

## **COGNITIVE HABIT**

### **ABSTRACT**

***Problem state:*** Habit is a natural process that ends in the nervous system's "getting used to" long-term and repeated stimuli or nervous system's "getting bored" of them. When individuals make a response to an event or a phenomenon they have encountered, they tend to make a similar response to the same effect every time they have encountered it. It is an expected result that students behave in accordance with their pre-learning in examinations. If this response is reinforced, the continuity of that behavior can be increased. In this study, an answer was sought to the question of whether individuals, when asked not to give the same response in the face of some behaviors that have been cognitively learned and reinforced, would give the response that they have learned before but now is undesirable.

***The purpose of the study and research questions:*** Even if they were asked definitely not to answer a test consisting mostly of absurd questions, would the students answer the questions all the same?

***Method:*** Qualitative and quantitative research methods were used in the study. The data were collected from 169 first year students attending the Nursing and Midwifery Department of Health Sciences Faculty at a university in Turkey. Population and sample were not assigned. Moreover, after administering the study, students were asked whether they had read the instructions or not and why they answered or did not answer the questions.

***Findings:*** A significant majority of the nursing and midwifery students answered the test. 119 students from the Nursing department and 18 students from the Midwifery department did not answer the test as they had read the instructions and found the questions absurd.

***Suggestions:*** New experimental and comprehensive studies can be conducted in this regard.

***Key Words:*** Cognitive habit, test

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