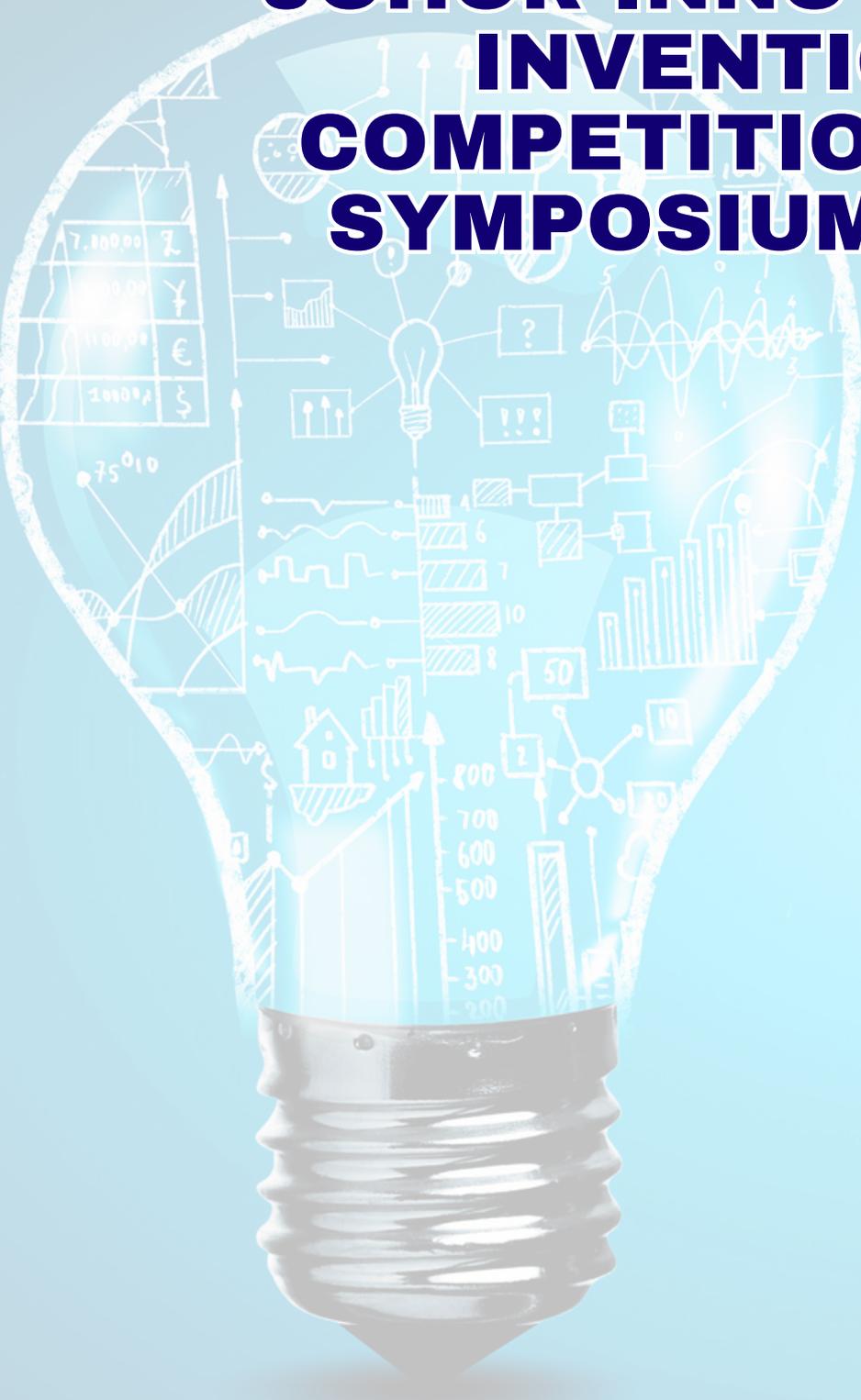UNIVERSITI
TEKNOLOGI
MARA

JIICaS 2023

JOHOR INNOVATION INVENTION COMPETITION AND SYMPOSIUM 2023

" Innovation Inspires a Society
to be Critical and Creative"

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" Innovation Inspires a Society to be Critical and Creative"

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Cawangan Johor
Kampus Pasir Gudang

IDEA

2023

First Edition 2023

e ISBN: 978-967-0033-17-4

Preface

In the name of Allah, the Almighty who gives us the enlightenment, the truth, the knowledge and with regards to Prophet Muhammad (peace be upon him) for guiding us to the straight path. We thank to Allah for giving us guidance and strength to write this e-book.

This e-book compiles the extended abstracts that submitted to Johor Innovation Invention Competition and Symposium 2023 (JIICaS2023), where JIICaS2023 is a virtual platform for all creative minds to share and present their invention and innovation. The extended abstracts are divided into two categories, which are Category A (Higher Educational Student/ Any Recognized Institutional Students in Malaysia) and Category B (Primary/ Secondary School Students / Special Education School Students in Johor). Each abstract gives a brief background on the innovation or project.

We hope that this e-book will help the readers to get to know the innovation done by the students from both categories and get some ideas to develop future innovation products.

A031

STUDENTS HABITS AND ACADEMIC PERFORMANCE AMONG STUDENTS IN UITM PASIR GUDANG

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ABSTRACT

Academic performance refers to a student's level of achievement in their educational endeavours. The evaluation of education quality in universities often relies on students' academic performance, which is influenced by various factors, including study habits. Study habits refer to individual behaviours and skills related to studying, encompassing study methods that enhance motivation and facilitate effective learning. These habits are crucial for achieving success and differ from person to person. The connection between student behaviour and academic achievement has been extensively studied. Studies consistently show that good habits, such as positive habits like effective time management and active engagement in learning, lead to better academic outcomes. The objective for this study is to examine the relationship between study habits and the academic achievement of students at UiTM Pasir Gudang, Johor (UiTM). From the study, in can be concluded that study habits give a big contribution to the academic performance. Most of respondents like to study in calm and peacefull environment without any disruptions from outside world especially hand phone. This condition lead to a better performance in their academic.

Keywords: Academic performance, behaviour, student's habit

1.0 INTRODUCTION

Academic performance refers to a student's level of achievement in their educational endeavors. It includes a variety of factors. All of this can be determined by one's study habits throughout one's life. It is an action that students execute on a regular basis, such as reading, taking notes, and leading study groups, in order to achieve their learning objectives. The evaluation of education quality in universities often relies on students' academic performance, which is influenced by various factors, including study habits. Study habits refer to individual behaviors and skills related to studying, encompassing study methods that enhance motivation and facilitate effective learning. These habits are crucial for achieving success and differ from person to person.

Study habits reveal how much a person intends to study, how far a student wishes to progress, and how much they wish to earn. There are several good study habits, such as studying in a quiet environment, maintaining a daily study routine, minimizing distractions from devices like TV and mobile phones, taking notes of important information, taking regular breaks, listening

to soft music, adapting study methods to individual learning styles, and prioritizing difficult content. On the other hand, procrastination, avoidance of studying, studying in unsuitable conditions, and exposure to loud music or television during studying are considered as poor study habits.

The connection between student behavior and academic achievement has been extensively studied. Studies consistently show that good habits, such as positive habits like effective time management and active engagement in learning, lead to better academic outcomes. On the other hand, bad habits like procrastination prevent students from succeeding. Understanding and encouraging good habits can significantly impact students' academic performance and overall achievement.

As a result, understanding the positive habits can enhance students' academic performance and create a conducive learning environment. Recognizing the critical role of study skills and habits in students' academic success, and acknowledging their variability among individuals and contexts, this study was designed and conducted. It is considered that good study habits are associated with scholastic or academic success.

2.0 OBJECTIVES

The objectives are to examine the relationship between study habits and the academic achievement of students at UiTM Pasir Gudang, Johor (UiTM) :

1. To investigate how students deal with distraction from social media or notification while studying.
2. To know the strategy for student's to retain and remember information effectively.
3. To identify the suitable environment for students to study.
4. To determine how they prepare themselves for exams and assessments.

3.0 DESCRIPTION OF DATA

This section will explain how the data is described. This comprises the study's demographic and sample, as well as the sampling technique and data collection methods. Then, data collection is asking relevant questions to community members or unknown individuals, collecting and presenting the responses to the questions, analyzing the results, and making probabilistic and pattern judgments. Because of their actual knowledge and more meaningful responses, all of the students were picked as respondents.

3.1 Population and Sample

The population refers to the elements of the study that can be applied to complete a set of items obtained for the aim of the research. Our survey population consists of all students studying in various courses at UiTM Pasir Gudang.

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3.2 Sampling Techniques

Sampling technique is the technique on how samples are being collected and can be divided into two categories which are probability sampling technique and non-probability sampling technique. For this survey, the sampling method used is non-probability sampling, specifically

convenience. Convenience sampling is a method where the sample is taken from a group of people easy to contact or to reach, such as standing in a mall or grocery store and asking people to answer questions. This is sometimes referred to as grab sampling or availability sampling.

3.3 Data Collection Method

The data collection method that we use is another method of an internet survey which is an online questionnaire. We conduct an online survey using a Google Form. Internet surveys are the most cost effective method for reaching the greatest number of people.

In this method, researchers may also post their questionnaires on social media platforms such as Whatsapp or Instagram and invite the general public to participate in the survey and submit their responses. Therefore, it is safe and secure to conduct Internet surveys. This is due to the absence of physical and direct communication. We choose this method to give students more time to think of a proposer response to get good results.

4.0 RESULTS
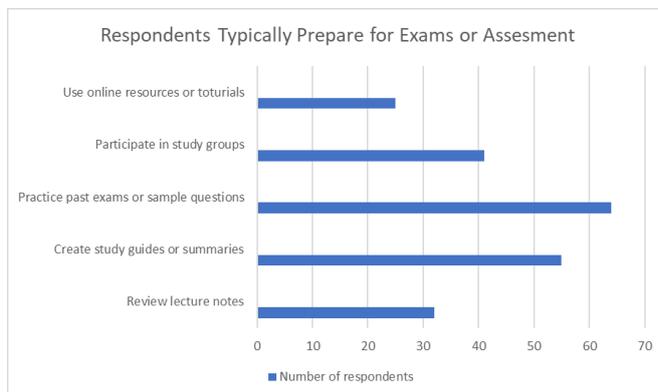
Bar Chart shows the students who prepare for their exams and assessment based on their style. This indicates that out of the 64 respondents, the majority of UiTM Pasir Gudang students preferred a preparation method by practicing past exams or sample questions. On the other hand, the least preparation that students prefer for their upcoming exams is to use online resources or tutorials which only 25 respondents respond to in our questionnaire.

Bar chart of Students based on their preparation for exams or assessment.
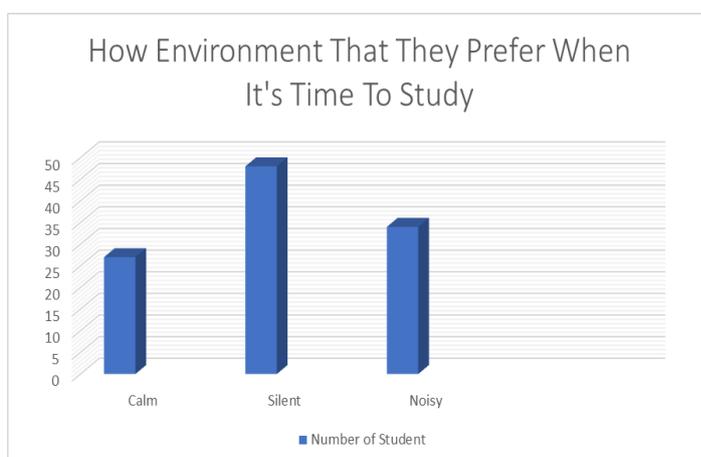

Bar Chart shows how students want their environment to be during study sessions. It has been shown that the majority of student respondents prefer study when it is in mode silent which is 48 respondents. It also shows that least of students choose to study in calm situations, of which only 27 respond for it. To conclude, students are most likely to take a study in silent situations to be more focused and strive for the best

**Bar chart of How Students prefer their environment to be.**
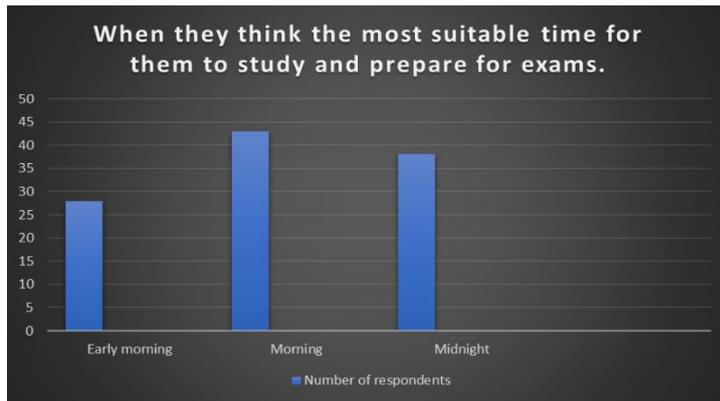
Bar Chart shows how students think the most suitable time for them to study and prepare for exams. It has been shown that the majority of student respondents like to study at night, which is 43 respondents. It also shows that few students do not prefer to study in the early morning, of which only 28 respond. To conclude, students are most likely to study in the night, not in the early morning. Maybe when it is too late or too soon, they must be tired and **Bar chart of the most suitable time for them to** are not motivated to study and prepare **study and prepare for exams.** for exams.
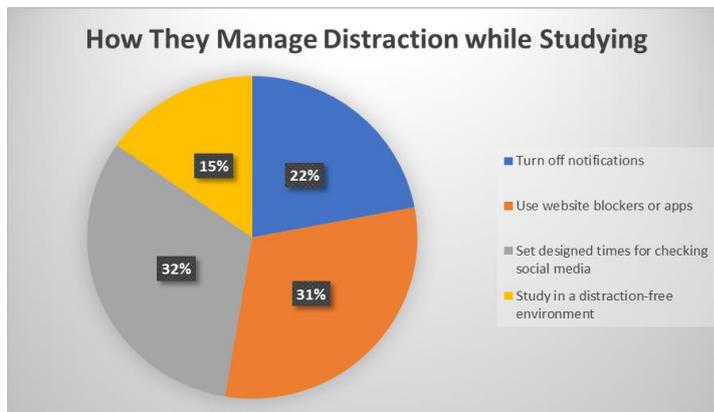
Pie Chart shows which respondents prefer to set designated times for checking social media. It has been shown that respondents prefer to set designated times for checking social media is 61.5%. While for using website blockers or apps it is 58.7% which is higher then the percentage of study in a distraction-free environment because that is only 29.4%.

Pie Chart How Students Manage Distraction
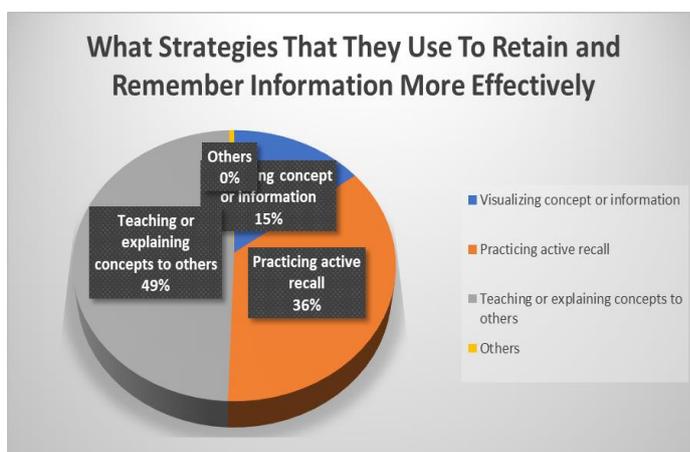
Pie Chart shows the strategies that students use to remember information effectively. 79.8% of students think that teaching concepts to others is more effective. Some UiTM Pasir Gudang students also think that practicing active recall is the best way to remember information, with 58.7% responding to it. 23.9% of students prefer to visualize concepts or information. Only 1 person thinks for others, which is only 0.9%.

Pie chart of the strategies that students use to remember information more effectively.

5.0 CONCLUSION

As a conclusion, from the 109 respondents that we get from students of UiTM Pasir Gudang, they choose to manage their distractions by setting designated times for checking social media and using website blocker or apps. These ways really can help them to focus more on their study. They also turn off their notifications from their phone to focus on their study group or study on their own. This seems to be effective if done by every student because most of the students are distracted by their mobile phones which makes them complacent.

Other than that, based on the respondents answer they prefer to study in a private study room. The reason why they prefer private study rooms is because they can feel peace and can study alone without any distraction from other people. This can make students feel comfortable to study. Comfortability of the students is important to make them focus more for what they are doing.

Furthermore, based on the respondents that have answered the survey, it clearly shows that students mostly use past year papers or any example of the question to study. This is because even the lecturer asks their students to use past year papers to make a revision. Last year's paper was more similar to the examination question. So, students can be more ready to answer the question and have ideas to answer the question.

Last but not least, all of the students on campus at UiTM Pasir Gudang did acknowledge the importance of managing their habit that can affect their academic performance, and this shows that some of the students are having their own style of studying. Based on the google form, students in UiTM Pasir Gudang need a silent environment to make them focus for their study. However, students also take 15 minutes of break every 2 hours of studying. This is to make their mind relaxed. So that, they will be more focused on their next study and do not feel sleepy.