

## Time Management and Academic Achievement of Under Graduate Students

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### ABSTRACT

Time management is an important thing in human life because it is only a things in human life which cannot change by the human. Good time management leads to improved efficiency and productivity, less stress, and more success in life. One can't get back time lost or gone Nothing can be fill in for time. Using time effectively is really self-administration. The abilities that human needs to manage others are the same abilities that are expected to manage themselves. The purpose of the present study was to explore the relation between time management and academic achievement of under graduate students. The Sample for the present study consists of 250 students taken from different colleges in Bhopal Madhya Pradesh and the sample consists of 250 students [90 male and 160 female] .Time management scale was prepared and validated by Prof. Rajesh Sahu. (NIR Institute of Management Bhopal Madhya Pradesh). The investigator used this tool to assess Time management. Personal data sheet was prepared by the investigator. Chi squire test were used for analyzing the data. In conclusion, according to student's perception there is significant relationship between the Time management and Academic achievement of Under Graduate students.

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## 1. INTRODUCTION

The students should manage their curriculum and achieve learning objectives, time management behaviors or skills are argued to improve the positive academic output. The synchronization of tasks and activities to optimize an individual's efforts is known as time management. The main goal of time management is to allow individuals to complete more, better work in less time.

Educational outcomes are impacted by significant psychological aspects. Test anxiety and self-efficacy are two of these variables that are relevant to this study.

### Definitions of Time Management by different author

Smith defined time as “a continuum in which events succeed one another from past through present to future.” (Murthy, 2006).

According to Peter F. Drucker (1909-2005), “Time is the scarcest resource of the manager, if it is not managed, nothing else can be managed” (Alex, 2009). Smith stated that, “Controlling your life means controlling your time and controlling your time means controlling the events in your life” (Murthy, 2006).

## Why Time Management is an Importance for Students What is academic achievement

### Significance of the Study

Time management is quickly growing in importance in both personal and professional lives, from upper management to supervisors at the operating level. When it comes to project and operational cost savings, effective time management is invaluable. Making the best use of our free time is the goal of time management.

It's critical to understand that the quantity of time at our disposal is fixed, and the only thing we can alter is how we spend it. We can escape this captivity and fit more into the allotted time if we take time management seriously. To make the most of the little time we have available, we must change our routines and perspectives. Since time lost cannot be recovered. Setting reasonable deadlines and goals for ourselves on important assignments is an important part of time management for students. Make sure we are not placing ourselves in a position where we are unable to fulfill our deadlines; doing so will just increase our stress levels and make things harder to finish.

People now need to prioritize their to-do lists and lists. Examine the whole situation to ascertain which areas require the greatest amount of time and effort, as well as which initiatives can wait. Think about things like the assignment's due date, difficulty level, and impact on your overall grade. List all of these chores now, arrange them from most to least important, and get to work on them.

Overall life quality is increased by efficient time management. This is mainly because time management makes it easy to handle some of the most prevalent issues, like stress and a lack of time for hobbies. One can live a calm, tension-free existence when they are adept at managing their time. This is so that the person doesn't feel worn out at the end of the day. Time management is centered on allocating the necessary amount of time for each task. As a result, having good time management enhances life quality. Thus, undergraduate students must understand time management. Thus, the investigator has chosen to look into this subject.

## 2. REVIEW LITERATURE

The objective of preparing low-restless and self-effectual understudies can be accomplished by utilizing extraordinary techniques. As per **Water worth (2003)**, understudies who followed survival techniques connected with time-usage abilities had lower levels of test-tension. There are a few different examinations which inspected the connection between using time productively and test-tension. That's what their outcomes showed time-usage diminishes test-uneasiness. For instance, **Abdel-Aziz, Eid and Safan (2012)** in a review inspected the connection between test-nervousness and time-usage abilities among 776 Staff Nursing understudies. The outcomes demonstrated that there was a negative relationship between's test-uneasiness and all parts of time-usage abilities.

Also, **Sannsgiry and Sail (2006)** analyzed the relationship between understudies' view of course load, their capacity to oversee time and test tension. This study was led on 198 Drug store understudies at the College of Houston. As indicated by the outcomes, test-nervousness was decidedly associated with understudies' view obviously load and was adversely connected with their capacity to oversee time with course work.

## 3. RESEARCH METHODOLOGY

### Objectives

The study is aimed to achieve the following specific objectives:

1. To know about any important difference between female and male under graduate students in their time management.
2. To know about any important difference between female and male under graduate students in their academic achievement.
3. To know about whether there is any important relationship between time management and academic achievement under graduate students.

### Hypotheses

In line with the above-stated objectives, the following hypotheses are laid to provide a direction to the study:

H<sub>1</sub>: There is significant difference between male and female Under Graduate students in their time management.

H<sub>0</sub>: There is no significant difference between male and female Under Graduate students in their time management.

H<sub>2</sub>: There is significant difference between male and female Under Graduate students in their academic achievement.

H<sub>0</sub>: There is no significant difference between male and female Under Graduate students in their academic achievement.

H<sub>3</sub>: There is significant relationship between time management and academic achievement of Under Graduate students.

H<sub>0</sub>: There is no significant relationship between time management and academic achievement of Under Graduate students.

Overall life quality is increased by efficient time management. This is mainly because time management makes it easy to handle some of the most prevalent issues, like stress and a lack of time for hobbies. One can live a calm, tension-free existence when they are adept at managing their time. This is so that the person doesn't feel worn out at the end of the day. Time management is centered on allocating the necessary amount of time for each task. As a result, having good time management enhances life quality. Thus, undergraduate students must understand time management. Thus, the investigator has chosen to look into this subject.

## 4. ANALYSIS AND FINDINGS

### Demographic Profile of the Respondents

Since undergraduate students are the target population, it is not surprising that the majority of respondents, according to the demographic profile derived from the responses, are in the 20–29 age range. Gender: Of the respondents, 64% are women and the remaining 35% are men. Each and every respondent has an undergraduate degree.

To interpret the raw data, analyses were done using the chi-square test. The results of the analysis are presented in Tables 1, 2, 3, and 4.

To test whether There is no significant Difference Between Male and Female Students in their Time Management. The following table - 1 shows the responses from the respondents.

Time Management	Gender		Total
	Male	Female	
Yes	68	125	193
No	22	35	57
<b>Total</b>	90	160	250

**Table 1 - Differences in Time Management Between Male and Female Students**

The null hypothesis is accepted since the computed chi-square value of 2.0475 is less than the table value of 3.841 at the 1df and 5 level of significance. Therefore, there is no discernible difference in the way that male and female students manage their time.

To determine whether the academic achievement of male and female pupils is the same. The replies from the respondents are displayed in table 2 below.

Academic achievement	Gender		Total
	Male	Female	
Yes	29	144	173
No	61	16	77
<b>Total</b>	90	160	250

**Table 2 - Differences in academic achievement between male and female students**

The calculated value of Chi Square is 69.633 which is greater than the table value 3.841 at 1df of 5% level of significance and thus the null hypothesis is rejected. Hence, there is a Difference between male and female students in their academic achievement.

To test whether There is no significant of time management and academic achievement is average. The following table 3 shows the responses from the respondents.

	Gender		Total
	Male	Female	
Time Management	48	139	187
Academic achievement	42	21	63
<b>Total</b>	90	160	250

**Table 3. Level of time management and academic achievement of Undergraduate students.**

It is a result from Table 3 that, the null hypothesis is rejected since the computed chi-square value of 33.1149 is higher than the table value of 3.841 at the 1df and 5% level of significance. Thus, there is a strong correlation between

undergrad students' academic success and time management.

**5. LIMITATIONS AND SCOPE OF FUTURE RESEARCH**

There are certain limitations to the current investigation. First off, there were only a limited number of subjects because the researchers could only interview Management students from various colleges in Bhopal, Madhya Pradesh. There were restrictions on both the quantity of subjects and the amount of time available for time management. The researcher only asked a few questions to see the outcome. Second, only colleges in Bhopal, Madhya Pradesh, were included in this survey.

As such, extrapolating the study's findings to other student groups was not possible. Ultimately, because the current study only included undergraduate students in the age range of 20 to 29, its findings could not be applied to students in other age groups or skill levels.

The field of education is expected to be affected in some way by the study's conclusions. Teachers are one of the key stakeholders in this industry. Given the critical roles that test anxiety and self-efficacy play in students' performance and accomplishment, educators ought to make every effort to reduce test anxiety and raise students' self-efficacy.

By applying the study's findings, educators can use a portion of the classroom period to teach time-management skills, resulting in more confident students who can demonstrate their actual knowledge without experiencing severe exam anxiety. Regarding education, universities and other institutions are affected as well. It is better for universities and other educational institutions to think about including time-management training in their curricula in order to teach highly self-efficacious, less test-anxious students who demonstrate great academic achievement.

One more implication of this study is for research field. The findings of the study can encourage interested researchers to conduct further research in a few new regions that were not examined in the current review; some of them are presented as follows:

- 1- Researchers can replicate this study by larger number of other stream students various degrees of Capability and analyse them.
- 2- Researchers can include age variable in their studies.
- 3- Further research can be carried out to identify the role of students' gender on students' time management and its effect on their test-anxiety and self-efficacy

**6. CONCLUSION**

This study aimed to find the impact of time management on the academic performance of students among the different colleges in Bhopal Madhya. The majority of pupils who responded to the survey were female. Students felt that organizing their studies ahead of time had improved their

academic achievement. Less than half of the students, for a variety of reasons, did not agree that they manage their time. Students in this survey concurred that having irregular sleep patterns makes them feel lethargic and impairs their ability to manage their time. According to a student, getting less good sleep hurts pupils' academic performance. Reducing procrastination and improving time management can help students do better academically, experience less worry, and be more equipped for their future. This was discovered in a previous study on college students.

Thus, it is reasonable to conclude that undergrad students' academic achievement and time management have a substantial relationship, and that time management training can be beneficial and constructive in the fields of education and research.

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