

## **ATTENTION-DEFICIT HYPERACTIVITY DISORDER AND STUDY HABITS OF UNDERGRADUATE STUDENTS IN CROSS RIVER UNIVERSITY OF TECHNOLOGY CALABAR, NIGERIA**

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### **ABSTRACT**

*This paper studied the influence of Attention deficit hyperactivity disorder ADHD and study habits of university undergraduate students in Cross River University of Technology. Attention deficit hyperactivity disorder is basically an attention problem, which the students experience difficulty in paying attention and being easily distracted, lack of stamina to study for a reasonable time, difficulty completing assignments. Students with this disorder are perceived to have problem with their approach to studying. The study had three specific objectives to determine influence of academic faculties, gender and Attention deficit hyperactivity disorder on study habit. The population of this study comprised all the undergraduate students in Cross River University of Technology from five Faculties in the Calabar Campus. A sample of 517 undergraduate students was selected using the stratified random sampling technique. Data collection instrument was a structured questionnaire. The major findings were that there were no significant differences found for both ADHD and study habit of students across academic faculties. Gender was found to influence both ADHD and study habit. The level of manifested ADHD among female students was higher than male students, while the male students had better study habits than the female. It was also found that Attention deficit disorder had a significant negative influence on study habits. The recommendations were that students with ADHD symptoms should present themselves for proper counseling, group discussion should be encouraged, proper time tabling for personal study and lecture attendance be emphasized.*

**KEYWORDS:** *Attention Deficit Hyperactivity Disorder (ADHD), Gender, Study Habits, Study Strategies*

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