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Original Research Article

Encourage reading habits in print & digital ages

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ABSTRACT

The habit of reading is an essential trait to create a well-educated society. Reading helps to develop good thinking techniques and produce new information. This article attempts to consider reading habits in the print and digital age. The development of healthy reading should remain a goal in education for students to be successful in their future studies and work life.

The purpose of this article is to analyze students' reading habits, see what benefits reading can bring to an individual, and investigate the effect of screen time has on reading.

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1. Introduction

The habit of reading is a behaviour that induces an individual to read books for knowledge or entertainment or just to pass the time. Reading is pursued not only to promote knowledge but also for educational purposes such as exams, references, projects, and also for information. Subjects such as Medicine, Technology, History, Social Sciences, Environmental Sciences, and Management studies are normally read for specific purposes. Reading also includes reading newspapers, weeklies, monthly publications, and even poems, essays, prose, etc.

Reading is important because it develops human mind. It helps you better understand the world around you. Reading different genres broadens the worldview and boosts self-esteem. It keeps mind active and improves creative ability. Reading also improves vocabulary and develops communication skills. For thousands of years, long before Gutenberg invented the printing press, access to written sources such as scrolls, historical records, or books for information was considered a luxury. The books were

copied by hand in a painstaking process before most were lost due to war, natural disaster, or neglect. However, Gutenberg's invention in the 15th century revolutionized the way books were reproduced and thereby changed people's reading habits. Today, in the 21st century, due to digital technology, world is experiencing another revolution. As the press did, technological boons like the Internet, smart boards, tablets, and e-readers are completely reshaping the reading and learning habits.

Technology has even changed the way libraries are used. For example, search is done online and book is also reserved online, before it is picked up in person. This, in turn, saves a lot of time. Some modern libraries even offer their members the opportunity to borrow e-books and gain online access to their databases. However, libraries that refuse to adapt to advanced technology risk becoming obsolete.

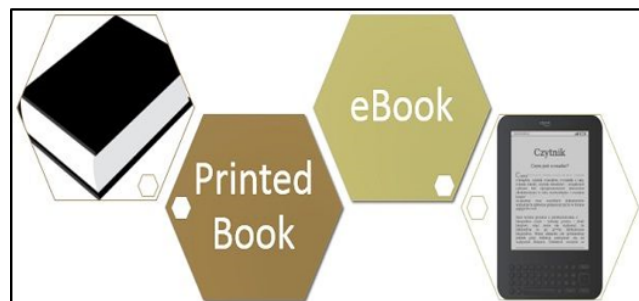
2. Information Resources: Print & Digital

Books play an important role in the life of a human being, laying the foundation for learning at an early age. In recent decades, not only has the appearance of books changed, but the way of reading books has also changed, mainly due to the digitization process. eBooks and audio books have

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become fashionable in recent years.



3. Print Books

66% of young adult readers find print books better. First, it has a friendly look. Second, they offer a more satisfying reading experience that connects the reader with the book. Finally, it requires no electric power.

Print books have the feel of a book that many readers love. One can hold it, turn the pages, and feel the paper. Illustrations on paper are generally higher quality than even high-end e-readers can reproduce.

4. E-Books

When a book is available digitally, it is called an e-book. The term "available" means the book is offered, archived, distributed and read in electronic format. The book includes text, graphics, tables, etc. that can be read on flat-screen or touch-screen devices such as desktops, laptops, tablets, mobile devices, or eBook readers.

E-books come with font style and size flexibility.

E-readers can store thousands of books on a single device.

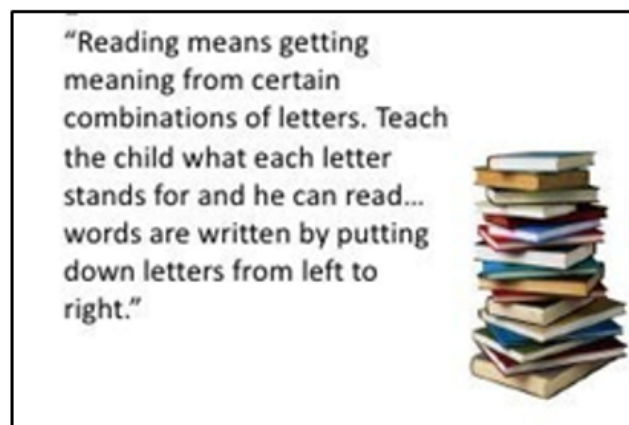
5. What is Reading ?

Reading is a multifaceted process that involves word recognition, comprehension, fluency, and motivation.

Normally the word "reading" refers to reading books. Reading is an action of a person who reads. The definition of reading has undergone many changes. In the past, reading simply meant extracting visual information from a given code or system. However, later on, reading became much more complex and involved understanding a complete text made up of written signs.

Table 1:

Basis for comparison	Printed book	Ebook
Meaning	A printed book is a literary publication comprising of pages bound together along single side and, protected by a cover.	A book that is transformed into electronic form, for reading on a dedicated e-reader or computer and handheld devices, is called an eBook
Book cover	Printed books have front covers and back covers.	eBook books have front covers.
Layout	Static	Dynamic
Cost	High	Comparatively higher
Footnotes and end-notes	Printed books contain both footnotes and end-notes	E-books contain end-notes
Storage	Storage space is required.	A device or application can contain many e-books.
Speed	After buying a book or picking it from the library, one can immediately start reading it.	It may require some time to load.
Sharing	Easy to share.	Sharing is not possible as a paid e-reader supports only one account.
Weight	Depends on the volume	Light weight
Search	Searching is a bit difficult	Searching is extremely easy



Reading, which is a long-term habit from the earliest years, is the main gateway to the hall of knowledge. It can be taken as a practice that helps people gain creativity and develop their critical thinking skills. In this sense, the habit of reading is an important tool for the development of the

personality and mental abilities of individuals. As well as personal and mental.

people are getting used to it. Now it is difficult for them to return to their old habit of reading. Especially the younger generation as they are very dependent on the internet. Part of the joy in the Amazon era is missing. Amazon changed the era of book publishing. People can access the content or summary of any book by reading book reviews and ratings. eBooks and audiobooks are the real game-changer.¹⁻³

It's the most important thing you can do to help you child succeed.	Books contain new words that will help build your child's language and understanding.	Reading together is fun and helps build relationships.
Why is reading important?		
The impact lasts a lifetime. Readers are more confident and have greater job opportunities.	Children learn by example, so if they see you reading, they are likely to want to join in.	Reading allows us to experience new things



Collection of comics

6. Reading is Dying ?

Gone are the days when men, women, and children buried themselves in books. Reading books are considered the most talked about topic among people. It was embarrassing when someone mentioned a book if the person didn't read it or couldn't think of it. How do you feel today when someone mentions movies or series that you have not seen or heard?

People were curious to read as many books as possible. People's morning routine began with the newspaper. Libraries, buses and trains were full of people reading newspapers.

There are also some advantages as you don't need to carry heavy books when you travel. The ebook or audiobook reader will help you store thousands of books on your device and take them with you. It has gained advantages such as storage space, cost, size, accessibility, and a number of books. But it has led to the addition of devices like e-book readers, smartphones, tablets, headphones, etc.



People reading newspaper

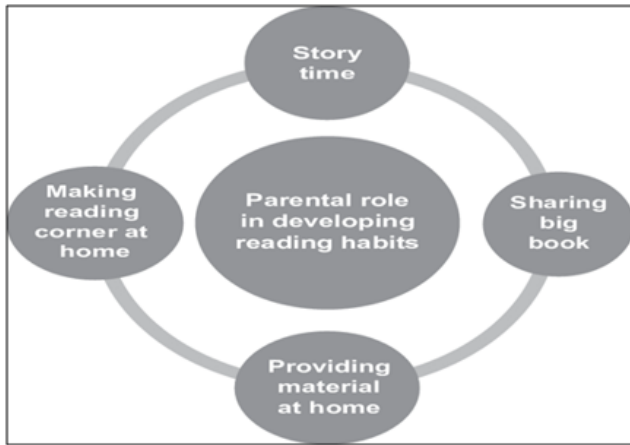


Knowledge from different mediums but knowledge just the same.

Comics were the most popular books among children. Each kid had a different collection of superhero comics (X-men, Batman, Superman, Green Lantern, Spiderman, etc.)

With one button you can view or read news online (e-paper). All newspapers are now available in digital format. People find it cheaper than buying and reading the newspaper. As electronic media have made things easier,

Parents and teachers should take the initiative to develop reading habits in their children. Habits instilled from childhood transform the boy into a better man. You have to give books as a birthday present or to get good grades in school.⁴⁻⁷



If parents and teachers knew how reading benefits their children and students, they would go out of business buying books.



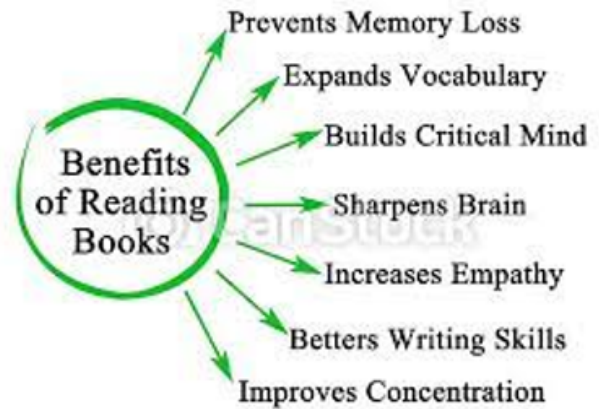
In today’s world, video games, social networks, and various types of entertainment have left behind the habit of reading. A recent study shows that the average time spent watching videos on Facebook, Instagram, Twitter, or YouTube is 5-6 hours if TV is not included.

So is reading dying, or is it just the usual change in leisure patterns that will eventually catch on?

7. Reading & Health Benefits

Reading is a valuable skill for gaining knowledge, but it has many other important benefits. Although engaged readers, both young and old, are often aware of the knowledge they are gaining from reading a text, they may not be aware of all the other valuable skills they are developing at the same time. The benefits of reading include improving language skills, especially if the reading material mixes familiar

and thought-provoking concepts. Vocabulary, grammar, and syntax advance with reading, which improves speaking and writing skills.



Constant reading strengthens connections in the brain, improves memory and concentration, and can even help you live longer. Reading can also reduce stress levels and prevent age-related cognitive decline. To learn more, take the time to pick up a book every day, both while traveling & before bed.



Reading is a very beneficial exercise for our brain and our mind since it could help the human brain to carry out all its functions in the most correct way possible. When people read regularly, they force their minds to think more; as a result, it allows the reader to be more insightful. It should be noted that reading is a complex process during which we use both hemispheres of the brain. At the same time, the Corpus Callosum is activated, which is the tissue that connects the two hemispheres. Doing so contributes to a better exchange of information between them. Reading can also be beneficial for the respiratory or cardiovascular system since it activates the frontal lobe, on which all the automatic functions of the body depend, such as breathing or the functioning of the heart.

The benefits of reading are many and are actually confirmed by scientific research. Without the book, no man will know its course through the centuries. Libraries are "the memory of mankind" as books contain all the memorable events of the past. Obviously, any nation that does not know its history is doomed to extinction and spiritual torpor because knowledge is power. The book significantly leads to the realization of the human personality. Readers gain valuable information about the course of life and their imaginations can be stimulated. It is a means of entertainment and usually appears as the person's best friend. It keeps people company during hours of boredom and loneliness. Books are not only a means of entertainment, art, and deepening people's spiritual horizons, but they are also a valuable tool for solving many kinds of problems that people face in their life. Reading, experts say, can help us fight obesity, relieve stress or even prevent Alzheimer's disease.



1. *Help people reduce stress:* According to recent research from the University of Sussex, "Even 6 minutes of reading a day is enough to avoid 2/3 of the daily stress a person faces. "Getting lost" in the pages of a book leads to absolute relaxation. In particular, according to experts, reading a book before going to bed is an activity that relaxes people and helps them cope with any stressors." In fact, this method is considered very effective in treating anxiety.
2. *Helps Concentration:* The habitual reader of books acquires the ability to pay full attention to what he is doing and to think in a practical, effective, and

objective way. He also develops the ability to make decisions and solve problems.

3. *Helps people fight insomnia:* The habit of reading books before bed helps regulate the biological clock and sends the signal to the brain that it is time to sleep.
4. *Helps to cure stroke:* according to experts, reading makes the brain able to resist any damage, including stroke, because its "forces" readers to use alternative synapses, that is, connections between neurons in the brain.
5. *Helps prevent obesity:* Experts at Duke's Children's Hospital have found that reading literature can help obese children lose weight. "Scientists gave a novel called 'Lake Rescue' to obese girls between the ages of 9 and 13 who had already been on a weight loss program so they could read it. The novel was carefully chosen by pediatricians for this very purpose. The heroine of the book was an obese girl with a very strong personality. After reading the book, the girls adopted a healthy lifestyle and managed to lose weight and reduce their body mass index (BMI) after 6 months."

8. Reading Culture

What do we mean by reading culture? Simply put, it is an environment where reading is valued, promoted, and actively encouraged.

Teachers have long known that children who read for pleasure do better in school. This is confirmed by research showing that reading makes a big difference to literacy and academic achievement. Reading also introduces new perspectives and ideas to young people, helping them make connections across the curriculum.

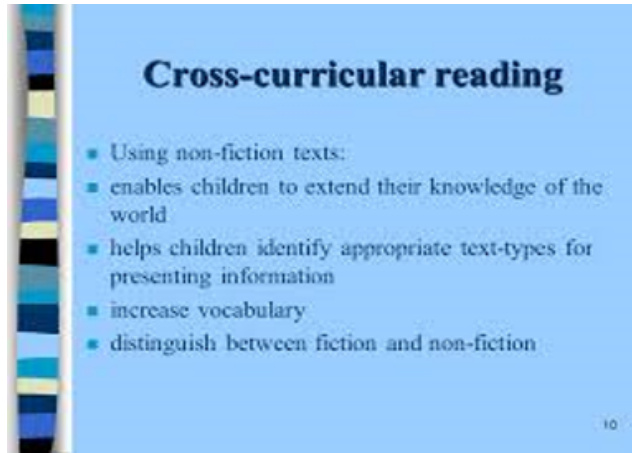
9. Types of Reading

9.1. Curricular reading



Plural form of curriculum. The definition of curricula is the set lesson plans for a class, the classes required for a

major, or all the courses available at a college. An example of curricula is all the lessons to be taught to a class of first-graders during the school year.



Cross-curricular reading

- Using non-fiction texts:
- enables children to extend their knowledge of the world
- helps children identify appropriate text-types for presenting information
- increase vocabulary
- distinguish between fiction and non-fiction

9.2. Cross-curricular reading

In brief, cross-curricular reading instruction provides authentic, ongoing, multidimensional opportunities to assess students' progress, participation, and achievement. While it is important for students to enjoy thematic exploration, it is just as critical that teachers know what their students have learned.

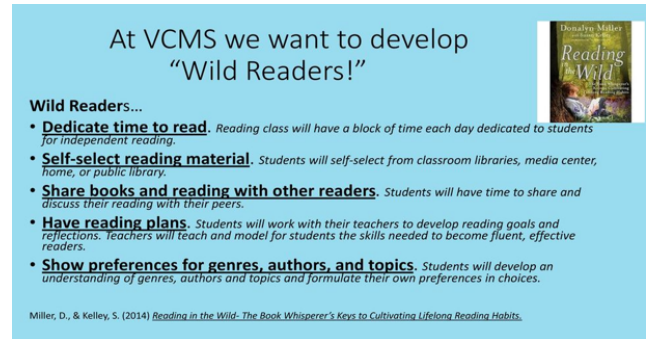


Pleasure reading means any reading that is primarily for enjoyment. It encompasses a wide range of genres and publications and includes both fiction and nonfiction.

9.3. Pleasure reading

Reading for pleasure has many non-literacy benefits and can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life (The Reading Agency 2015)

9.4. Wild reader



At VCMS we want to develop "Wild Readers!"

Wild Readers...

- Dedicate time to read.** Reading class will have a block of time each day dedicated to students for independent reading.
- Self-select reading material.** Students will self-select from classroom libraries, media center, home, or public library.
- Share books and reading with other readers.** Students will have time to share and discuss their reading with their peers.
- Have reading plans.** Students will work with their teachers to develop reading goals and reflections. Teachers will teach and model for students the skills needed to become fluent, effective readers.
- Show preferences for genres, authors, and topics.** Students will develop an understanding of genres, authors and topics and formulate their own preferences in choices.

Miller, D., & Kelley, S. (2014) *Reading in the Wild: The Book Whisperer's Keys to Cultivating Lifelong Reading Habits*.

9.5. How do users read on the web?

They don't people rarely read web pages word by word, instead, they scan the pages, picking out individual words & Sentences

10. Features of Google Books Search



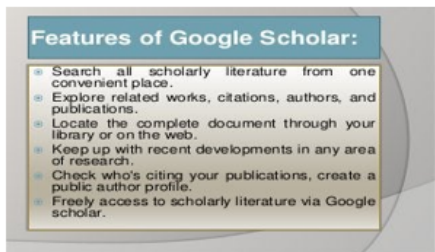
Features of Google Books Search

- Search options
- View options
- Download
- Search from an entire content of a book
- Get This book (Buy or Borrow)
- Maps
- Other editions

The screenshot shows the Google Books search results page for the query 'Paul Farmer'. It displays search options, view options, and a list of search results. The first result is 'Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would...' by Tracy Kidder, with a star rating and a brief description. The second result is 'Explorations and Adventures in Honduras, Comprising Sketches of Travel in...' by William Vincent Wells, with a star rating and a brief description. The third result is 'Golden Boy: Memories of a Hong Kong Childhood' by Martin Booth, with a star rating and a brief description.

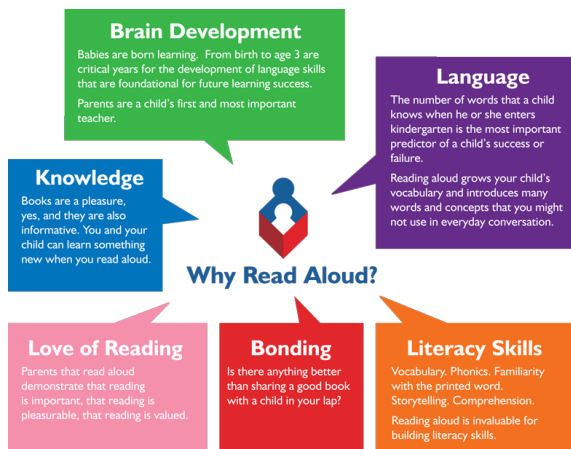
Google play an important role in reading E.g. Google Book, PDF format

11. Features of Google Scholar



Library Resources	Google
Types of Information you can find:	
<ul style="list-style-type: none"> Scholarly Journal Articles Newspaper Articles Reviews Empirical Evidence Primary Sources 	<ul style="list-style-type: none"> Popular, commercial, educational websites Current news & events Directories Few free journal articles & books
Credibility & Review:	
<ul style="list-style-type: none"> Subject specific books & articles Peer reviewed resources Evaluated for accuracy & credibility 	<ul style="list-style-type: none"> Anyone can publish Not always evaluated for accuracy & credibility
Discovering Information:	
<ul style="list-style-type: none"> Use limits and other database functions, and subject headings to discover material 	<ul style="list-style-type: none"> Less ability to search for more precise & accurate results

12. Important tools for Reader Advisory



वाचाल तर वाचाल

Five facts about reading:
 rumpusantoso:

- Fact 1: Reading can make you a better conversationalist.
- Fact 2: Neighbours will never complain that your book is too loud.
- Fact 3: Knowledge by osmosis has not yet been perfected. You'd better read.
- Fact 4: Books have stopped bullets - reading might save your life.
- Fact 5: Dinosaurs didn't read. Look what happened to them.



13. Summary

Each child is unique and would have different tastes in books, it is unfair to expect all children to enjoy the same types of books, without recognizing individual interests."

The library contributes to education by promoting reading, expanding learning resources, developing learning skills, developing critical thinking, developing values, attitudes and helping with development tasks, among others. The library should provide innovative and creative services with the aim of capturing the interest of students, attracting them to the library and motivating them to develop the habit of reading, Promote reading activities: attractive brochures, newspaper advertisements, storytelling competitions, book talks competitions, Open Access Service, Reader's Corner, Book Club, Book Exhibitions.

Reading affects our attitudes, beliefs, norms, morals, judgments and conduct in general; It shapes our thinking and our actions. The purpose of reading is to connect ideas about the text with what is already known. The reader must understand the argument that he has read to connect the ideas.

14. Source of Funding

None.

15. Conflict of Interest

None.

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