and taking examinations. It affected the overall performance of the respondent.

After few telephonic counseling, the respondent responded positively to almost all the dimensions of her life, personally and professionally.

## **Second Respondent**

The respondent was very studious and always anchored towards completion of task at the right time. She was of the age 21. Her favorite subject was Mathematics. She was also the representative of the class. Her high energy was an advantage to build rapport with her classmates.

This respondent seemed to be normal and had the tendency to achieve in her respective field. She was home sick and not a day's scholar. She missed her family members and often had a toll on her health. She fell ill and faced challenges in even to turn up for her regular classes.

The respondent had already completed her Post Graduation M.Sc in Mathematics and enrolled for the B.Ed course. The innate nature of training to be the prospective teacher is not an easy task for her. It is a systematic format and schedule to be followed to align oneself towards this noble profession. Studying every day at a particular time and working out problems seem to very important for this Science trainee teacher. Reading carefully with relevant materials in order to understand the concept is the nuance of dealing with this subject. Studying figures and graphs very carefully during classroom teaching and noting down the hints then and there is useful for the continuous grasping of the concept with the pace and speed of the classroom teaching. It is ought to study the subject matter at her hostel before it is taught in the classroom to go with the sail, when handled at classroom.

While frequently absenting or restraining from classroom is the toughest challenge for an aspiring para teacher. The reasons for not being present in class are true. She fall sick and could not rejuvenate from time to time to cope with the normal way of learning. It is due to tiredness and weakness; she found it taxing to visit the library for a comfortable learning space. Even though the study habit vividly highlights her discipline, the other factors like no proper family moral support and the negligence to take care of the health has pulled her academic performance. Stamina in terms of physical health and psychological strength has proved to be an extrinsic factor to excel happily in one's career.

## **Results and Discussions**

- It was found that the interest towards pursuing the B.Ed course has not seen a dip, even during unfavourable condition like very meager social and moral support from the family members.
- The family members of the respondent seem to be highly appreciative in terms of providing financial assistance to the respondents, while proctoring and guiding them.

- The study habit is determined as the only criteria to prove the effectiveness of the time and money given for the respondents by their family members to articulate their efficiency in terms of results and remarks and thus, the respondents have made great attempts and efforts to be consistent and become an evident rank holder.
- The focus of the respondents invariably is fixed on scoring high marks, rather than on in depth knowledge and its essence of updating and formatting oneself to the current scenario and the beneficiaries.
- The family plays a vital role in determining the allocation of time for the respondents' professional growth. It's been estimated that apart from the daily and personal chores, the skill of managing time and showcasing the best result is up to the standard of not falling into the average or below average category.
- Their sheer hard work and the elegant approach of having a cordial relationship with the fellow trainees and teachers have helped them a lot in being active in the classroom and overcoming ignorance about any topics related to their subject and syllabus.
- It was highlighted that being a women's college in Chennai, has given a space for ventilation, socialisation and overcoming shyness during the immense training process.

### **Suggestions**

1. Determination of self-efficacy on a regular and continuous basis would remove selfishness and pave way for the process of synergy.
2. Timely meeting and reporting to parents by the respondents / trainee teachers and their involvement may reduce the burden of the feeling of loneliness and work load.
3. Self-motivation seem to be an essential oasis for every prospective teachers to rejuvenate oneself and equip and adapt with the recent updates.
4. Study habit vary from person to person and is dependent on the self, family and interest towards reaching the time bound target, and therefore counseling and guidance can be considered to eliminate drop outs from this intricate training on the make to be a teacher.

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