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Students' Perceptions About Independent Study at the University Level: Issues, Benefits, and Outcomes

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Abstract

The purpose of this research study is to know the students' perceptions about independent study at the university level and to explore the benefits and effectiveness of independent study. This research study also aim to explore the outcomes of independent study among students. The current study is quantitative in nature while the type of the study was descriptive. The population of the study was the students studying at SZABIST University, Iqra University, and Hamdard University in Karachi, the purposive sampling technique from the nonprobability sampling method was used to select the samples from the population, and the sample size of the current study was 131 where a questionnaire was used as the tool for data collection consisting of twenty-five statements. The data was analyzed with the help of social science group statistics packages (SPSS) and the hypotheses were checked with the help of chi-square. The results indicate that more than 50% of respondents were engaged in doing independent study as part of their academic education in which 70% of respondents found independent study interesting. It is also analyzed in Table 4 that the independent study helps more than 82% of respondents to organize their work in a better way as well as in Tables number 5, 6, and 7 it was evaluated that the progress, confidence level, and sense of responsibility of the students increased with the independent study. However, it was identified in table number 9 that sometimes independent study is found to be distracting and boring for the students. The research study recommends the promotion and appreciation of independent study among students as well as strategies should be planned in educational institution to promote and aware the importance of independent study.

Keywords: Independent Study, Perceptions, Issues, Benefits, Outcomes, University

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Introduction

Education acts as the bedrock for the progress and development of any community. It serves as the fundamental support upon which the structure of human advancement is built. Similar to how food is crucial for a healthy body, receiving proper education is essential for achieving success in life. Effective education is forward-looking and plays a significant role in shaping one's future endeavors.

In the journey of building a civilized society, education stands as a significant milestone. With the world rapidly globalizing and technology advancing swiftly, education must adapt and harness these technological innovations to cater to the current needs and demands (Aggarwal, 2011).

Studying allows individuals to acquire knowledge and skills essential for personal and professional growth. It empowers individuals to stay abreast of worldly matters and make informed decisions. Through studying, individuals gain the knowledge and skills required to excel in their professional paths, paving the way for higher-paying jobs, promotions, and new career prospects.

Independent study involves students working on their own or in groups, allowing them to take charge of their learning and acquire knowledge independently. This method is crucial for university students as it promotes self-responsibility and the development of critical thinking skills. It offers students the chance to delve deeper into subjects, enhancing their ability for self-directed learning (Macfarlane, 2014).

Independent study offers students the freedom to choose where and when they study, what topics they focus on, and what kind of assistance they seek. It enables students to work independently at their preferred location and time, either with a teacher or a teacher's assistant. Independent studies provide motivated students with the opportunity to explore subjects of personal interest that may not be part of the standard academic curriculum. They allow students to delve into specialized topics or gain research experience. The connection between the student and the teacher is often established through projects like essays or research assignments (Meyer, et al, 2015).

Independent study serves as a valuable educational method that fosters students' maturity and skill development. It stands out as a potent tool for both teachers and students, igniting motivation and enhancing the quest for knowledge. The primary aim of independent study is to cultivate essential skills and promote personal growth. This approach assigns learners tasks to complete on their own, encompassing assignments, reading materials, projects, and individual presentations (Balcikanli, 2010).

Independent learning involves learners making their own decisions and selecting strategies tailored to their individual learning requirements (Reinders, H. 2010). Transitioning to independent learning at the university level can be a source of worry for many students, as it is a mandatory shift that builds upon their previous academic work. Higher education demands students to progressively become self-directed, taking

ownership of their learning and determining the time dedicated to studying both in class and beyond. (Dolan, M. & Macias, I. 2009).

Independent study represents a progression, a method, and an educational mindset where students enhance their ability for analysis and critical assessment while acquiring knowledge through self-directed study. The involvement of students' personal interests and a thirst for knowledge are essential elements in independent learning. When instruction is meaningful and content-driven, students become engaged in the learning process. By providing valuable information and outlining a path to achieve a specific goal, these learning experiences promote deep reflection and continuous intellectual growth. Independent learning holds significance in fostering responsible decision-making as it requires individuals to evaluate issues, reflect on their work, make informed judgments, and engage in focused activities. In an era of rapid societal changes, students are urged to take personal accountability. (Sam et al. 2012).

Independent study stands out as a potent educational tool that fosters students' maturity and enhances their motivation. It serves as a powerful means for both teachers and students to ignite motivation and cultivate skills for acquiring more knowledge. Its primary aim lies in equipping students with the essential skills for lifelong learning. Through independent study, graduate-level students evolve into adept independent learners, honing valuable skills for self-directed learning. (Owen, Dawis 2009). It empowers students to excel in a particular area or field by fulfilling their responsibilities. Additionally, independent study nurtures students into proficient independent learners, contributing to their skill development (Balcikanli, C. 2010)

Objectives

1. To know the students' perceptions on independent study.
2. To explore the benefits and effectiveness of independent study.
3. To explore the outcomes of independent study among students.

Hypothesis:

- There is a significant relationship between independent study and students' performance outcome.
- There is a significant relationship between independent study and career growth.

Review of the Background Literature

Several studies have been conducted that highlight the importance of independent study and its outcomes. A few of the research are as below.

In the dynamic realm of education, cultivating self-motivation and accountability has gained utmost importance. Independent learning strategies have surfaced as a potent approach to realizing this objective. These strategies empower students to seize command of their education, prompting them to establish objectives, effectively organize their time, and assume accountability for their educational voyage.

Dolan, M., & Macias, I. conducted a research in 2009 and determined that independent study entails students working autonomously either in groups or individually. It provides a platform for students to cultivate a sense of responsibility and acquire knowledge independently. Engaging in independent study fosters students' growth in terms of responsibility and maturity. (Dolan, M., & Macias, I. 2009)

As highlighted by Cukurova 2014, students have the liberty to choose where they study, the topics they focus on, and the support they seek in independent study. This approach allows students to work on their assignments at any location and time, either with a teacher or a teacher's assistant (Cukurova, M. 2014).

The primary goal is to equip students with the skills for lifelong learning. Independent study tasks learners with completing assignments on their own. It encompasses assignments, books, projects, and individual presentations (DeLong, S. 2009).

Learning involves transforming performance and is crucial in shaping students' behavior and personality. Independent study complements classroom teaching effectively by offering an individualized learning approach that fosters personal growth, implementation of knowledge, and self-assessment (Douglass, C., & Morris, S. R. 2014).

Independent study serves as a valuable tool in nurturing students' maturity and enhancing their motivational abilities. It stands out as a potent instructional instrument that empowers both teachers and students to inspire and equip individuals with the skills needed to acquire further knowledge.

Reaching the standard expected at a certain level is unattainable without engaging in independent study. This approach represents a philosophy of both learning and teaching. While proper guidance and planning are essential for goal achievement, relying solely on teachers is not advisable. Independent study holds great importance as it provides the necessary time for individuals to thoroughly explore any subject (Gurdish, K. G., & Nurulhuda A. H, 2007).

According to Hughes, M., & Daykin, N, there are chances to address the deficiencies that may have arisen during one's academic journey. This process not only enriches one's knowledge but also adds to the dedication and enthusiasm of the student. Furthermore, it fosters student self-awareness and promotes a culture of active learning (Hughes, M., & Daykin, N. 2002)

Independent study is a crucial and essential component of any educational program. It involves students in various learning scenarios outside of regular class hours. Due to the limited time available in academic life, students often struggle to delve deeply into subjects. To address this issue and engage in prolonged study, independent study emerges as the sole solution for students.

Independent study serves as a tool through which students actively engage with and take responsibility for their learning to strive for success. History teaches us that those who can work independently are often the ones who achieve success. Similarly, a student must possess the courage to independently explore subjects for personal growth and understanding (Kandiko, C. B., & Mawer, M. 2013).

According to Kim, et. all, independent study, also referred to as autonomous learning and self-directed learning, offers students the opportunity to learn in various dimensions beyond the constraints of traditional institutional learning. While academic life often limits learning to one dimension due to time constraints, independent study enables individuals to explore subjects from multiple perspectives, considering the various activities that occur during academic pursuits (Kim, K.-J., Liu, S., & Bonk, C. J. 2005).

According to Macfarlane, independent study involves a self-directed approach with minimal teacher intervention. This method aims to cultivate strong self-learning skills in students, ultimately leading them to become proficient in a specific area of study (Macfarlane, B. 2014). Within the learning system, students strive for success in their academic careers and seek to develop behavioral skills. Independent study serves as a tool for students to attain various educational objectives beyond traditional learning methods. It is utilized as a specialized program within courses, engaging students in assignments and projects to gauge their interest in these specific programs. Independent study proves beneficial for students who may not find traditional classroom settings satisfactory, as it promotes self-directed learning and enables individuals to assess their own progress and understanding (Meyer, B., Haywood, N., Sachdev, D. & Faraday, S. 2008).

According to Prabhakar, the student's role in independent study is comparable to a car without tires or a bird without wings. There are several reasons why research studies require teacher support, as teachers can motivate and encourage students to engage in multidimensional learning experiences. Teachers employ various strategies to actively involve students in independent study (Prabhakar, G. P. 2008). While the classroom serves formal learning, independent learning can take place anywhere. The ideal spot for independent study is the library, offering a plethora of books and research materials. A strong teacher-student relationship fosters a conducive learning environment, where interactions serve as valuable sources of new knowledge. Indeed, the adage holds true that practice leads to perfection (Paechter, M., Maier, B., & Macher, D. 2010).

According to Reinders, a few students believe that independent study entails gaining knowledge and insight by tackling problems set by teachers. Conversely, other students perceive independent study as a self-directed learning process in its When students engage in independent study, they participate in various activities such as working individually, forming small peer groups, or collaborating with teachers. Students' roles encompass reading, writing, listening to recordings, memorizing, practicing,

experimenting, analyzing, investigating, and interacting with other students. Independent study encourages students to take on the role of both a teacher and a learner, emphasizing the learner's active engagement in the learning process entirety (Reinders, H. 2010).

According to Sam, et. al, average students may benefit from engaging in independent study to enhance their academic success. It is crucial for students to practice self-discipline and complete assignments autonomously during independent study. Students in independent study settings may receive instruction in groups, individually, or through a combination of group and individual work plans (Sam, S., Vutha, R., Onn, K., & Phearak, S. 2012). It is a potent tool that transforms non-reading students into proficient readers and non-achieving students into exceptional achievers in their academic journey. It serves as an instructional method that enables students to employ high-order teaching skills. Independent study necessitates attentive guidance, creativity, and a wide array of knowledge (Song, L., Singleton, E., Hill, J., & Koh, M. 2004).

According to Tweed, et al., students who participated in a research module course as an alternative to the traditional research course experienced various benefits from independent study. These students were drawn to this form of study due to their enjoyment of working autonomously. They found that this independent course facilitated a deeper level of learning, was more demanding and time-intensive than regular classes, enhanced their research, organizational, and time management skills, increased their confidence in tackling real-world research problems, and made them more competitive in the job market. The students acknowledged challenges such as initiating work and operating without set time constraints from teachers. They suggested that students undertaking independent study should have clear course objectives to balance both research and course requirements (Tweed and Boast, 2011).

Similarly, Smith et al., highlighted comparable benefits of self-directed learning through independent studies, including acquiring the skill of learning how to learn, focusing on the learning process rather than just the end goal, developing time management abilities, being driven by passion and curiosity for learning, experiencing internal satisfaction, engaging in self-assessment, and cultivating resourcefulness (Smith, Goldfine, & Windham 2009).

While the advantages of independent study are acknowledged, the execution of independent study does not always lead to self-directed learning. This issue was highlighted at Auburn University when concerns were raised about athletes using independent studies to artificially boost their GPAs (Lipka, 2006).

Rose, observed that independent studies are not universally viewed positively. In his research, he identified various reasons why students may opt not to pursue independent studies. These reasons include doubts about the value of independent studies relative to the tuition paid, a lack of intrinsic motivation among students, apprehension about assuming a managerial role in completing assignments without set

deadlines, and a higher likelihood of unethical behavior as independent studies are sometimes seen as shortcuts to timely graduation. Additionally, Rose found that traditional courses are more effective in equipping students with essential skills compared to independent studies (Rose, 2011).

In Lemanski's study conducted in 2011, involving 110 students participating in an optional independent study within a human geography class, it was discovered that the majority of students did not fulfill the mandatory readings, despite selecting the course due to finding the content intriguing. One of the reasons cited by students for not completing the required readings was the absence of time-sensitive assessments linked to the readings. The study revealed that students were more inclined to complete the readings when given assignments that necessitated the application of the readings (Lemanski, 2011).

While the research points out the academic constraints of independent studies, the cultivation of self-directed learning is commendable through engaging in independent study. This holds true, especially for prospective educators who are poised to enter a profession that emphasizes self-directed learning. According to Lang (2011), "One of the most enriching educational experiences for an undergraduate is to confront a challenging problem or inquiry, one that necessitates research under the guidance of a seasoned researcher, and to exhibit creativity when encountering obstacles and setbacks." (Lang, 2011).

Significance of the Study

Independent study empower students to seize command of their education, prompting them to establish objectives, effectively organize their time, and assume accountability for their educational voyage. This research study is very important to understand the importance of independent study and the perceptions of university-level students about independent study, by this study we also understand what kind of issues students have in independent study and what are the core benefits and outcomes of independent study.

Statement of the problem

This research delves into the assessment of students' viewpoints on independent study. In this context, independent study entails students working autonomously. It involves a learning approach where students take ownership of their learning process, directing, managing, and evaluating their own educational journey. The study explores students' attitudes towards independent study, examining whether they have a favorable or unfavorable view of this self-directed learning method (Macfarlane, B. 2014).

Methodology:

The current study is quantitative in nature while the type of the study was descriptive. The population of the study was the students studying at SZABIST University, Iqra University, and Hamdard University in Karachi, the purposive sampling technique from the nonprobability sampling method was used to select the samples from the

population, and the sample size of the current study was 131 where a questionnaire was used as the tool for data collection consisting of twenty-five statements. The data was analyzed with the help of social science group statistics packages (SPSS) and the hypotheses were checked with the help of chi-square.

Data Analysis Frequency Table

Table#01

Percentage and Frequency distribution of demographic characteristics of the respondents

Gender	Frequency	Percent	Cumulative Percent
Male	66	50.4	50.4
Female	65	49.6	100.0
Total	131	100.0	
Age	Frequency	Percent	Cumulative Percent
20 to 23	104	79.4	79.4
24 to 26	23	17.6	96.9
27 to 30	4	3	100.0
Total	131	100.0	

The above shows the demographics of the respondents, in which the highest 50.4% respondents were male and 49.6% respondents were female. Moreover, the tables show that the highest 79.4% of respondents were between the ages of 20 to 23 and the second highest 17.6% of respondents were between the ages of 24 to 26 however only 3% of respondents were between the ages of 27 to 30. As the data was collected from university-going students and mostly at university we have students between the ages of 23 to 26 years.

Table#02

Percentage and Frequency distribution according to doing independent study the part of academic education

Do Independent study as part of academic education	Frequency	Percent	Cumulative Percent
Yes	67	50.15	50.15
No	64	48.51	100.0
Total	131	100.0	

The above table is about the independent study as a part of the academic education of the respondents which shows that the highest 50.15% of respondents said they do the independent study as the part of their academic education however, 48.51% of respondents said they do not do independent study with their academic education. The majority of the respondents were found to be doing independent study with their academic education which is quite a good practice.

Table#03

Percentage and Frequency distribution according to interest in independent study

Independent Study is interesting	Frequency	Percent	Cumulative Percent
Strongly Agree	70	53.4	53.4

Agree	32	24.4	77.9
Neutral	17	13.0	90.8
Disagree	10	7.6	98.5
Strongly Disagree	2	1.5	100.0
Total	131	100.0	

The above table shows that the highest 53.4% of respondents strongly agree that they take to much interest in independent study, while the second highest 24.4% of respondents were agreed that they take much interest in independent study, however, 13% were neutral with the said statement. Moreover, 7.6% disagreed and said that they do not take interest in independent study and only 1.5% strongly disagreed with the statement. The majority of the respondents said that they take interest in independent study and this for sure leads to academic growth and success of the respondents.

Table#04

Percentage and Frequency distribution according to independent study helps to organize work better.

Independent study helps to organize work better	Frequency	Percent	Cumulative Percent
Strongly Agree	64	48.9	48.9
Agree	44	33.6	82.4
Neutral	15	11.5	93.9
Disagree	4	3.1	96.9
Strongly Disagree	4	3.1	100.0
Total	131	100.0	

The above table is about organizing the work better with the independent study which shows that the highest 48.9% of respondents were strongly agree that they organize their work better with independent study, while the second highest 33.6% of respondents were only agreed, and the other hand 11.5% of respondents were neutral about organizing their work better with independent study. However, the lowest range of 3.1% respondents were disagreed and 3.1% of respondents strongly disagreed regarding the independent study helping them to organize their work better.

Table#05

Percentage and Frequency distribution according to independent study improves progress at the postgraduate level.

Independent study improves progress	Frequency	Percent	Cumulative Percent
Yes	74	56.49	56.49
No	57	43.51	100
Total	131	100.0	

The above table is about the progress of the students at the postgraduate level due to independent study, the results show that 56.49% said that independent study

increases and improves progress when the independent study approach is adopted with academic studies while only 43.51% said the academic progress does not increase and improve when the independent study approach is adopted with academic studies.

Table#06
Percentage and Frequency distribution according to confidence through independent study

Independent study brings confidence	Frequency	Percent	Cumulative Percent
Strongly Agree	41	31.3	31.3
Agree	56	42.7	74.0
Neutral	22	16.8	90.8
Disagree	7	5.3	96.2
Strongly Disagree	5	3.8	100.0
Total	131	100.0	

The above table is about the significant relationship between independent study and confidence level in students where it shows that the highest 42.7% of respondents agreed with the statement that independent study brings and increases the confidence level in students and the second highest 31.3% of respondents strongly agree that independent study brings confidence in students, on the other hand, 16.8% of respondents were neutral with the said statement. However, 5.3% of respondents disagreed with the statement and 3.8% of respondents were found to strongly disagree the statement that the independent study brings and increases the confidence level of students.

Table#07
Percentage and Frequency distribution according to improvement in the sense of punctuality and responsibility with independent study

Independent study improves the sense of punctuality and responsibility	Frequency	Percent	Cumulative Percent
Strongly Agree	42	32.1	32.1
Agree	47	35.9	67.9
Neutral	28	21.4	89.3
Disagree	9	6.9	96.2
Strongly Disagree	5	3.8	100.0
Total	131	100.0	

This table is about the improvement of punctuality and sense of responsibility with independent study in which the results show that the highest 35.9% of respondents agreed, and 32.1% were strongly agreed that independent study improves the sense of punctuality and responsibility while 21.4% of respondents were neutral with the said statement. Meanwhile, 6.9% of respondents were disagreed and 3.8% of respondents were strongly disagreed with the said statement that independent study improves the sense of punctuality and responsibility.

Table#08

Percentage and Frequency distribution according to better class management for the teacher with independent study

Teachers manage classes better with independent study	Frequency	Percent	Cumulative Percent
Strongly Agree	44	33.6	33.6
Agree	38	29.0	62.6
Neutral	29	22.1	84.7
Disagree	14	10.7	95.4
Strongly Disagree	6	4.6	100.0
Total	131	100.0	

The above table shows that the highest 33.6% of respondents strongly agree, and the second highest 29.0% of respondents only marked as agreed that the teachers manage their classes better with the students who are in the practice of independent study, however, 22.1% of respondents were neutral with the said statement, on the other hand, 10.7% of the respondents disagreed and 4.6% of respondents strongly disagreed with the above statement.

Table#09

Percentage and Frequency distribution according to independent study as a boring study approach

Sometimes Independent Study Is Found to Be Boring and distracting	Frequency	Percent	Cumulative Percent
Strongly Agree	46	35.1	35.1
Agree	38	29.0	64.1
Neutral	27	20.6	84.7
Disagree	11	8.4	93.1
Strongly Disagree	9	6.9	100.0
Total	131	100.0	

The above table shows that the highest 35.1% of respondents strongly agree that some independent study is found to be boring and distracting and 29% marked it as agreed with the said statement meanwhile 20.6 % of respondents were neutral with the said statement however 8.4% respondents were disagreed, and 6.9% respondents were strongly disagreed with the said statement that some independent study is found to be boring and distracting. with the results of the above table, we analyzed that with benefits there are also some disadvantages of independent study, and sometimes this approach is found boring and distracting, Moreover, Cukurova also analyzed in his research study conducted in 2014 that the independent study and learning is sometimes distracting and boring for the students. (Cukurova, 2014).

Table#10
Percentage and Frequency distribution according to independent study beneficial for career growth

Independent study beneficial for career growth	Frequency	Percent	Cumulative Percent
Yes	85	67.94	67.94
No	46	32.06	100
Total	131	100.0	

This table is about the independent study as a beneficial source for career growth and development, the results in the above table show that 67.94% of respondents said that the independent is beneficial and helped them in their career growth and development while only 32.06 % of respondents did not agree with the statement that the independent is beneficial and helped them in their career growth and development.

Hypothesis No. 1

H₀: There is a significant relationship between independent study and students' performance outcomes.

Table#11
The contingency table illustrates the relationship between independent study and students' motivation performance outcomes.

Do Independent study as part of academic education	Independent study improves motivation and performance		Total
	Yes	No	
Yes	34 (37.85)	33 (29.25)	67
No	40 (36.15)	24 (27.85)	64
Total	74	57	131

Interpretation:

Value of the Chi-Square: 1.84

Table value of Chi-Square: 3.84

Level of Significance: 0.05

Degree of Freedom: 1

Result:

We find that the computed Chi-Square value is 1.84 which is less than 3.84 with 1 degree of freedom and 0.05 level of significance therefore H₀ is accepted, and it is concluded that there is a significant relationship between independent study and

students' performance outcomes. The findings support the results of Sipayung et al., 2021.

Hypothesis No. 2

H₀: There is a significant relationship between independent study and career growth.

Table#12

The contingency table illustrates the relationship between independent study and career growth.

Do Independent study as part of academic education	Independent study beneficial for career growth		Total
	Yes	No	
Yes	50 (45.52)	17 (21.48)	67
No	39 (43.48)	25 (20.52)	64
Total	89	42	131

Interpretation:

Value of the Chi-Square: 2.82

Table value of Chi-Square: 3.84

Level of Significance: 0.05

Degree of Freedom: 1

Result:

We find that the computed Chi-Square value is 2.82 which is less than 3.841 with 1 degree of freedom and 0.05 level of significance therefore H₀ is accepted, and it is concluded that There is a significant relationship between independent study and career growth. The findings are similar with (Hsu et al, 2022)

Discussion

The purpose of this research study is to know the students' perceptions about independent study at the university level and to explore the benefits and effectiveness of independent study. This research study also aim to explore the outcomes of independent study among students. The current study is quantitative in nature while the type of the study was descriptive. The population of the study was the students studying at SZABIST University, Iqra University, and Hamdard University in Karachi, the purposive sampling technique from the nonprobability sampling method was used to select the samples from the population, and the sample size of the current study was 131 where a questionnaire was used as the tool for data collection consisting of twenty-five statements. The data was analyzed with the help of social science group statistics packages (SPSS) and the hypotheses were checked with the help of chi-square. In the

current study, the proportion of gender was almost same and most of the respondents were between the ages of 20 to 23 years old.

The results indicate that more than 50% of respondents were engaged in doing independent study as part of their academic education in which 70% of respondents found independent study interesting. It is also analyzed that the independent study helps more than 82% of respondents to organize their work in a better way as well as in Tables number 5, 6, and 7 it was evaluated that the progress, confidence level, and sense of responsibility of the students increased with the independent study. These results are similar to a study conducted by (MacNeil et al, 2010)

Independent study is not only beneficial for students alone, it is identified in this study that independent study is also beneficial for the teachers as well, it helps the teachers manage their classes in a better way with the students who are in the practice of independent study, the students which independent study background have good knowledge and can actively take part in class discussion and activities. Similar kinds of results related to classroom management and independent study were analyzed by Savage et al in their study conducted in 2009.

The findings also indicate that independent study has a good and positive impact on the career growth of the students, the students get a good awareness of their career and its selection, similarly, this improves the performance and motivation of the students as we analyzed the hypothesis and get significant relationship between independent study and improvement of performance and motivation towards academics as well as career growth of the students. The findings are similar with (Hsu et al, 2022)

However, independent study is not always interesting for all, in this study, it was identified in table number 9 that the respondents agreed that sometimes independent study is found to be distracting and boring for the students. As Cukurova, 2014 also analyzed similar kinds of results in his research.

Conclusion

Independent study is found to be beneficial for students in their academic performance and career growth and development. This practice not only increases students' motivation toward education but also increases their confidence, activeness in class, sense of punctuality, and responsibility. However, independent study for some students was found to be distracting and boring.

Recommendations

- Independent study is found to be beneficial for the career growth and development of students therefore it is recommended that platforms like libraries should be made and easily approachable for every student to use.
- It is analyzed that independent study develops confidence among the students therefore the study recommends educational policies should be introduced/ updated to give space to independent study as a mandatory part of the curriculum.
- Independent study is good and beneficial for teachers in class management therefore it is recommended every teacher should promote independent study and develop strategies to engage the students in this practice.
- Students have a positive perception towards independent study, therefore a favorable environment and appreciation for independent study is recommend.

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