

This study examined the effect of study habits on the academic performance among public Junior High Schools in Ekumfi District in the Central Region of Ghana. It adopted the Study Habits Inventory Theory postulated by Bakare (1977). The mixed sequential explanatory approach was followed in the conduct of the study where both quantitative and qualitative data were collected and analysed. The multi-stage sampling procedure with the use of proportionate stratified random sampling and convenience sampling techniques were used to select 475 students' even though 380 were correctly filled and therefore used for the study. Structured questionnaire, semi-structured interview guide and checklist were used as instruments for data collection. With the aid of the Version 20 of the Statistical Product for Service Solution (SPSS), descriptive statistics (mean, standard deviation) and inferential statistical tools such independent sample t-test, one-way ANOVA and Multiple Regression were used to analyse the quantitative data whilst the thematic approach was used to analyse the qualitative data. The findings of the study revealed that study habits significantly accounted for 44% variance in students' academic performance. It further showed that reading and note taking ($\beta=0.605$, $p=0.000$) and time management ($\beta=0.133$, $p=0.001$) made unique significant individual contribution to academic performance whilst the contribution of examination ($\beta=0.011$, $p=0.830$), homework and assignments ($\beta=0.036$, $p=0.529$), and concentration ($\beta=-.039$, $p=0.394$) did not individually contribute significantly to academic performance. Besides, the study hypothesis disclosed that apart from gender and age, the circuit and form significantly impact on their academic performance. It was recommended that the Ministry of Education and the Ghana Education Service should pay attention to study habits of students so as to heighten academic performance of students in Ekumfi District. **KEYWORDS:** Study Habits, Academic Performance, and Junior High School