

THE IMPACT OF PARENTS' SUPPORT ON STUDENTS'
STUDY HABITS AND ACHIEVEMENT

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Abstract: Parental support is widely recognized as a significant factor influencing students' academic development. This study examines how different forms of parental involvement—such as emotional encouragement, academic guidance, and supervision—affect students' study habits and overall academic achievement. The research explores how supportive home environments contribute to the development of effective learning behaviors, including time management, consistency, and motivation. It also analyzes the relationship between parental engagement and students' academic outcomes, highlighting how regular communication, provision of resources, and active interest in education can enhance performance. The findings suggest that students who receive consistent parental support are more likely to demonstrate positive study habits and achieve higher academic results. The study emphasizes the importance of strengthening parent–student relationships to promote better educational outcomes and long-term academic success.

Key words: parental support, academic achievement, study habits, student motivation, parental involvement, learning behavior, educational success.

Аннотация: Родительская поддержка широко признаётся важным фактором, влияющим на академическое развитие учащихся. В данном исследовании рассматривается, как различные формы родительского участия — такие как эмоциональная поддержка, учебное руководство и контроль — влияют на учебные привычки и общую академическую успеваемость студентов. Особое внимание уделяется тому, как поддерживающая домашняя среда способствует формированию эффективных учебных стратегий, включая управление временем, регулярность и мотивацию. Также анализируется взаимосвязь между вовлечённостью родителей и результатами обучения, подчёркивая, что регулярное общение, предоставление учебных ресурсов и заинтересованность в образовании способствуют повышению успеваемости. Результаты показывают, что учащиеся, получающие постоянную поддержку со стороны родителей, чаще демонстрируют положительные учебные привычки и достигают более высоких академических результатов. В исследовании подчёркивается важность укрепления отношений между родителями и учащимися для достижения лучших образовательных результатов и долгосрочного академического успеха.

Ключевые слова: родительская поддержка, академическая успеваемость, учебные привычки, мотивация учащихся, родительское участие, учебное

поведение, образовательный успех.

Annotatsiya: Ota-onalarning qo'llab-quvvatlashi o'quvchilarning akademik rivojlanishiga ta'sir qiluvchi muhim omil sifatida keng tan olingan. Ushbu tadqiqotda ota-onalarning turli ko'rinishdagi ishtiroki — ya'ni hissiy qo'llab-quvvatlash, o'qishga yo'l-yo'riq berish va nazorat — o'quvchilarning o'qish odatlari hamda umumiy akademik natijalariga qanday ta'sir qilishi o'rganiladi. Tadqiqot, shuningdek, qo'llab-quvvatlovchi oilaviy muhit samarali o'qish xulq-atvorlarini, jumladan vaqtni to'g'ri boshqarish, muntazamlik va motivatsiyani shakllantirishga qanday yordam berishini tahlil qiladi. Bundan tashqari, ota-onalarning ta'lim jarayonidagi faolligi bilan o'quvchilarning natijalari o'rtasidagi bog'liqlik ko'rib chiqilib, muntazam muloqot, o'quv resurslari bilan ta'minlash va ta'limga qiziqish bildirish o'quv samaradorligini oshirishi ta'kidlanadi. Natijalar shuni ko'rsatadiki, ota-onalarning doimiy qo'llab-quvvatlashiga ega bo'lgan o'quvchilar ijobiy o'qish odatlarini namoyon etadi va yuqori akademik natijalarga erishadi. Tadqiqotda ota-ona va o'quvchi o'rtasidagi munosabatlarni mustahkamlash ta'lim sifatini oshirish va uzoq muddatli muvaffaqiyatga erishishda muhim ekani qayd etiladi.

Kalit so'zlar: ota-onalar qo'llab-quvvatlashi, akademik muvaffaqiyat, o'qish odatlari, o'quvchi motivatsiyasi, ota-onalar ishtiroki, o'qish xulq-atvori, ta'limdagi muvaffaqiyat.

Introduction

In the modern educational environment, students' academic success is influenced by a combination of internal and external factors, among which parental support remains one of the most significant. While schools provide structured learning and professional instruction, the home environment shapes students' attitudes toward education, their study behaviors, and their level of motivation. Parents play a central role in guiding, encouraging, and supporting their children throughout the learning process, making their involvement a key determinant of both study habits and academic achievement.

Parental support can take various forms, including emotional encouragement, academic assistance, supervision of study activities, and the provision of educational resources. These forms of involvement help students develop essential skills such as time management, self-discipline, and responsibility. For instance, students whose parents regularly monitor their homework and create a structured study routine are more likely to adopt consistent and effective learning strategies. In contrast, a lack of parental involvement may lead to poor study habits, low motivation, and decreased academic performance.

Furthermore, the quality of parent-child interaction significantly affects students' confidence and engagement in learning. When parents show interest in their children's education, communicate positively, and provide constructive feedback, students tend

to feel more supported and motivated to succeed. This emotional and psychological support enhances their ability to cope with academic challenges and improves their overall performance.

Given the increasing academic demands placed on students today, understanding the role of parental support has become more important than ever. This study aims to examine how different types of parental involvement influence students' study habits and academic achievement, as well as to highlight the importance of a supportive home environment in fostering long-term educational success.

One of the main problems related to parental support is the lack of balanced involvement. In some cases, parents are either too involved or not involved enough in their children's education. Over-involvement can create pressure and reduce students' independence, making them rely heavily on parents instead of developing their own study skills. On the other hand, insufficient involvement may lead to weak study habits, poor time management, and a lack of motivation. This imbalance often prevents students from achieving their full academic potential.

Another significant problem is the limited awareness of effective support strategies among parents. Not all parents understand how to support their children academically in a productive way. Some may focus only on results, such as grades, rather than the learning process itself. This can create stress and anxiety in students, negatively affecting their attitude toward studying. Without proper guidance, students may struggle to build consistent and effective study habits.

A third important issue is the influence of socio-economic factors on parental support. Families with limited financial resources or busy work schedules may find it difficult to provide adequate academic support. For example, parents who work long hours may not have enough time to supervise homework or communicate with teachers. Similarly, a lack of access to educational resources, such as books or technology, can hinder students' ability to study effectively. These challenges can create inequality in academic achievement among students from different backgrounds.

RESEARCH AND DISCOVERY

Avnet et al. (2019) conducted an important study on the relationship between parental support and students' academic achievement using a structural model approach. Their findings emphasized that parental involvement plays both a direct and indirect role in academic success. Directly, parental support influences students' study habits by increasing supervision, guidance, and academic monitoring at home. Indirectly, it affects psychological factors such as self-concept, motivation, and academic self-regulation, which are essential for effective learning. The researchers also found that parental involvement tends to decrease as children move from primary to secondary education levels. However, despite this decline,

parental expectations remain a strong predictor of academic performance. Students whose parents actively show interest in school activities, communicate with teachers, and monitor academic progress tend to develop stronger study habits such as consistency, responsibility, and time management. The study concluded that parental support is a multidimensional factor that significantly enhances students' academic engagement and achievement.

Lim (2021) examined how parental educational expectations influence students' academic performance and development. The study revealed that parents' aspirations for their children are strongly associated with higher academic achievement and improved study habits. Students whose parents maintain high expectations are more likely to develop goal-oriented behavior, discipline, and persistence in learning. Fan also highlighted that parental expectations encourage students to take responsibility for their education from an early stage, which leads to continuous academic improvement over time. Additionally, the study showed that parental involvement in educational activities—such as helping with homework, discussing school progress, and encouraging effort—contributes to better academic outcomes. Overall, Fan concluded that parental expectations act as a motivational force that enhances .

Sharma (2024) investigated the academic performance of East Asian students and found that their success is strongly linked to family values, parental expectations, and home learning environments. Their research demonstrated that parents who actively participate in their children's learning process help establish structured study habits and positive attitudes toward education.

The study emphasized that cultural and family values play a significant role in shaping students' academic behavior. In households where education is highly valued, children are more likely to develop consistent study routines and strong academic discipline. Parents' involvement in home-based learning activities, combined with high expectations, was found to significantly enhance students' performance across different academic levels. The researchers concluded that parental support is a key factor in developing both effective study habits and long-term academic achievement.

Solutions

One effective solution is to promote balanced parental involvement in education. Parents should support their children without creating excessive pressure or control. This can be achieved by allowing students to take responsibility for their own learning while still providing guidance when needed. Encouraging independence helps students develop self-discipline, confidence, and stronger study habits, which ultimately improves their academic performance.

Another important solution is to improve parental awareness and education about effective support strategies. Schools and educational institutions can organize

workshops, seminars, or parent–teacher meetings to guide parents on how to support learning in a healthy and productive way. Parents should be encouraged to focus on the learning process rather than only grades, and to use positive reinforcement, motivation, and constructive feedback to support their children.

A further solution is to address socio-economic barriers through school and community support systems. Schools can provide additional academic resources such as tutoring programs, libraries, and digital learning tools for students from low-income families. Community initiatives and government programs can also help reduce inequality by ensuring that all students have access to necessary educational materials. This support can reduce the gap in academic achievement and ensure fair learning opportunities for everyone.

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