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ABSTRACT

The focus of this study is on "effective habits", which is believed to have effect on the lives of individual thus affecting the organisation and society as a whole. The study is confined to identifying the level of practice of the "effective habits" advocated by Covey. The influence of demographic variables on the practice of these habits is also examined. Data were collected from 170 consulting engineers in the Klang Valley.

From the study, it was found that consulting engineers have a good practice of all the "effective habits" with Habit 7 (Sharpen the Saw) the most practised and Habit 1 (Be Proactive) the least practised. It was also found that variables "sex", "education level" and "race" were the only significant predictors of the practice of combined "effective habits". Male engineers registered a significantly higher level of habits than female engineers. The practice of combined effective habits was found to be dependent on the variables "sex", "age", "race", "marital status" and "education level". It was also found that variables "education level", "age", "race" and "sex" showed a significant difference in the means of combined effective habits.