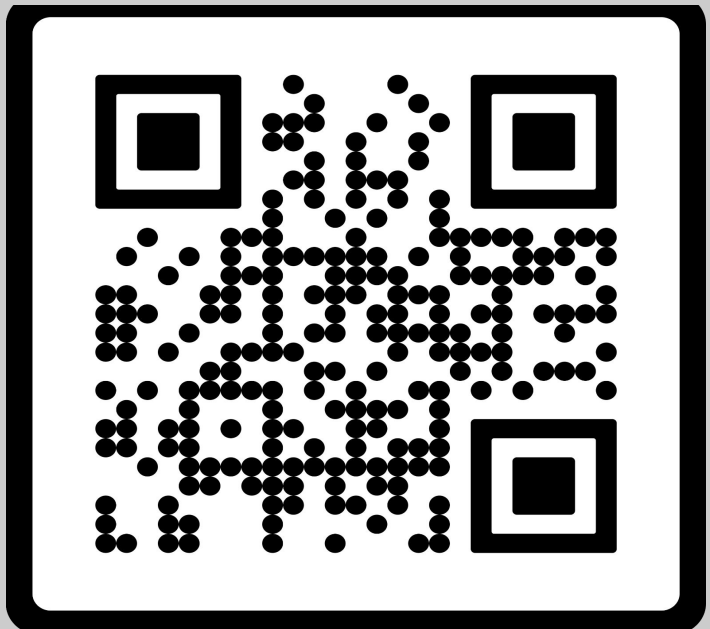


# Reading Habits Among College Students at Binghamton University

## The Source Project: People, Politics and The Environment

References



By: Casey Nyvall

### Background

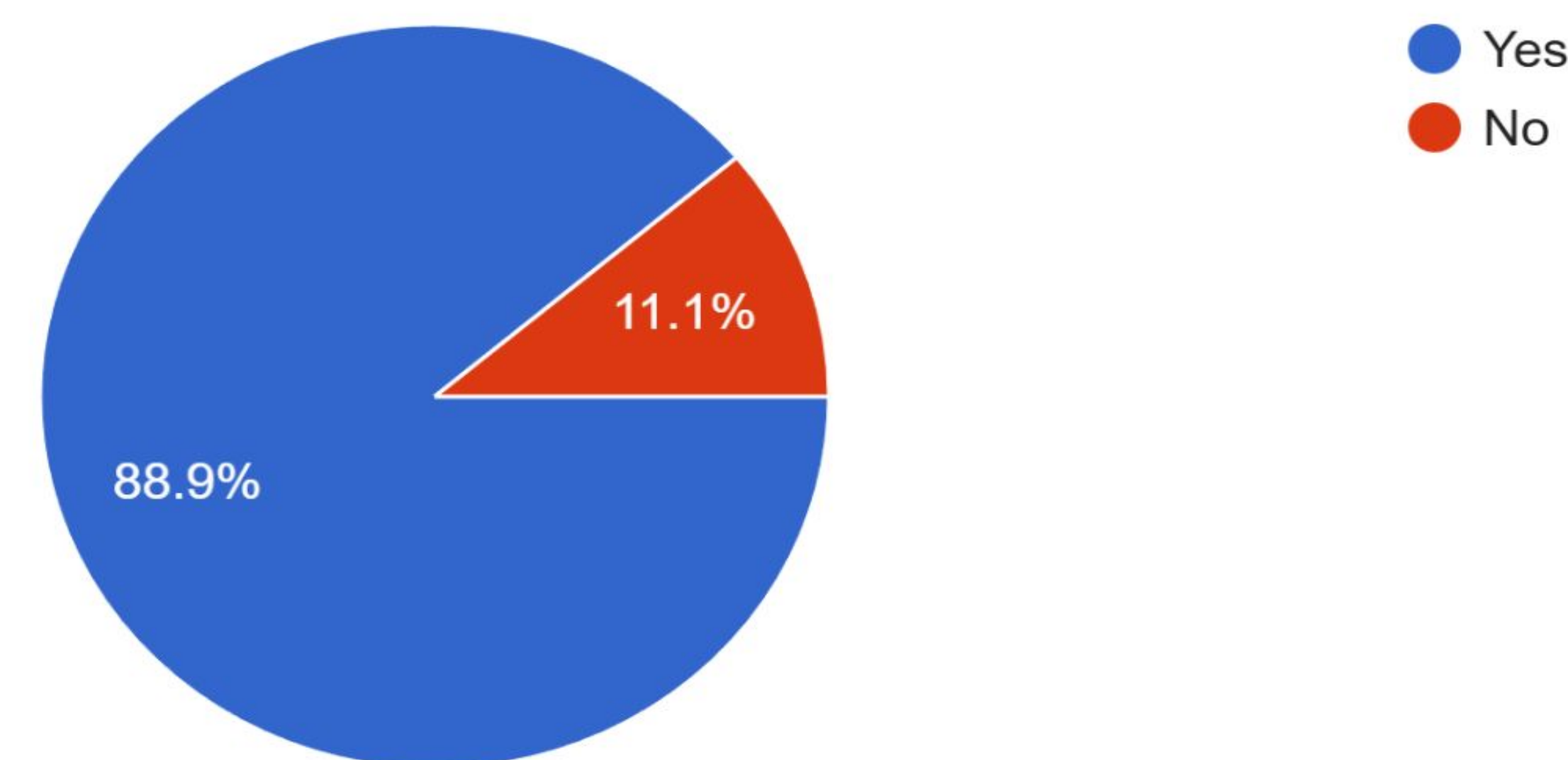
Today's young adults are tomorrow's leaders and creators, and literacy is integral to understanding the world, as well as the people within it. Although children's literacy is greatly valued in the scientific community because of its positive effects on social skills and mental development, little research has been done on the reading rates of adults. My research strives to discover whether or not childhood reading habits are consistent with adulthood reading rates, through studying college students. Do older or younger students tend to read more? Does a student's major impact their desire to read books? My survey points to the answers to such questions within the Binghamton University community.

### Methodology

I combined the idea of doing a large-scale survey with my interests, and decided I wanted to focus on book-reading as my topic. Perhaps unsurprisingly, surveys provide insight into this issue, since they allow for the assemblage of raw data, wherein everyday people share their relationship with book-reading. Surveys are particularly useful in identifying trends both over time and across demographics, lifting this study to the status of an expert survey. I included questions on the student's year, major, and the level of encouragement to read they received in their households as children.

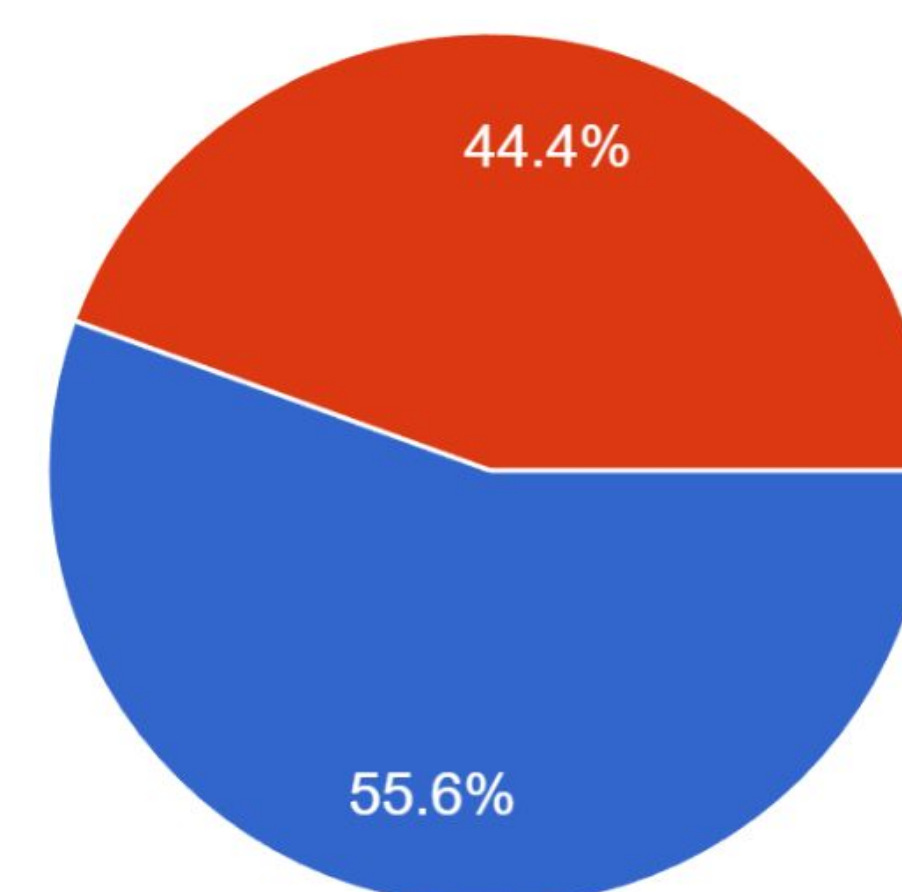
Did you read for enjoyment during middle school and/or high school?

18 responses



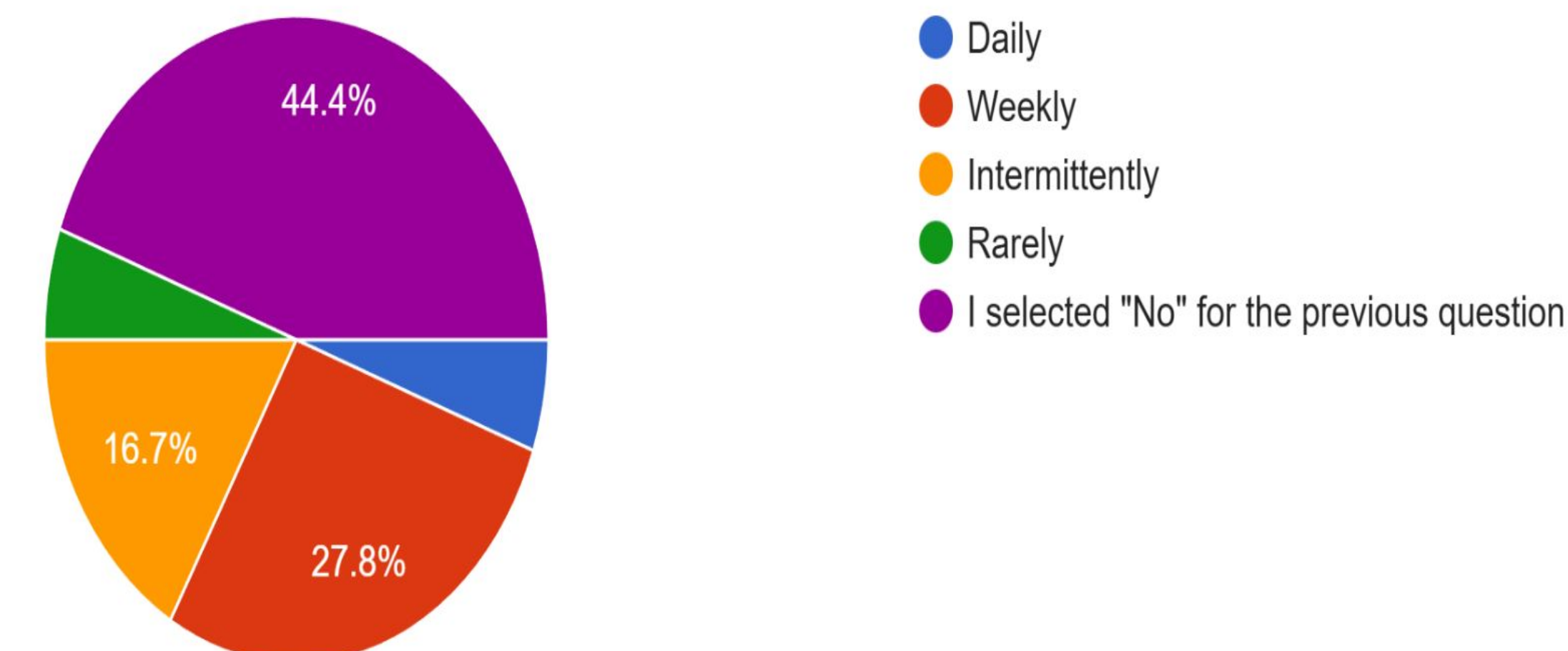
Do you currently read for leisure?

18 responses



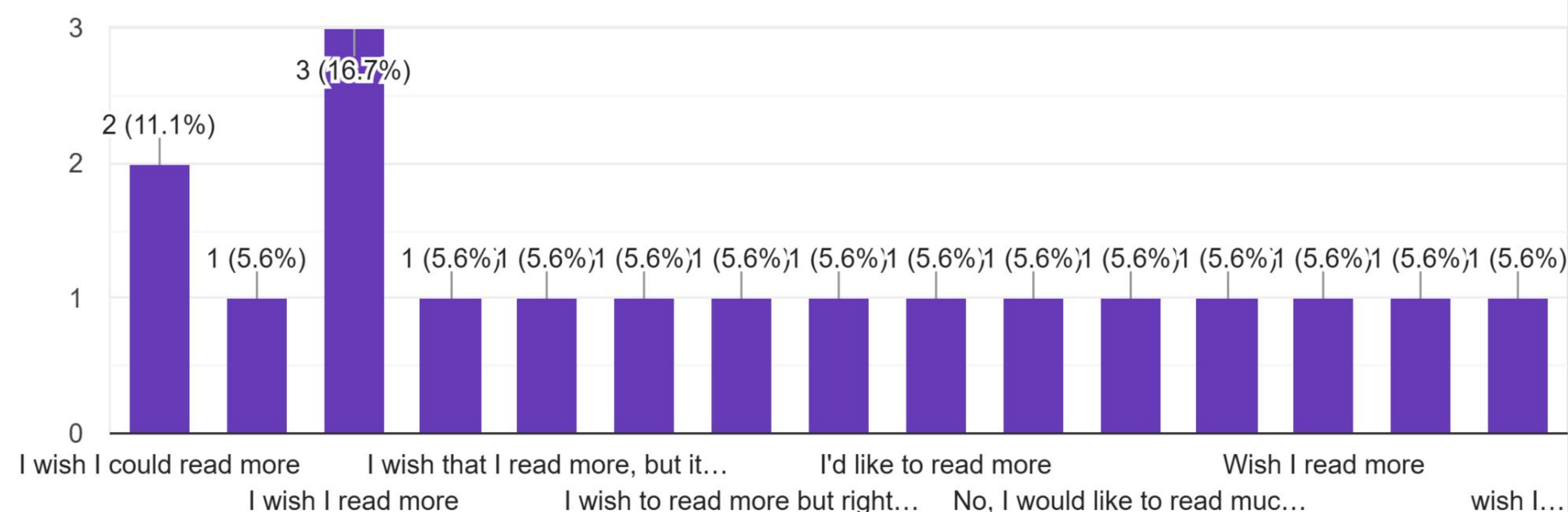
If so, how often?

18 responses



Are your reading habits developed to where you would like them to be, or do you wish you read more?

18 responses



### Conclusion

The results indicate an overall dissatisfaction with reading habits among respondents; a common theme is that respondents wish they read more. Variation occurs in the reasons respondents state they do not read as much as they like. Nine respondents stated procrastination as their reason for a below-ideal reading rate, while eight stated college was the cause, and one respondent attributed COVID-19 lockdown to the problem. Over half of respondents do read for leisure, and ninety-four percent of respondents were encouraged to read during childhood.

### Further research

Further research could approach the topic from an alternate angle, focusing on the emotional benefits of reading as an adult, as the benefits of reading which correlate to mental acuity have already been examined. Perhaps adults who read struggle less with boredom and stress due to daily life, because they escape their lives inside a stories. Perhaps adult readers have better attention spans than non-readers, which allows them to face the challenges of life without becoming as distracted as they might otherwise be. This could improve relationships with others, as well as emotional maturity if reading increases patience overall. Another survey could ask respondents about their mental health, as well as their reading habits, in order to find a connection between the two.