

## STATUS OF STUDY HABITS ON DISTANCE EDUCATION

by:

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Learners' academic performance represents an important chunk of aspects determinant of student achievement. Also, it shows a very important part in education, mainly as a concrete tool to measure the learner's learning process. Psychologists and academics have utilized a variety of personality, attitudinal, cognitive, and capacity tests in their efforts to comprehend how learners differ in how they absorb, retain, and regain learning information. (Tus, 2020).

Meanwhile, the world will remember the first quarter of the year 2020 onward as a period when people all over the world stayed at home in quarantine to safeguard against the coronavirus or COVID-19 pandemic. Economy, communities, and education were seriously affected by the great health issue. In response to the alternative means of learning to complete the academic year, most schools went ahead and implemented distance education online, transforming quickly the educational landscape, including the Philippines (Esguerra, 2020).

The quick transition from face-to-face learning to remote and online learning has brought dilemma to the education sector, parents and learners, specifically to the learners' study habits, where learners were used to attend classes where the teacher physically gives instruction and closely monitoring the study habits of each learner. They don't have other choice but to adjust and cope up with the new normal of learning.

Buck (2016) emphasized the difficulties that distance learners have when coordinating employment, family, and study schedules while studying away from school. She expounded that it is an important factor to learner's persistence and retention whether how, where, and when a learner organizes and interacts with his or her study environment. Any assistance delivered by the school, including the library that can support learners succeed are necessary resource.

On the other hand, Echenique et al. (2016) conclude that most learners feel comfortable with gadgets and that they use social media for linking and communicating with friends rather than for educational communication. Learners prefer face-to-face interaction for both academic/school and social communication.

Likewise, in a study of Somuah et al. (2014), The findings showed that students enrolled in distance education have study habits including reading in bed, not being able to study for at least three hours each day, not searching the internet for more resources, and going over their notes before their next in-person meetings. According to the survey, students enrolled in online education need help and counseling with time management, setting priorities, and improving their reading comprehension. Hence, it is suggested that distance education learners be given a support service such as guidance and counselling on effective study habits.

While it is true that educational transition from face-to-face to remote and online learning is challenging on the part of the learners, it is also significant to have a proper and organized study habit at home. It would help them meet progress, eventually a success, and surpass this challenging.

In online learning, study patterns have changed dramatically since the pandemic, leading to a greater use of technology. In order to encourage flexible study habits, several schools are progressively combining in-person and online training. Students frequently use online learning tools and platforms including Zoom, Google Classroom, Notion, and

AI-based study aids. Enhanced Time Management: While some students adjusted well to structured time management strategies like Pomodoro and active recall, many still struggle with motivation, concentration, and striking a balance between work and personal life. Students with lower incomes are similarly impacted by the digital divide, and there is a greater emphasis on mental health awareness and striking a balance between productivity and wellbeing.

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