

Self-Esteem, Study Habits, and Academic Performance of Business College Students

Jessica M. Vicente, Nerissa I. Gonzales, Manilyn A. Cabilan, Veroncia C. Diaz,
Lualhati P. Sausa and Lowena De Ocampo
Adventist University of the Philippines

Abstract

Individual's academic success may be affected by personal and social dimensions of life. Self-esteem and study habits are that dimensions in life that have influential effects on academic achievement. Thus, this study was conducted to determine if there is a significant relationship between self-esteem, study habits and the academic performance of 151 students from the College of Business. This study utilized the descriptive and correlational designs. Using stratified sampling, the questionnaires were administered to a sample of 151 business students. The descriptive results revealed that the business students have *high* self-esteem, good study habits, and average academic performance (GPA=3.31). Using Pearson's correlation, a significant relationship was found between self-esteem and academic performance and between study habits and academic performance in terms of reading textbooks, taking notes and using resources. It was recommended that educators should encourage and cheer up students, raise their spirits when they are down, and congratulate them when they are doing well. Educators should find activities that will motivate students to study harder to improve their academic performance.

Keyword: *self-esteem, study habits, academic performance*