

# Inner Values: A Key to Effective Study Habits of Elementary Learners

**REYNANTE D. BALIDOY**

balidoy.reynante@lisqup.pnu.edu.ph  
Linking Standards and Quality Practice (LiSQuP) Program

**MYLENE C. TUVILLEJA**

tuvilleja.mylene@lisqup.pnu.edu.ph  
Linking Standards and Quality Practice (LiSQuP) Program

**DIANE PRINCESS P. BASAN**

(basan.dianeprincess@lisqup.pnu.edu.ph)  
Linking Standards and Quality Practice (LiSQuP) Program

*Abstract* — Personal or inner values is a wide scope attribute of our being. Understanding our inner values will help us know ourselves better in a certain situation. This can be understood in the riffle of this study. Several studies on personal values and study habits have been conducted, but if inner values and study habits work together will ensure the learners' performances and academic success.

This study relied on the case study method in a qualitative approach which investigates the performing elementary learners through an in-depth structured interview. The participants were selected based on the selection criteria. The data collection was analyzed using a thematic approach. As a result, revealed by the participants, inner values are important to their study habits and academic success.

*Keywords* — *Personal Or Inner Values, Study Habits, Academic Success, Multi-Case Study, Structured Interview, Thematic Approach*

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## I. Introduction

Personal values can affect significantly in all aspects of our life. It is too obvious that our inner values can contribute to our holistic being, our personal and social identity, and behaviors as how we act and respond to the environment. Learning takes place in the conducive learning environment in which learners need to organize their habits of learning and value these habits to effectively learn. With the intriguing enabling inner values and study habits, the researchers were able to explore these interests of study, Inner Values: A key to Effective Study Habits of Elementary Learners.

Learners at the elementary levels perform differently inside the classroom. Some may perform extremely well, and some may not. This has caught the attention of the researchers on how to transform learners to efficiently perform in class discussions and improve their academic

performances. Every learner should understand their inner values and study habits better to build networks that encourage them to learn. This will become an avenue for the intellectual growth and development of the learners to cope and perform well in class and improve their studies and academic success.

For the past years, personal values have been densely understood and analyzed from the individual up to the organizational, institutional, social and cultural levels. (Hanel et. al 2018). This has caught the interests of several researchers to explore more on personal values and individuals communicate with their personal values. Personal values are often referred to as inner values. According to Shahidul et. al. 2016, Personal values or individual values are the values in which individuals are committed as influenced by behaviors. According to Daniela P. et al. 2013, Values is a long-term belief system of a certain path of purpose of existence that is preferably social and personal point-of-view over the other or opposite. Branson et al. 2015, coined the adoption of values of a person that was explained by the values theory that the person's values are dependent on his or her consciousness that is unique to a person. Daniela P. et al. states that, if personal values were elaborated among learners and line to their academic performance and achievement will provide impact to students to their achievements. These values will help them perceive the world, the phenomena and events. Those values favored by the learners are somehow equal or different. Similarly, these specific and unique values each person has attributes different and the same experiences as they within their view of the world, Branson, 2014. Furthermore, according to Liem A.D. et al, 2015, achievement motive and goals are different in nature, but have their commonalities of their role among individuals in terms of their values as their underlying antecedent.

The interests of personal or inner values have been profound among the researchers and as defined and explained by them provide deeper understanding on the underlying issues that will help individuals understand themselves better and communicate with their beings-personal and social to cultural orientation. These ideas provide an avenue in the wider sense of understanding inner values as elaborated among learners in line with their academic success attributed to their personal values despite their differences, experiences, attitudes, and their being, but will share some commonalities within their personal values towards their academic success.

Attitude towards learning, personal characteristics and of the personal beliefs of an individual can greatly affect learning and performances. Elaborating personal values towards learners' study habits can deeply put meaning into learning in achieving academic success. As a result, personal or inner values in line with the students' study habits will give impact to learning. Typically, the learners tend to adapt their values according to their experiences and of the circumstances. In addition, values reflect themselves and how they behave, and act within the environment. If the learners elicit appropriate values, it reflects on their study habits that eventually lead and give regards to their academic performance. With the underpinnings of several studies, urge the researchers to investigate inner values as a key to effective study habits of elementary

learners in Agñas Elementary School, Tabaco City Division as our empirical basis in conducting this research.

## **THEORETICAL FRAMEWORK**

This study was based on the Interest-driven creator of IDC Theory of Chan et al. 2018. The theory supports the three primary ideas anchoring their re-thinking of learning activities: *interest*, *creativity*, and *habit*. By emulating this interest-driven creation process the learners can be engaged in the creation of knowledge. If driven by their interest, creativity and habits in their daily learning they will be able to develop their skills, form a habit and excel in learning. This interest can be associated with their inner values as a key to effective study habits. If these two concepts work together, it will impact learning and ensure the academic success of the learners.

The articulation of this theory pulls the idea that relevance of the “learners current situation to flock their interest in an affective reaction (i.e.eager to know more) involving focused attention triggered by environment stimuli” (Knogler, Harackiewicz, Gegenfurtner, & Lewalter, 2015)

This theory refrains that the environment stimulus is acquainted with their capacity to learn as to know more in the learning environment. This stimulus can be blended with the learners’ inner values so that they will be able to modify their study habits and learn sufficiently in the classroom setting.

## **RESEARCH QUESTIONS**

This study sought to answer the following questions:

1. How do inner values affect the effective study habits of elementary learners?
2. How do these performing elementary learners use their inner values effectively in their study habits?

What are the important values that the performing learners possess in relation to their study habits?

## **II. Methodology**

### **Research Design**

This study used the case study method in a qualitative approach. A qualitative case study is a research method that enables complex phenomena in the exploration of the interacting factors of the identified situation or the problem (Baxter & Jack, 2008). Specifically, it focuses on the issues relevant to individual situations or cases in understanding the existing problem. The researchers investigate the inner values as the key to effective study habits of the identified performing elementary learners.

## Research Procedure and Sampling

The performing elementary learners were the participants of this study. The researchers strictly followed the ethical standards in conducting research such that to protect the rights and ensure safety of the learners. A parental consent has been made and strictly signed by the parents before the conduct of interview in data gathering. A request letter was sent to the principal to inform the learners' involvement in the conduct of this study. Before proceeding the interview, an orientation has been conducted for the participants to have better understanding about the research topic and established rapport between the researchers and the participants to actively engage in the data gathering. The participants were also asked their willingness as the key informant of the interview to abide by the existing law concerning the rights of participants.

The selection criteria were;

1. Grade 5 performing learners
2. Actively participating in the class
3. With an average grade of 85 above
4. Willing to participate

Participant's Code	Sex	Age	Grade
001	Male	10	87
002	Male	10	90
003	Female	11	89
004	Female	10	86
005	Female	10	87
006	Female	11	89
007	Female	10	89
008	Female	10	90
009	Female	10	91
0010	Female	11	91

### Data Collection and Analysis

The primary source of this study was the in-depth interview among 30 participants who qualified the selection criteria. A 3-hour structured group interview using the designed questionnaire has been conducted by the researchers. Data saturation has been applied where the saturation point was at the 10th participants. Data saturation in which the participants were no longer giving substantial information.

In achieving the reliability and trustworthiness of this research, the researchers anchored it to the thematic analysis approach of Braun and Clarke, 2006. Thematic analysis is widely used in the analysis in qualitative research through the researchers' step-by-step manner in analyzing the data and interpretation in the methods of selecting codes and creating themes. To establish trustworthiness of the data collection ensures that the researchers and the participants fit in between the close gathering and analyzing the data collection using a valid and reliable self-made structured questionnaire based on the research topic. The transferability of data collection will ensure findings in the responses of the participants to transpire in the body or collection of knowledge. Ensuring its dependability ensures that the process of the data collection and interview were properly documented, confirmed and audited and kept with confidentiality.

<b>Step 1. Familiarizing with the data</b>	To familiarize with the data, the researchers took down notes, and marked preliminary ideas which will help on becoming familiar with the data through 'repeated reading' of the data and reading the data in an <i>active way</i> -searching for subjective meanings, cultural-contextual message of data, patterns or themes and so on. The themes were summarized to have a clearer understanding of the responses.
<b>Step 2. Assigning preliminary code</b>	A code has been assigned to the participants to organize data into significant groups. Coding has been made thoroughly in analyzing the data. Essential things were matched together to organize into sections as a common theme.
<b>Step 3. Searching for themes.</b>	Themes were listed according to the responses of participants and extracted through triangulation, diagramming to keep detailed notes of the hierarchies of concepts and themes.
<b>Step 4. Reviewing Themes</b>	It was reviewed thoroughly, extracting the responses and the themes according to the codes whether the responses support from each other or contradict or overlap. If the reviewed themes were too broad, the researchers split it in a separate theme and fit it to the themes where it is included or need to make another theme and sub theme.

<b>Step 5. Defining and naming themes</b>	The themes were assigned descriptions to investigate its relations or commonalities. The theme names were descriptive and engaging.
<b>Step 6. Producing the report</b>	Organizing and reporting the themes has been done in processing the collected responses of the participants

### **Researcher's Reflexivity**

The researchers of this study are graduate students at a State University in the National Capital Region taking up Master of Arts in Values Education. This is the first qualitative research conducted by the researchers. Case study method in a qualitative approach was used in this study to investigate cases in which the researchers analyzed inner values of learners in relation to their study habits. Code switching from English to Filipino Language has been done to ensure that the participants can communicate well to the structured interview questions and may answer it accordingly. Somehow, since the setting is in the Bicol Region, some of the questions were also translated in Bicol dialect during the interview as need arises.

In addition, the authors are elementary teachers residing in different regions of the Philippines (Region V, National Capital Region and Cordillera Administrative Region).

### **Ethical Consideration**

Ethical considerations in conducting this study were highly elated considering the correct protocol in communicating with the participants, parents and the school head as part in conducting this study. Pertinent documents as needed in the criteria selection were requested with the consent of the learners, parents and their advisers. Ethical concerns were strictly followed before and during the gathering of data such as to avoid possible misconceptions, fallacy and remain that all the documents and data are valid, reliable and with integrity and most specially protect them and ensure everyone's safety.

## **III. Results and Discussion**

### **Theme 1: Inner Values as an Affect to Effective Study Habits of Elementary Learners**

Listening attentively or actively listening in a conducive learning environment is the most common way of the elementary learners' effective study habits to engage learning in school as the teachers instructed and facilitate class discussions. Willingness to listen in class discussions "is a marker of emotional regulation," as coined by Frey et. al. (2019)

For learners, study habits are important for their good academic performance and their future success. It can also improve learning as the learners attentively organize and have focus in

enriching their learning activities or tasks and find it pleasurable to them. According to Hashemian 2014, “learners’ study habits and skills can increase motivation and convert the study into an effective process in high return which ultimately increases learning.”

According to them, they were not fully aware and do not have enough knowledge about inner values and study habits and how it does to their learning performances stating “wala akong alam tungkol sa inner values at study habits ngunit ito ay may kaugnayan sa aking pag-aaral” (I don’t have idea about inner values and study habits, but it has something to do with my studies.) [RB1, p. 2, line 13]”. Studies shown, that personal values guide our decision making in all aspects such as career, religion, social and self-identity, as stated by Hashemian (2014)

Even though learners were not fully aware about inner values and study habits, they were able to identify it as an affect to effectively learn and improve their studies stating their inner values as “Organisado, focus, pakikipagtulungan, interes, pagkukusa, pakikiisa, mahusay na pagmamasiid.” (*Organized, focus, collaboration, interest, initiative, cooperation, keen observer.*) [RB1, p. 2, line 34]. Ponizovskiy V, et al. 2019, argued that everyone has values, but each person has a different set of values. These set of values are really important to effectively learn in school and at home.

Keeping abridge of these inner values and study habits will help the learners effectively learn their lessons, achieve its learning goals and perform their learning tasks efficiently and improve their academic performances. “Ito ay napakapektibo sa aking pag-aaral upang magampananan ko ang aking mga gawain sa paaralan ng may kahusayan. (Inner values and study habits great help in achieving my studies, its learning tasks and improve performances) [RB1, p. 3, line 23]”. Basic values are individuals’ broad goal that guide and motivate perceptions, attitudes and actions, Schwartz 2015. These personal values have been to successfully predict one’s behaviors in a wide variety of life domains, Arieli, et al 2019.

## **Theme 2: The Use of Inner Values of Elementary Learners to Effectively Perform Study Habits**

Study habits in school and at home may vary among learners, Ang aking study habit sa paaralan ay pakikinig ng maayos sa aking guro at sa bahay naman ang pag-aaral pagkatapos ng mga gawaing bahay.”(*My study habit at school is listening well to my teacher and at home studying after household chores.*) [RB1, p. 3, line 33], but what is common among the elementary learners is that, the active listening and engagement to accomplish tasks and doing school related activities i.e. home works, projects etc. at home after doing their household chores. Kyauta et. al., 2019, said that are important predictors of learner’s academic performance and so as the global researchers revealed that study habits affect academic performance.

Study habits play its role in accomplishing the learners’ learning tasks in which it increases the academic performance. Meanwhile, the learners were able to enhance and maximize their learning capacity to sustain their studies in school and at home learning. “Ito ay nakakatulong

upang mapataas ang aking marka sa lahat ng asignatura at sa tahanan naman ay mapadali ang aking mga takdang aralin” (It helps me improve my grades and do better my assignments at home [RBI, p. 4, line 6]. Kambiz Yazdani et al. 2014 wrote that, “Study habits play a very important role in the life of students and it serves as the vehicle of learning.”

Participants revealed that Inner values are really important and effective in improving individuals study habits, academic performance and other school related activities and home studies. “Ang inner values ay mainam na naktutulong sa aking pag-aaral sa paaralan at sa tahanan” (Inner values helps improve my studies in school and at home. [RBI, p. 4, line 23]. According to Gamage et. al 2021, “personal values are very important in the field of education in identifying students’ behaviors, life goals and expectations, learning styles and how these change over time.

Failing to consider inner values and organization of one’s study habits will result in a low-class engagement, performance, low grades and possibly failing grades. “Maaring bumaba ang aking grado at hindi ko magagawa ang pinapagawa ng guro.” (My grades will be low and I cannot do well my learning tasks.) [RBI, p. 4, line 36]. Atsiaya siahi and Maiyo, 2015, concluded that, “If academic failure is to be forestalled and standards improved, it is inescapable that schools from elementary level should provide relevant values and stimulating academic environments.”

### **Theme 3: Inner Values the performing learners possess for their study habits**

Performing Learners need to be equipped with all of these inner or personal values to actively engage learning, improve their capacity, and perform well. Learners’ identified inner values are very important in establishing their study habits as it empowers and equips them, boosts their capacity to perform to improve their learning and fulfill their dreams in the future. As elaborated by Danaiela et. al. (2013), “personal values impact on one's academic achievement, knowledge as a human-specific activity is in direct relation with the way a person through his values perceives the world, the phenomena and events.

These inner values will help the learners stablish their study habits in school, perform well in the class, achieve learning goals, improve academic performance and home studies that will really define their future successes. “Ito ay mahalaga upang maisakatuparan ang aking pag-aaral at maabot ang aking mga pangarap.”(It is important to fulfill my studies and reach my dreams.) [RBI, p. 5, line 24]. It is really ideal individuals and the learners that In developing values, it is widely recognized that schools are not the only nor the greatest influence on the values, attitudes and personal qualities of young people, but parents, communities and other agencies are also influential according to Gimenez and Tamajon, (2019).

More likely, in the absence of inner values, learners will not be able perform well in class discussions, do their learning tasks and achieve goals in school and in their home studies. With the presence of inner values and organization of learners’ study habits will impact positively among the learners and ensure their academic success and their future. “Tataas ang aking marka sa lahat ng asignatura at uunlad ang aking kaisipan.” (My grades will be high and will surely



improve my knowledge and skills in learning) [RBI, p. 5, line 52]. Kaur (2019) coined that, “The future of a country depends upon the moral values imparted to individuals during their student life.”

#### IV. Conclusion

This study focuses on personal or inner values of the learners in which explain its significance to the study habits of elementary grade learners. Understanding one's inner values will encapsulate study habits in school and at home as the key factors to effectively perform in their studies, improve their performances and ensure their academic success. Unawareness of personal or inner values and inability of the learners to organize their study habits will completely affect their performances.

The results of this study will give significance to the learners' understanding of their inner values which are relevant in the organization and practice of their study habits to perform well and ensure their academic success.

It will also give attention among educators to deal with the learners' personal or inner values to understand their nature as learners and how it affects and influences their study habits.

Furthermore, it will also give an outlook for the parents to know their child's personal or inner values when it comes to their studies and ensure that these inner values match to their study habits to effectively perform in their studies and ensure their academic success.

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