

STUDY HABITS AND ACADEMIC PERFORMANCE AMONG
UNDERGRADUATE NURSING STUDENTS IN KARACHI: A
DESCRIPTIVE CROSS-SECTIONAL STUDY

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Abstract

Background

Study habits are important factors that influence students' academic success. Good study habits like managing your time taking notes and reviewing what you learned as well as contribution in learning activities help students achieve better academic performance. Nursing students especially need to keep learning and studying in a way that works for them so they can meet the standards that nursing education requires. Nursing education is, about continuous learning and using effective study practices to to maintain high academic standards.

Methods: A descriptive cross-sectional design was used. The sample

size was calculated through open EPI software. The sample size was 167. An adopted questionnaire was used from (Alex et al.,2024). The permission was taken from the primary author. In the study, the "Study habits Scale- Student Form" and the students' Grade Point Average (GPA) were used. The data was obtained through questionnaire in google form. This study was done at the private institute of Karachi. Data was entered and analyzed through SPSS 27.

Result: The majority of students were male (89.2%) n=149 and aged 18-23 years (58.1%) n=97. Majority of the students (93.4%) n=156 had good study habits, while (6.6%) n=11 had poor study habits. Regarding academic performance (78.4%) n=13 of students achieved a GPA of 3.50-4.00. Cross-tabulation showed that (73.7%) n=123 with good study habits were more likely to achieve higher GPA, indicating a positive relationship between study habits and academic performance.

Conclusion: The study found that good study habits really helps and also positive influence academic performance among undergraduate nursing students in Karachi. Nursing students who regularly to manage their time, review lessons, write down notes, and maintain regular study routines

tend to achieve better academic results. Encouraging effective study habits can achieve better academic results and professional competence among under graduated nursing students.

INTRODUCTION

Study habits are the basis of academic success. They are actions that students perform regularly, such as reading, taking notes, participating in study groups, and consistently understanding their learning goals. A student's life significantly influences study habits. The study habits of each individual student determine their success or failure. Additionally, studying is an art that requires practice and hard work. The success of each individual student depends on their capability, intelligence, and actions. This method includes many effective study habits that can help improve a student (Tus et al., 2020).

Good and positively effective study habits can actually help you save time, energy, and money. Students need to know their strengths and weaknesses and figure out how to improve and learn things quickly and easily. For many students, studying is their top priority for a few years. They have to deal with subjects and topics and try to learn and master them all. Most students get overwhelmed and don't know how to get everything done on time. Poor study habits among students can lead to poor results or even failure (Sasi & Hsu, 2020).

The students who are naturally bright can still have study habits, and that is why they do not do well in school. There are many reasons why this occurs. The way a student strategizes and reviews their lessons on a daily basis is very significant. It helps them to get good marks because the more they practice, the better they become. The more a student pays attention to practicing what they learn on a regular basis, the more likely they are to get good marks on examinations or tests. So, the way a person studies actually says a lot about who they are. It also consists of how much time they spend on coursework, quizzes, projects, or any other work that the teacher gives them. This shows how well a student can balance their time and get all their college work done on time. Study habits are what

students do when they are studying. We can tell what kind of student they are by looking at their study habits (Bibi et al., 2020).

Academic performance is a common way to measure student achievement. It is a difficult process influenced by several factors, including study habits. Study habits refer to different individual behaviors associated with studying. They combine several study methods and skills. In simple terms, study habits include various techniques that can enhance motivation and make studying more effective, thereby improving learning. Students' views and approaches to studying are key factors in predicting their academic achievement. However, these learning processes differ from one student to another due to differences in cognitive processing (Aljaffer et al., 2024).

Effective study methods are capable of improving one's self-confidence, self-efficacy, and self-esteem. They can help decrease the level of stress that accompanies deadlines and examination periods. It is possible to diminish the time spent studying when using effective study methods, leaving one with extra time for other activities. Study habits are the greatest predictor of one's academic accomplishment, and research has found that study habits have an effect on academic performance. Self-confidence, self-efficacy, and self-esteem can escalate because of good study habits. One can enhance his or her skills for learning and memorizing through overlearning. Effective study techniques may help students feel that their efforts pay off. Study habits are the greatest predictor of one's academic accomplishment; thus, they have a unique effect on a learner's academic performance. The objective of this study was to analyze undergraduate nursing students' study habits and academic performance (Alex et al., 2024).

PURPOSE OF RESEARCH

The purposes of this study to determine the study habits and Academic Performance Among Undergraduate Nursing Students in Karachi.

PROBLEM STATEMENT:

The academic performance of nursing students in college is a major concern because nursing colleges are very tough, and students need to know a lot of theory and be proficient at actually performing nursing responsibilities. One factor that affects how well students do in college is how they learn, as well as how they manage their time, pay attention, take notes, and review what they have learned.

Several students start nursing college inadequately prepared, but not all of them develop decent study habits. Approximately, some students struggle with managing their time, staying focused, and using effective study methods, which can negatively impact their results. Additionally, students come from various educational backgrounds, which affects how they study and learn.

Some studies have found evidence of how study habits influence academic performance. Approximately, some people believe there is a connection, while others do not see any link at all. This remains unclear, which indicates that we need to investigate it further, especially for undergraduate nursing students.

In Karachi, not much research has been done to understand how study habits affect the performance of nursing students. Therefore, it is significant to examine how undergraduate nursing students' study and how it impacts their results so we can identify problems and recommend habits to improve outcomes.

Thus, this study aims to explore the relationship between study habits and academic performance of nursing students in Karachi.

OBJECTIVE:

To identify the study habits and academic performance among undergraduate nursing students in Karachi

RESEARCH QUESTION:

What are the study habits and academic performance among undergraduate nursing students?

LITERATURE REVIEW:

Effective Study habits are truly significant for students when it originates to how they do in college specially for students who want to be nurses. Masses of people have observed into how study habits disturb how well students do in their programs.

Recently, people have found out that study habits are a portion of whether or not nursing students do well in college. One study that observed at nursing students who are completing their degree found that students who have decent study habits do well in school. This study supposed that if students have a study routine and be able to manage their time well, they will acquire more knowledge and experience (Princy et al., 2024).

Something similar was found in additional study with nursing students. This study thought that if students use habits of learning like actually thinking about what they are learning keeping pathway of how they are liability and learning in a systematized way they will do well in college. These demonstrations that it is not about study habits but also about how better student's study (Mohamed, 2022).

Additional study found that a portion of nursing students do not study better when they initial start college but they have to get well at learning if they want to do better in their nursing programmes. This means that study habits can modification over time and that what students are learning can disturb how they study (Oermann et al., 2017).

A study that observed at how study habits and self-discipliner associated found that students who are more self-controlled lean towards to study well and do well in college. This study found that when students are self-controlled, they make study habits for themselves which assistances them do well in college. Study habits are truly significant for nursing students. Can make a large modification

in how better they do in college. Study habits, similar these can assistance nursing students achieve their designation (Kumar et al., 2023).

Research Methodology:

A descriptive cross-sectional design was used. An adopted questionnaire was used from (Alex et al., 2024) In this study, the “study habits Scale- Student Form” and the students’ Grade Point Average (GPA) were used. The data was obtained through questionnaire in google form. This study was done at the private institute of Karachi.

Study Setting:

The study was conducted in a private nursing college in Karachi

Population:

The study populations were undergraduate nursing students.

Criteria for Sample Selection:**Inclusion criteria:**

Students listed in undergraduate nursing programs

Students willing to participate in the study

Student is present during data collection time.

Exclusion Criteria

Students who are absent during data collection day.

Students who are sick at the time of data collection.

Simple size

The simple size approximate 167 student was selected.

Sampling Technique:

The Convenience sampling technique was used.

Variables under study:

In this study, variables are including study habits and academic performance.

Variables

Independent Variable: Study habits

Dependent variable: Academic performance

Instrument

In this study, structured questionnaire was used for data collection. Including:

Section A:

DEMOGRAPHIC DATA In this study, the data collection was done by collecting the demographic data of the population such as age, gender, Program studying, Batch.

Section B: It consists of a structured questionnaire. Likert scale to assess the study habits and academic performance among nursing students. A total of 20 items were included in the tool. The scale will include always, often, sometimes, rarely and never. The scoring as follows:

Scoring of tools:

Five-point Likert scale was used to assess study habits and academic performances which consisted of 20 items. Each item was given a score like Always-5, Often-4, Sometimes-3, Rarely-2, Never-1. The

Likert was divided into two groups. Always and Often and Sometimes as **Good** and Rarely and Never as **Bad**.

DATA COLLECTION PROCEDURE:

The study was conducted in the Advance health science institute of Nursing in Karachi. The permission was obtained from the Nursing director of institution to collect the data from the participants. The self-introduction and participants were informed about purpose of the study and consent was taken and then provide google form. It takes approximately 15 minutes to collect the data from the sample.

DATA ANALYSIS:

The data collected has been analyzed and presented in the section considering the objectives of the study are as follows: -

To identify the study habits and academic performance among undergraduate nursing students in Karachi.

SECTION A

This section deals with the analysis of demographic data of the samples under study. It is analyzed and represented in the form of a frequency and percentage table.

Table-1 Distribution of sample in relation to gender

		Gender			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	18	10.8	10.8	10.8
	Male	149	89.2	89.2	100.0
	Total	167	100.0	100.0	

Table-1 show that the maximum participants were male (89.2%) n=149. while females included a smaller proportion (10.8%) n=18. The total number of sample (N=167).

Table-2 Distribution of sample in relation to age group in years

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30 to 33	7	4.2	4.2	4.2
	27 to 30	17	10.2	10.2	14.4
	24 to 26	46	27.5	27.5	41.9
	18 to 23	97	58.1	58.1	100.0
	Total	167	100.0	100.0	

Table-2 show that the majority of participants were aged 18–23 years (58.1%) n=97, and 24–26 years (27.5%) n=46, and 27–30 years (10.2%) n=17, and a small proportion aged 30–33 years (4.2%) n=7, The total sample (N=167).

Table-3 Distribution of sample in relation to program studying

Program studying					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Post RN	22	13.2	13.2	13.2
	Generic BsN	145	86.8	86.8	100.0
	Total	167	100.0	100.0	

Table-3 shows that the majority of participants were enrolled in Generic BSN (86.8%) n=145, and Post RN students (13.2%) n=22. The total sample (N=167).

Table-4 Distribution of sample in relation to Batch

Batch					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Fourth year	68	40.7	40.7	40.7
	Third year	32	19.2	19.2	59.9
	Second year	67	40.1	40.1	100.0
	Total	167	100.0	100.0	

Table-4 shows that maximum participants were from the fourth year (40.7%,) n=68 and second year (40.1%) n=67, while a smaller proportion were from the third year (19.2%) n=32. The total sample (N=167).

Table-5 Distribution of sample in relation to Academic performance (last semester GPA)

Academic performance (last semester GPA)					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Below 2.00GPA	1	.6	.6	.6
	2.00 to 2.50GPA	4	2.4	2.4	3.0
	2.50 to 3.00 GPA	6	3.6	3.6	6.6
	3.00 to 3.50GPA	25	15.0	15.0	21.6
	3.50 to 4GPA	131	78.4	78.4	100.0
	Total	167	100.0	100.0	

Table-5 shows that the majority of students achieved highest GPA. (78.4%) n=131 students obtained 3.50–4.00GPA, (15.0%) N=25 students obtained 3.00–3.50GP. And some students obtained low GPA (3.6%) n=6 in 2.50–3.00, (2.4%) n=4 in 2.00–2.50, and (0.6%) n=1 below 2.00. Generally, the results specify that maximum students performed outstanding in their last semester.

Table-6 Distribution of sample in relation to Final evaluation

Final evaluation					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Bad study habits	11	6.6	6.6	6.6
	good study habit	156	93.4	93.4	100.0
	Total	167	100.0	100.0	

Table-6 shows that majority of students have good study habits, (93.4%) n=156 stated good study habits, and (6.6%) n=11 stated bad study habits. Generally, the results show that the mostly students maintain positive study habits.

Table-7 Distribution of sample in relation to Academic performance (last semester GPA) * final evaluation Crosstabulation

Academic performance (last semester GPA) * final evaluation Crosstabulation					
		Final evaluation			Total
		Bad study habits	good study habits		
Academic performance (last semester GPA)	Below 2.00GPA	0	1	1	
	2.00 to 2.50GPA	0	4	4	
	2.50 to 3.00 GPA	0	6	6	
	3.00 to 3.50GPA	3	22	25	
	3.50 to 4GPA	8	123	131	
Total		11	156	167	

Table-7 showed that the majority of the students, that is (93.4%) n=156, had good study habits, while only (6.6%) n= 11 students had bad study habits. Only (0.6%) n= 1 student had a GPA below 2.00, and this student had good study habits. In the 2.00-3.00 GPA range, (6.0%) n=0 all the students also reported good study habits. In the 3.00-3.50 GPA group, most of the students (13.2%) n=22 had good study habits, while (1.8%) n=3 students had bad study habits. In the GPA category of 3.50-4.00, most of the students (73.7%) n=123 had good study habits, while (4.8%) n=8 students had bad study habits. Students with good study habits were more likely to achieve higher GPAs.

Result: This study was done with 167 nursing students in Karachi to find out how they study and how well they do in college. Majority of the students were male (89.2%) n=149, and (10.8%) n=18 were female students and most of them were between 18 to 23 years (58.1%) n=97 and 24-26 years (27.5%) n=46, and 27-30 years (10.2%) n=17, and a small proportion aged 30-33 years (4.2%) n=7.

Majority of the students were in the Generic BSN program (86.8%) n=145. Also (13.2%) n=22 students were in the Post RN. Majority of the participants were from the fourth year (40.7%), n=68 and second year (40.1%) n=67, while a smaller proportion were from the third year (19.2%) n=32. The majority of students achieved highest GPA. (78.4%) n=131 students obtained 3.50–4.00GPA, (15.0%) N=25 students obtained 3.00–3.50GP. And some students obtained low GPA (3.6%) n=6 in 2.50–3.00, (2.4%) n=4 in 2.00–2.50, and (0.6%) n=1 below 2.00. The study shows that majority of students have good study habits, (93.4%) n=156 stated good study habits, and only (6.6%) n=11 stated bad study habits. Generally, the results show that the mostly students maintain positive study habits. Majority of the students who got a GPA between 3.50 and 4.00 (73.7%) n=123 had good study habits, while only 4.8% (n=8) had poor study habits. This shows that good study habits and good grades go together tend to perform better academically

Discussion: The study on nursing students in Karachi was done to understand how they study and how well they perform in college. This study shows that majority of the students have ways of studying and they perform very good in college. The study also showed that students who study well are more likely to get high marks (GPA). Majority of the students in this study were male. They were between 18 and 23 years old. This means that majority of the students were young undergraduate nursing students. Other studies like the one done by (Alex et al., 2024), also found that nursing students who have a strategy for studying do well in college. This study also found that most students got high GPA between 3.50 and 4.00 which is very good academic performance among nursing students. Nursing education needs to be well-organized, constant and effective learning strategies to sustain good academic achievement. Additional study, done by (Aljaffer et al., 2024) who concluded that study habits and personal learning factors significantly influence students' academic achievement. The study also shows that majority of the students have ways of studying. When you study regularly manage your time well take notes focus and review what you learned you can do

better in college. Similar study done by (Sadeghi et al., 2024), that nursing students who are good at managing their time do better in college and are more ready to learn on their own.

Effective study habits improve students' confidence, reduce academic stress, and enhance learning abilities. Therefore, nursing institutions should encourage students to develop positive study habits through academic counselling, workshops, and mentoring programs.

Overall, the findings of this study indicate that study habits play an important role in the academic performance of undergraduate nursing students in Karachi. Developing effective study habits may help nursing students improve their educational outcomes and professional competence.

Conclusion: The study concluded that good study habits really helps and also positive influence academic performance among undergraduate nursing students in Karachi. Nursing students who regularly to manage their time, Review lessons, write down notes, and maintain regular study routines tend to achieve better academic results. Those Students with good study habits were more likely to perform better academically as compared to those students with poor study habits. Therefore, encouraging effective study habits can achieve better academic results and professional competence among under graduated nursing students.

Recommendation:

- Nursing institutions should conduct regularly workshops and seminars all the time to teach people how to study and manage their time.
- The nursing institutions need to have people who can give students advice on how to learn and they should also have mentorship programs
- Students should try to study at the time every day and they should also make notes and review what they learned.
- The teachers at the nursing institutions should get the students excited about talking to each other in groups and doing things that help them learn.

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