

Learning Strategies and Study Habits of Maritime Students during COVID-19 Pandemic

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Abstract: *The current learning strategies and study habits of the maritime students different from the way students manage their study techniques from the situation before when the COVID-19 pandemic still does not exist. Hence, learning strategies and study habits are significant for the academic performance of the students. This study aims to determine the learning strategies and study habits of maritime students during COVID-19 pandemic. The researchers utilized a descriptive-correlational type of research among the two hundred ninety (290) maritime students. Different statistical methods, such as percentage, ranking, weighted mean, and Analysis of Variance, are used to interpret the collected data (ANOVA). Findings reveals that learning strategies in terms of time management and e-learning, also, study habits in terms of attitudes, health routines, and flexibility help their academic performance during the COVID-19 pandemic. The learning strategies and study habits in terms of E-learning, Attitudes, and Flexibility have a significant relationship to the academic performance of the maritime student. Thus, Time management and Health routines turns out to be insignificant. A plan of action was proposed to improve the learning strategies and study habits of maritime student during COVID-19 pandemic. Practical contribution was implied to Improve the Learning Strategies and Study Habits of Maritime Student*

Keywords – Attitude, COVID Pandemic, E-Learning, Flexibility, Time Management.

INTRODUCTION

A new string of viruses called COVID-19 declared by World Health Organization has spread all over the world in the early year of 2020 and became a serious health challenge. The infection changes a lot of things, especially in academic progress. The method of teaching has now shifted into full E-Learning and remote instruction. The fast spread of coronavirus forces schools and universities to fully close their door for the students. It affected about 57 million enrolled students according to National Center for Educational Statistics. This problem led to a new and innovative way of learning to reach and teach the students. Virtual and online education is one of the primary ways that have been developed [1].

In-person learning is now allowed in some constitutions but leaves students confuse and figure out how to adapt quickly to the new condition with difficult circumstances. The epidemic shows a sign that it will not be ending soon. Everyone including students should adapt to living with the virus while managing their studies. With the right mindset and approach, students can overcome this difficult situation and achieve good grades [2].

Academic successes are interconnected and contingent on each other due to study habits. Therefore, they are different in the pattern of study habits. Some unique methods are being performed in these localities based on the environment and from their past generation. Academic success refers to how much experience a student has gained in education [3].

Learning strategies help students to achieve a higher goal with their studies. It has many ways to achieve such a thing. One of the recommendations for the student during their online learning is to manage their stress. Although, the maritime students face the current situation they have a lot of learning styles that gives a good result on their quizzes, examinations, and assignment. Learning strategies are the overall commitment required by students to store, comprehend, and apply the knowledge presented in learning-teaching processes or their planning [4].

The essential keys to be a successful student are learning how to manage their time, studying time, and getting lots of motivation to pursue their dream. Students will achieve success through development and application of effective study habits and learning strategies. It is the key to employ immediately after

their academic studies. So, to be a better student, do not give up or get frustrated, and focus on developing any research practice. Also, grades will increase their experience, and their ability to understand and assimilate information will strengthen [5].

The learning strategies and study habits differ from the way it was before, to be specific, the students from Lyceum International Maritime Academy. Time management and Health routines are the most important aspect that the students from the academy apply with their daily cycle. The cadets start their day by commuting from their respective homes, arrive at school 15 minutes earlier before the start of classes to prepare for classroom instructions, and after finishing all their classes, they proceed back to their homes and prepare things such as uniforms depending on the uniform schedules for the next day, assignments, etc. Same as for those cadets who recently took the in-house training program. They start their morning with calisthenics training; perform some stretching, push-ups, and cardio exercises, these activities are already inclined with health routines that were mentioned. In this pandemic, five things are interconnected to the learning strategies and study habits of maritime students from Lyceum International Maritime Academy. These are E-Learning, Time Management, Attitude, Flexibility, and Health Routine. Being introduced to the online mode of learning is very necessary for students to be able to perform well to maintain good academic performance because if a student cannot perform well in online classes, he/she will end up having grades lower than those who can adapt to online instructions very well.

The researchers observe that the current learning strategies and study habits of the maritime students different from the way students manage their study techniques from the situation before when the COVID-19 pandemic still does not exist. Hence, learning strategies and study habits are significant for the academic performance of the students. However, not all maritime students have enough knowledge to manage their studies. The researchers are also seeking answers in improving the learning strategies and study habits of students regardless of the pandemic. With this time of Pandemic, maritime student really adjusts their way of thinking on how to approach the new way of learning. Some student adjusted easily but many struggles to adjust with this new kind of setup especially those who are not capable of doing an online class. Those students are the one living in the provinces with limited signal of internet and experience a

rotational brownout in their area. That cause the student to unfocused themselves in their studies and it affects their academic performance. In addition, the researchers aim to determine the learning strategies and study habits of marine students during the COVID-19 pandemic. Through this study, the maritime students will get guided to cope with their study pattern during the present situation. This study is advantageous and beneficial to college students amidst the pandemic through an online mode of learning.

OBJECTIVES OF THE STUDY

This study aims to determine the learning strategies and study habits of maritime students during COVID-19 pandemic. Specifically, it seeks to answers the following goal: present the demographic profile of the respondents in terms of age, program, year level, and general weight average of first semester of 2020 - 2021; determine the learning strategies of the respondent; to determine the study habits of the respondents; determine the significant relationship of learning strategies and study habits to the academic performance of the respondents during COVID-19 Pandemic; and propose an action plan based on the result of the research.

MATERIALS AND METHODS

Research Design

The researchers utilized a descriptive-correlational type of research in determining the learning strategies and study habits of maritime students during the COVID-19 Pandemic. According to Seeram [6], correlational research is a non-experimental research method that allows for the prediction and explanation of the relationship between variables. Instead of manipulating the variables, the researchers merely describe the samples and variables. It also tests a population's characteristics and pinpoints a challenge within a unit, entity, or society.

Participants of the Study

The students of Lyceum International Maritime Academy who are currently enrolled and all regular students are the participants of this study. A total of two hundred ninety (290) maritime students were approached, composed of one hundred two (102) 3rd Year students; ninety (90) 2nd Year students; and ninety-eight (98) 1st Year students of BSMT and BSMarE.

Instruments

The researchers created a questionnaire to collect the data needed for this study. The first part of the questionnaire is the characteristic of the respondent profile such as Age, Year level, Program, and General Weighted Average of 1st Semester Academic Year 2020-2021. The second part covers the Learning Strategies and Study Habits.

The researchers adapted various questions from the previous questionnaire of different universities that are Queens University (2019) and Concordia University (n.d) also revised them according to the purpose of the study. The questionnaire was certified by the University Statistician, a core faculty, and the Professor.

Data Gathering Procedures

The questionnaires are personally distributed through the online platform to a student of maritime in Lyceum International Maritime Academy because of the pandemic. The researchers send the questionnaires to the respondent by private message and group chat of the marine student. The questionnaire is explained first in front of the google documents with data privacy that protects the respondent before answering. The accomplished questionnaires are collected and tallied within a week.

Data Analysis

Different statistical methods, such as percentage, ranking, weighted mean, and Analysis of Variance, are used to interpret the collected data (ANOVA). These instruments are used under the study's objectives. In addition, all data are handled and computed using statistical tools, PASW version 18, to better interpret the result of the study.

Ethical Considerations

To maintain the confidentiality of the interviews, no particular names are including in the study. The identification of the respondent does not reveal except they are a student of Lyceum International Maritime Academy. The researchers have no opinion given, only the information and results based on the collected data.

RESULTS AND DISCUSSION

Table 1 presents the frequency distribution of the respondent's profile. The result shows that most of the participants are ranging to 19-24 years old of the maritime student. According to Fall [7], about half of

all university students, full-time and part-time, are under the age of 21.

Table 1
Characteristics of the Respondents Profile

Age	Frequency	Percentage (%)
18 years old and below	17	5.9
19 – 21	240	82.8
22 – 24	31	10.7
25 years old and above	2	0.7
Year Level		
1 st Year	98	33.8
2 nd Year	90	31.0
3 rd Year	102	35.2
Program		
BSMT	232	80.0
BSMARE	58	20.0
GWA		
1.00	68	23.4
1.25	137	47.2
1.50	65	22.4
1.75	15	5.2
2.00	5	1.7
2.25	0	0
2.50	0	0
2.75	0	0
3.00 and below	0	0

Moreover, the 3rd year level got the highest respondents with a frequency of 102 and a percentage of 35.2% this is because 3rd year student has the highest number of students in LIMA. According to Amour [8], the National Student Clearinghouse Research Center recently released its final report on fall enrollment during the COVID-19 pandemic, which includes data from most of the country's colleges and universities. The data did not improve much during the fall semester. Overarching trends, such as the decline in community college enrollment, increases in graduate student enrollment, and declines in first-time freshmen, have remained consistent since the first report. According to the most recent estimates, college enrollments dropped 2.5 percent this fall. This is more than twice as fast as the rate of decline in the fall of 2019. Approximately 400,000 students graduated from college this fall. Since the number of students graduating high school remained unchanged from the previous year, the pandemic and the recession are likely to be to blame for the majority of the decline in first-time students.

Furthermore, among the two programs in Maritime Education, the Bachelor of Science in Marine

Transportation has the highest response, this shows that aspiring seafarer prefer to work on the deck department rather than the engine department. According to Orence and Laguador [9], results revealed that 817 BSMT graduates (80.) and 146 BSMarE graduates (81.11) are currently working, and their occupations are linked to Maritime Programs with about 1 to 6 months of career quest employed in foreign shipping industries at the time of data collection.

Lastly, the respondents of this study have their own specific General Weighted Average based on their academic performance in the academy. It means that they have also different ways of studying causing them to be more efficient in the class. As stated by Rahiem [10] during the COVID-19 pandemic, students' desire

to continue studying was divided into three major themes, each with sub-themes. The three themes and sub-themes listed were as follows: personal, social, and environmental. Even though there are lots of cadets who managed to be included on a higher average there are still some cadets who got 2.0 which are regarded as the lowest, composing of 5 students. According to Kapasia et.al [11], students have been experiencing a variety of issues relating to depression and anxiety, as well as inadequate internet access and an adverse research atmosphere at home. During this pandemic, students from rural regions and disadvantaged groups face immense obstacles in their studies causing them to be inefficient in their academic studies.

Table 2

Learning Strategies and Study Habits of Maritime Student during Pandemic in terms of Time Management

Indicators	WM	VI	Rank
1. I always create a schedule of things to be accomplished in good order.	3.67	Strongly Agree	1
2. I make sure that all my tasks (assignments, quizzes, activities) are finished before studying.	3.52	Strongly Agree	5
3. I prioritize my studies before anything else.	3.58	Strongly Agree	4
4. I prefer studying during afternoon.	3.07	Agree	10
5. I set time limit to some other daily activities that is not related to studying.	3.48	Agree	6.5
6. I spend more time on my major subjects.	3.48	Agree	6.5
7. I make sure to take a break between my schedules.	3.60	Strongly Agree	2
8. I find time to relax before studying.	3.59	Strongly Agree	3
9. I find it easy to follow my study schedule.	3.46	Agree	8.5
10. My time is spread wisely so I can avoid cramming.	3.46	Agree	8.5
Composite Mean	3.49	Agree	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree

As the result on Table 2 all items are rated strongly agree and agree with the composite mean of 3.49. It is important to accomplish the task in a good order and to make a good time management. According to Zerwic [12], successful technique is to plan study time into the week in the same way will doing another task. Choose days of the week that feel is less taxing than others. Depending on what you want to do. In addition to taking routine study breaks, what you do with each break may also be essential. It is important to pick the correct form of operation for the research break so that you can return to reading books refreshed and concentrated. According to Randolph [13], taking study breaks has been shown in studies to help you remember knowledge. Make sure that they are all productive. Finding time to relax before studying ranked third. According to Turner [14] a student must learn to cope, should still try to hold tension to a minimum. They have always seen how bad it can be for the physical and emotional health. Seeking the perfect

balance between doing what need to do and relaxing will boost for the studies and transform life.

Furthermore, setting limit on other daily activities that is not related to studying and spending more time on my major subjects tied in third rank. It seems that some maritime students do not focus for the other activities that not related in studying. On the other hand, maritime student does not spend more time for the major subject because they want to be fair and balance schedule per subject. According to Keeley [15] most students feel that balancing their time successfully is their most difficult task in transitioning to college life and thriving in the classroom. This is particularly true for community college students, who often work long hours. Adult students must deal with the extra problems of childcare, family, and household commitments, and much more. A major is essentially a subject on which students can study when pursuing a college degree [16]. It shows ongoing, professional recruitment in one subject by completing a major. Following the study

schedule and spending time wisely to avoid cramming tied in the second to the lowest rank with weighted mean of 3.46. College students, like those who work or go to school, should create a timetable that includes devoted study time each week. This timetable should include quizzes, examinations, and assessments, as well as document and project deadlines. According to Young [17], cramming is the act of studying nonstop in the days leading up to a test. It normally, but not always, consists of reviewing observations rather than doing practice or recall. Frequent review of your notes

prior to the exam is helpful but handling your time carefully and dividing it into parts is most crucial to ensure that you can study anything.

Moreover, studying during afternoon got the lowest rank. Many students feel sleepy in the afternoon. According to Katznelson [18] there are many reasons why people become exhausted in the afternoon, especially between 1 and 4 p.m. Part of it is physiological: Our normal circadian rhythm dictates a period of sleepiness or decreased alertness in the afternoon.

Table 3
Learning Strategies and Study Habits of Maritime Student during Pandemic in terms of E-Learning

Indicators	WM	VI	Rank
1. I prefer to study from the online learning platform instead of reading from books and hand-outs.	2.83	Agree	10
2. I verify the information that I get from my subject by searching it from the internet.	3.39	Agree	8
3. I watch videos related to my subject to have a wider understanding about it.	3.46	Agree	7
4. Most of the time I do not rely to some sources coming from the internet.	3.22	Agree	9
5. Poor access to internet affects my eagerness to study.	3.50	Strongly Agree	5
6. I always download the lecture and review it after the class.	3.49	Agree	6
7. I use my cellphone and laptop to gather information.	3.55	Strongly Agree	4
8. I make sure to have good internet access before attending the class.	3.59	Strongly Agree	2
9. I find gadgets helpful to my studies.	3.56	Strongly Agree	3
10. I message my instructor online for further instruction.	3.63	Strongly Agree	1
Composite Mean	3.42	Agree	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree

Table 3 presents the learning strategies and study habits of maritime students during COVID-19 pandemic in terms of E-learning. As the result, the respondents agreed on the indicators mentioned above with a composite means of 3.42. It shows that student and teacher communication relationship can help the student do the homework easily when provided a further instruction by their professors. With the online learning now, everyone is active on their social media application and the professor, and the student can easily get in touch with each other for further instruction needed. Communication can also mean an exchange of knowledge and ideas to one person to another. It can be verbal or non-verbal, but both are very vital for the relocation of thoughts. Effective communication can strengthen the confidence and character of the student towards their academic performances. The way of communication of the teacher can inspire and motivate the student to raise their ability in the field of education [19]. According to Scott [20] with many educational platforms available today, educators can widen the collaborative task given to the student even during out

of class time, but the teacher should choose an app like Google hangouts or WebEx meeting Center to provide student a platform where they can chat real time with each other.

Online learning really required a good internet connection to be able to attend the class without any delay. Having a great internet connection means no further problem with the announcement or classes that the professor will conduct on the respective time of the class and student can search anything related to their studies from the internet and Gadget is also essential to the learning of the student. Laptops and mobile phones are the main tools of the student through their online classes. Fonseca [21] Fast speed is one of the great services that the internet can offer. It can be used to be efficient and effective if use correctly. According to Dimakis [23], many believe that the internet is an educational tool. It is said that the characteristic of the internet is related to education. The student can download helpful literatures on the gadgets that may help them through their studies [23].

However, items such as I prefer to study from the online learning platform instead of reading from books and handouts (2.83) got the lowest mean score because some students still find their notes and books helpful through their studies. According to Piramanayagam and Seal [24], teacher and students prefer reading printed books because of the easy access and they feel contentment out of it. Students in hospitality and tourism are satisfied with the overall learning environment offered by written books. Readers enjoy the tactile experience of holding a handwritten book and turning the pages. People spend several years collecting books and find it difficult to just discard them. When using e-books, some people develop an eye health problem [25].

Most of the time I do not rely to some sources coming from the internet (3.22) got the second lowest mean score and I verify the information that I get from my subject by searching it from the internet

(3.39) got the third lowest mean score because not everything that the internet provide is always true. There are some unfamiliar sources that students do not trust, and they need to have a legit checking of the sources before they use that information. Internet information can get out of date in an instant, so it is the job of the reader to make sure the sources is still reliable. The accurateness and completeness of the website should be check and verified. On the internet, there is a lot of information that reader can get student should not settle for less and find the most reliable and solid sources [26]. According to Fleming [27], unreliable internet information can be quite disappointing. So, using online article for the research paper should be done properly by investigating the credibility of the information and one of the technics to stay away with the unreliable information is to stay away from the sources that do not have any author.

Table 4
Learning Strategies and Study Habits of Maritime Student during Pandemic in terms of Attitudes

Indicators	WM	VI	Rank
1. I always feel sleepy when there is a synchronous meeting.	2.15	Disagree	6
2. I am focusing only on my favorite subject.	2.01	Disagree	9
3. I feel laziness when I do not understand the lesson.	2.28	Disagree	5
4. I do not browse my notes in my free time.	2.06	Disagree	8
5. I do not like those subjects with computations.	2.07	Disagree	7
6. During lectures and small group meetings I listen for clarifications and examples that are not on the lecture slides.	3.32	Agree	3
7. I ask for help if I do not understand the lesson.	3.42	Agree	1
8. I always ask for someone to do my work.	1.94	Disagree	10
9. I can study subjects that I do not really like.	3.18	Agree	4
10. I am calm enough in an exam that I do my best.	3.39	Agree	2
Composite Mean	2.58	Agree	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree

Findings in Table 4 show that the respondents of this study agreed on the listed attitudes of students towards their study habits with a composite mean of 2.58. Among the items cited highest in ranking is, asking for help if he/she did not understand the lesson which got a mean of 3.42. As stated by Naicker [28] learning is always linear in some subjects and dynamic in others, but in most situations, sequential learning requires mastery of the previous stage before adding new skills.

Secondly calm enough in an exam that I do my best got a mean of 3.39 and interpretation of agree. According to Maricopa [29] Find out what supplies need or can have with, during the test. Have all material and research at hand when students are ready to study.

Follow by “during lectures and small group meetings I listen for clarifications and examples that are not on the lecture slides” with a mean of 3.32 and interpretation of agree. Active listening helps them gain a good understanding and clarity of the topic. And this further helps them speaking about it in detail [30].

Even if the respondents generally agreed on the listed attitudes, asking for someone to do my work got the lowest rank which got a mean of 1.94 and an interpretation of disagree. Humans are completely alone in this world. They are the only people they should depend on, like Hudson [31]. Secondly focusing only on the favorite subject with a mean of 2.01 and interpretation of disagree. As stated by Koinoyokan [32] consequently, more attention should

be paid to these types of classes, suchlike painting, drama lessons, and music. However, most children simply do not receive these important skills, which could be their hidden strong points, because of their focused education. Follow by not browsing notes in

free time with a mean of 2.06 and interpretation of disagree. According to Gee [33], students who were instructed to generate new examples for a question performed higher on the application test than those who were instructed to review.

Table 5

Learning Strategies and Study Habits of Maritime Student during Pandemic in terms of Health Routines

Indicators	WM	VI	Rank
1. I prefer to eat fruits other than unhealthy foods while answering my exams.	3.45	Agree	1
2. I have at least 7-8 hours of sleep regularly.	3.03	Agree	7
3. I regularly jog 2-3 hours in the morning before class starts.	2.59	Agree	10
4. I took my sleep on or before 10 pm in the evening.	2.88	Agree	9
5. I do not skip my breakfast every morning.	3.16	Agree	4
6. I prefer to sleep earlier before exam day.	3.22	Agree	3
7. I read notes after my dinner and after lunch.	3.15	Agree	5
8. I keep calm on the exam.	3.38	Agree	2
9. I always get nervous before exam.	2.90	Agree	8
10. I eat chocolates and other food habits that helps me to remember my notes.	3.13	Agree	6
Composite Mean	3.09	Agree	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree

Table 5 reveals the student's response to study habits and learning strategies in terms of health routines. The composite means of 3.09 indicates that the respondents agreed on the above indicator. As a data reveals that when a student takes a serious activity which requires mental ability, there is always a snack or food prepared to boost up the mental ability of a student. It also keeps the mind active when a person is having a food intake while doing his or her tasks. If a person has not taken any meals before doing a stressful task, there is a tendency that the brain will not function at its best and most probably a person might feel tired easily. According to Kabir, Miah and Islam [34], students that has poor nutritional behavior and dietary intake would most likely end up contributing to having poor health, lifestyle, well-being, and academic performance. It was followed by keeping calm on the exam. Students always tend to be nervous when the exam is ongoing but that is normal, some students try their best to relax their minds as a technique to not lose all the ideas that are running inside their minds, because improper handling of mental and emotional state will result to bad performance results in any different aspects. According to American College Health Association [ACHA] [35], stress and anxiety are the two common things that can affect the academic performance of students. The third in the rank is to sleep earlier before exam day. This is commonly done by students before the examination day because having enough sleep can enhance your performance in

remembering, solving problems, analyzing situations, and other exam related questions. As stated by Dmitrievna [36], based on the results of their conducted research, it shows that lack of sleep from students results to low academic performance and their psycho-emotional state.

On the other hand, there are some items with the lowest ranking from the given indicators and the lowest rank is I regularly jog 2-3 hours in the morning before class starts. This seems to be not so popular to students who are taking online classes nowadays because of the pandemic situation which does not allow us to move freely because of the number of cases occurring to so many places. The physical health can also contribute to the mental capacity of a person that is why having enough exercise is still important. According to Wilson et. al. [37], under COVID-19 conditions, there is a substantial decline in physical exercise and mental well-being among college students, and physical exercises do not seem to shield students' mental health from worsening. Innovative practices, programs, and activities must be promoted to students' health, and positive well-being must be introduced to them as early as possible. Majority of students review during midnight because as a student, remembering works better during nighttime. Sleeping early can also improve the readiness of students before taking exams and the pandemic has changed the way students sleep. A study shows that COVID-19 had both positive and negative effects on teenage sleep.

Adolescents are experiencing longer night duration during COVID-19 and fewer tendencies to get sleepy at early night as per Becker et. al [38]. Which means majority of students especially college levels are active during midnight and sleeps late. Lastly, third to the lowest rank which is I always get nervous before exam. Most students this pandemic is usually getting anxious about their internet connectivity and the system itself. According to Barber [39], different types of remote

learning can allow students to improve their digital competencies; in other words, remote learning may minimize students' stress while also providing opportunities for students to develop their digital competencies in adaptability, conceptual thought, and digital literacy. It can assist students with reducing the amount of discomfort or nervousness they experience while taking tests.

Table 6

Learning Strategies and Study Habits of Maritime Student during Pandemic in terms of Flexibility

Indicators	WM	VI	Rank
1. I have a well-organized and planned schedule for studying.	3.53	Strongly Agree	5
2. I can pass my activities and quizzes before the deadline.	3.54	Strongly Agree	4
3. I can still spend time on mobile games after my studies.	3.43	Agree	7
4. I find my schedule convenient and comfortable.	3.45	Agree	6
5. I can compute mathematical equations like navigation and seamanship while doing household activities.	3.23	Agree	9
6. I can still hang out with my friends every weekend.	3.39	Agree	8
7. I know how to balance my school life, my personal life, my family life, and my work life.	3.55	Strongly Agree	2.5
8. I am able and willing to ask for help when I need it.	3.59	Strongly Agree	1
9. I try to do most of my studying in front of the TV or listening to music.	3.14	Agree	10
10. I download and read notes or read texts before class.	3.55	Strongly Agree	2.5
Composite Mean	3.44	Agree	

Legend: 3.50 – 4.00 = Strongly Agree; 2.50 – 3.49 = Agree; 1.50 – 2.49 = Disagree; 1.00 – 1.49 = Strongly Disagree

The table 6 presents the flexibility of the maritime student in terms of study habits during the pandemic. As the result of Table 6, all indicators are rate agree with the composite mean of 3.44. Out of the questions cite, “Able and willing to ask for help when they need it” obtain the highest rank. Asking the question helps to improve and get more information about the discussion. According to Stone, Freeman, et al., [40], many students prefer to learn online because of the convenience it provides, in the hope of balancing their studies with multiple other commitments in their lives.

Surface-level students prefer to rely on strategies such as rotary storage of unconnected facts, and re-reading of materials offered by teachers, and using others to assist with their homework or other tasks [41]. Follow by “Pass my activities and quizzes before the deadline” is the third-highest weighted mean score having 3.54. Self-discipline, the school athletics helps them to develop better time management skills and pass the activities and quizzes on time [42]. Flexible learning climate could favorably lead to diversity in tertiary education this equality can be jeopardized when college strategies and procedures

developed for student’s campus are equitably extended to online platform [40].

Moreover, the item “Try to do most of my studying in front of the TV or listening to music” got the lowest rank because some students do not want to be distracted if there studying. During class, students often multitask with devices such as computers, notebooks, tablets, and smartphones. Unfortunately, several observational findings have shown that student achievement is declining significantly because of these many media tasks [43]. Moreover, the item “Compute mathematical equations like navigation and seamanship while doing household activities” got the second to the last rank. The mathematical concept of maritime is different from the ordinary computation because of many computations some maritime students are not flexible to compute while doing something. Students need problem-solving skills to comprehend concepts, relationships between ideas, and relationships between concepts and other fields [44]. Lastly the item “Still hang-out with my friends every weekend” got the third lowest weight mean of 3.39. Some maritime students focus on their study and do not waste time to hang-out with their friend. According to

Brecht and Burnett [45], academic performance can be predicted using self-confidence, institutional engagement, and independent task concentration.

Table 7 displays the relationship between the academic performance and learning strategies and study habits in terms of time management, e-learning, attitudes, health routines, and flexibility. It was observed that there was a significant relationship between e-learning, attitudes, and flexibility. This means that the better the e-learning, attitudes, and flexibility the better is the academic performance. E-learning is the new normal of teaching and learning of the student because of the COVID-19 pandemic.

Table 7

Relationship Between the Responses on Academic Performance and Learning Strategies and Study Habits in terms of Time Management, E-learning, Attitudes, Health Routines and Flexibility

Academic Performance	λ^2	p-value	Interpretation
Time Management	69.305	0.433	Not Significant
E-learning	125.345	0.000	Highly Significant
Attitudes	151.580	0.000	Highly Significant
Health Routines	115.325	0.087	Not Significant
Flexibility	113.957	0.001	Significant

Legend: Significant at p -value < 0.05

It has a highly significant relationship to the academic performance of the student to be part of the new normal. According to Chigeza and Halbert [46], students learn in a new or creative way by online learning. There is also research that shows that even in class, the use of computers and instructional technologies has little effect on the concept of traditional teaching, implying that online learning does not degrade student results.

Furthermore, attitudes of the maritime student also have a highly significant relationship to the academic performance during the COVID-19 pandemic. A positive attitude during a pandemic helps to be more active in an online class and perform very

well. Despite this pandemic, maritime students are still confident to pursue their dreams. According to Boty, et al. [47], students with good attitudes have a strong and good association with their goals. Lastly, the flexibility of the maritime student on the new normal condition of learning has a significant relationship in the academic performance. Flexibility is important to adopt and follow the new learning. According to Stone, et al. [40], flexibility and versatility are often associated with online learning. Many students prefer to learn online because of the convenience it provides, in the hope of balancing their studies with multiple other commitments in their lives.

Meanwhile, the learning strategies and study habits in terms of time management and health routines have no significant relationship to the academic performance of the maritime student during the COVID-19 pandemic. Time management is the natural way of the student to manage their time. They can pass the activities before the deadline, can learn where there are and what time they want to study it is because of the synchronous and asynchronous learning style of learning. Even if it is pandemic, time management is important to do work and have a good plan for success. Learning how to make the best of your time and make the most of every minute would help you up the success ladder. As a result, the first step toward success is for them to successfully control their time [48]. Additionally, the health routines have no significant relationship to the academic performance during the COVID-19 pandemic because maritime students are not allowed to go inside the school and must follow the rules and regulations of the government. Time spent on domestic chores or indoor recreational events. Instead of face-to-face contact, telephone/video calls or social media may be used instead. Adaptive new routines can be added to round out the daily life structure, such as spending more time exercising or maintaining personal and household hygiene [49].

Table 8

Propose Plan of Action to Improve the Learning Strategies and Study Habits of Maritime Student

Key Results Area	Strategy/Projects	Persons Involved
A. Learning Strategies in terms of E-Learning		
To improve online learning platform instead of books and hand-outs	<ul style="list-style-type: none"> Have more information about how to use the E-Library of the school. Establish other online platforms like Kahoot quizziz, ARI simulator, online navigation exercise, and seamanship. 	<ul style="list-style-type: none"> Dean Campus Librarian MIS Instructor and Professor Student

To improve legit resources for the benefits of the student.	<ul style="list-style-type: none"> • Check the resources using the E-library. • Establish an E-books for the useful resources of the student. • Make reliable PDF Lectures for the benefit of the student. 	<ul style="list-style-type: none"> • Dean • MIS • Book store • Instructors and Professors • Student
To improve valid resources that used for assignment, projects and activities.	<ul style="list-style-type: none"> • Suggest a verified source such as Google scholar, Google books, and articles of the legit website. • Buy or borrow a navigational book related to the student course. 	<ul style="list-style-type: none"> • Dean • MIS • Faculty • Instructor and Professor • Student
B. Study Habits in terms of Attitudes		
To develop social connection and coordination of individual to another student.	<ul style="list-style-type: none"> • Conduct an online tutor for the student who wants to learn and clarify something about the lecture and give more information for the benefits of the student. • Make Group Activities that make the student enjoy and coordinate with each other like virtual hangout, online open forum. 	<ul style="list-style-type: none"> • Dean • MIS • Student Council • CATC • Student
To boost the self-confidence for answer their own work.	<ul style="list-style-type: none"> • Create a Weekly Peer Teaching about the topic that most of the student did not get. • Make a Development plan to be more productive with their academic performance. 	<ul style="list-style-type: none"> • Dean • MIS • Faculty • CATC • Student
To develop time management and give some advice to do not waste time in their free time.	<ul style="list-style-type: none"> • LMS should have an automatic monitoring list for those students who are not opening the given lessons in LMS. • Make a schedule when the respondent wants to learn in their way. 	<ul style="list-style-type: none"> • Dean • MIS • Faculty • Instructor and Professor • Student

CONCLUSION AND RECOMMENDATION

Most of the respondents are enrolled in Bachelor of Science in Marine Transportation, 3rd-year student aged of 19-21 years old, and with the General weighted average of 1.25. The respondents agreed that learning strategies in terms of time management and e-learning help their academic performance during the COVID-19 pandemic. The respondents agreed that their study habits in terms of attitudes, health routines, and flexibility help their academic performance during the COVID-19 pandemic. The learning strategies and study habits in terms of E-learning, Attitudes, and Flexibility have a significant relationship to the academic performance of the maritime student during the COVID-19 pandemic. Time management and Health routines turns out to be insignificant. A plan of action was proposed to improve the learning strategies and study habits of maritime student during COVID-19 pandemic.

It was recommended for the Lyceum International Maritime Academy department, that they may strengthen meeting with faculty to improve the learning

strategies and study habits of maritime student. They may also conduct several webinars or any type of activities in terms of developing and improving the academic performance. Lyceum International Maritime Academy in collaboration with Counseling and Testing Center may conduct a per semester self-evaluation regarding the student academic performance. Faculty member may conduct a one-on-one open forum with their student regarding their overall academic performance every end of the semester. Students may improve their methods of learning style by the result of this study. The Plan of action may be evaluated and tabled for implementation. Future researchers will use this analysis as a guide and source of information for a more comprehensive approach.

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