

CHAPTER FIVE

CONCLUSIONS, DISCUSSION AND RECOMMENDATIONS

5.1 SUMMARY OF THE STUDY

The section summarizes the objectives of the study as well as subjects, materials, and procedures.

5.1.1 Objectives of the Study

The main objective is to find the study habits of the first year Chulalongkorn University students.

5.1.2 Subjects, Materials, and Procedures

(1) Subjects

The population for this study was a selected sampling of the first year students at the Faculty of Arts, Chulalongkorn University. One hundred and twenty students were sampled by the Simple Random Sampling Method.

(2) Materials

The research tool in this study was a questionnaire. The questionnaire had the objective of the study stated on it. The respondents were assured that the information obtained would be kept strictly confidential and used only for the purpose of research.

(3) Procedures

The research designed and tested the questionnaire to make sure that it was understandable by the respondents and that it was coherent with the objective of this study. After the questionnaire was tested, the researcher distributed the questionnaire to 120 random students who were studying at the Faculty of Arts, Chulalongkorn University. The researcher distributed the questionnaires around the

Faculty of Arts in the Chulalongkorn University premises. Subjects then answered the questionnaires and returned them to the researcher within 15 minutes on the same day. The results were then calculated after all the questionnaires were returned.

5.2 SUMMARY OF THE FINDINGS

The results of the study can be summarized as follows:

5.2.1 The Study Habits of the Students

(1) Method of Study

Students strongly agree that they must understand something first before they can memorize it. Students agree that they discuss with their classmates about what they have learned in class, they proofread a test before handing it in, and they think of questions on what they study and try to answer them. Students usually do not refer to outside reading books to gain more knowledge about what they are studying.

(2) Attitude towards Studying

Students strongly disagree that their parents make them study. Students disagree that they focus their studies on just the section they like. Students agree with other attitudes such as their goal of studying is to learn new and interesting things, they study so that they can learn a profession or follow a career, they pay close attention to the lecturer during class, they study every day, and they always looked over their tests to see what they did wrong.

(3) Place of Studies

Students agree that they study in a secluded and quiet area, there is enough lighting around their study areas, they have all the materials that they need

ready before they start studying, and they have a study desk in their rooms that is usable.

(4) Reading

Students agree that they read the topics before they start studying. Student disagree that they have to read the subjects aloud to be able to remember the materials and that they read the materials that will be taught in class before hand.

(5) Planning Studies and Timetables

Students agree that they write down what they must do in their assignment books, they prepare all the materials before they start studying, and that they study very hard before a test or examination. Students disagree that they make a weekly study plan, they usually study on weekdays, and that they study easier subjects first.

(6) Underlining, Outlining Précis and Notes

Students strongly agree that when they study a theory, they underline the important ideas or data. Students agree that when studying, they jot down notes on the side, they use their own words when they write notes, they take notes from what the teacher explains in class, and that they use their own terms when taking notes. Student also strongly disagree that they think preparing a précis is not useful. Students disagree that they underline only what they understand and that they write the notes immediately, without underlining or outlining.

5.2.2 The Distractions and Adjustment Problems that First Year University are Facing

Students considered the difficulty of subjects and too much homework somewhat serious problems. Mandatory activities for freshmen to join, drinking alcohol, smoking cigarettes, taking drugs, the way to write college papers, and their futures are each considered slight problems. Sport participation, making new friends,

finding a boyfriend or a girlfriend, working for self-support, not enough allowance, getting no attention from the teacher, and no care from the teacher are each considered not a problem at all.

From the open-ended question, it has been found that 37.5% of the students considered classes and examinations their adjustment problems. 15.0% of the students found that friends and time management are their adjustment problems. 12.5% of the students think activities distracted them. 7.5% of the students considered teachers their adjustment problems. 5.0% of the students think their problems come from seniors.

5.2.3 Comparative Result

The researcher has analyzed the data collected further to compare the study habits of the students between those who live at home and at dormitories. It can be seen clearly that the average level of agreement of students who live at dormitories in some study habits are better than the average level of agreement of students who live at their own homes. This resulted in different frequency of each study habit. It can be concluded that, mostly, students who live in dormitories have better study habits than students who live at home.

5.3 DISCUSSION

This section is mainly to discuss whether the study results support the theories and concepts from the review of literature or not.

5.3.1 The Study Habits of the Students

(1) Method of Study

According to the literature review, it is stated that every student has his or her own learning style. The study results have clearly indicated that students share

certain learning styles, for example, most students do not use outside reading books to gain more knowledge about what they are studying.

(2) Attitude towards Studying

From the literature review, it is noted that students should always be optimistic when studying. The study results show a positive attitude towards studying, which strongly supports the theory from the literature review.

(3) Place of Studies

Both the literature review and the study results agree that study location is important. There should be enough lighting, proper ventilation, quietness, and easy access to studying materials. Furthermore, it is better to study in a quiet area such as in a library or in a quiet room.

(4) Reading

According to the literature review, it is stated that students should decide beforehand of what to read and how much to read. The result of study only shows that students read the topics before they start studying. It does not describe the decision making of students on reading at all.

(5) Planning Studies and Timetables

From the literature review, it is noted that time management and planning on study is very important and must be done effectively. The results of the study indicate that students make plans on their assignments, and study very hard before a test or examination.

(6) Underlining, Outlining Précis and Notes

Both the literature review and study results share the same concepts, that note-taking is a critical part of college learning, and preparing a précis is useful. When students study a theory, they underline the important ideas or data, they jot

down notes on the side, they use their own words when they write notes, they take notes from what a teacher explains in class, and they use their own terms when taking notes.

5.3.2 The Distractions and adjustment problems that First Year University students are Facing

According to the literature review, working too much is one of the top distractions that contribute to college students' failure. However, in this study, it has been found that students consider the difficulty of classes and examinations their most serious adjustment problem. Students think that working is not a problem at all. Surprisingly, 32.5% admitted that doing drug to fit in is their most serious problem.

5.3.3 Comparative Study

From the literature review, it is noted that studying in the student's room or dormitory might not be a good location because there might be a lot of distractions. This theory is supported by the results of the study comparing study habits between students who live at home and at dormitories, which has found that, mostly, students who live in dormitories have better study habits than students who live at home.

5.4 CONCLUSIONS

The following conclusions can be drawn from the discussion above.

5.4.1 The Study Habits of the Students

Students have positive attitudes towards studying. They think that study location is the most important factor in studying. They consider time management and planning very valuable. They agreed that note-taking is a critical part of college learning.

5.4.2 The Distractions and adjustment problems that First Year University students are Facing

It is clear that university students get interrupted by many outside factors. It can be concluded that students in this study think that class and examination were their most serious adjustment problems. Their other main distractions are friends, time management, and activities.

5.5 RECOMMENDATIONS ON FURTHER RESEARCH

Based on the findings and conclusions of this study, the following recommendations are made for future research.

- (1) The study scope should be extended, for example, from studying only students at the Faculty of Arts to cover students in other faculties.
- (2) This study covers only students of Chulalongkorn University, future research may include students who study in other universities.
- (3) The study habits of students who have different high school majors are not the same. Further research on how students in each major study is recommended.

These recommendations for future research would be beneficial to those researchers who want to explore more in-depth about the study habits of first year university students so they can improve the Thai educational system.