

# CONTENTS

	PAGE
ABSTRACT	ii
ACKNOWLEDGEMENTS	iii
CONTENTS	iv
CHAPTER	
1. INTRODUCTION	
1.1 Background	1
1.2 Statement of the Problem	2
1.3 Objective of the Study	2
1.4 Definition of Terms	3
1.5 Scope of the Study	3
1.6 Significance of the Study	4
1.7 Organization of the Study	5
2. REVIEW OF LITERATURE	
2.1 The Theory of Studying	6
2.2 Distractions and Adjustment Problem Faced by University Students	13
2.3 Related Research	13
3. METHODOLOGY	
3.1 Subjects	16
3.2 Materials	16
3.3 Procedures	17
3.4 Data Analysis	17
3.5 Framework of the Study	18

4. RESULTS	
4.1 General Background Information and Current Status in University	19
4.2 The Study Habits of the Students	24
4.3 The Distractions and Adjustment Problems Students Faced During Their First Year	32
4.4 Comparative Result	35
5. CONCLUSIONS, DISCUSSION, AND RECOMMENDATIONS	
5.1 Summary of the Study	41
5.2 Summary of the Findings	42
5.3 Discussion	44
5.4 Conclusions	46
5.5 Recommendations for Further Research	47
REFERENCES	48
APPENDIX	50