

# A Review on the Relationship between Students' Study Habits and their Academic Performance

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**Abstract:** *Study habits are the practices or routines that an individual utilises in order to comprehend or grasp the subject matter of study and achieve academic success. These are distinguished by the manner, timing, and rationale behind an individual's study. A person's study habits consist of the consistent amount of time devoted to comprehending a subject, preparing for exams, or earning a degree. Study habits encompass a range of behavioural patterns that an individual employs to prepare for examinations or acquire knowledge of academic materials. Excellent study practices are the most influential factor in fostering academic success. Considerable influence is exerted by study practices on an individual's overall personality development and, more specifically, on their academic performance.*

**Keywords:** Students' study habits and academic performance