An Investigation of the Impact of Time Management on Personal Life and Study of Students. A Case Study of Institute of Business Administration (IBA), University of Sindh

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Abstract

The main objective of this paper is to analyze the impact of time management on university students' education and personal life. The aim of this paper is to further broaden current knowledge in the field of time management and its relationship with effectively managing personal life and study as a student. In this paper, we have used Structural Equation Model to test our hypothesis. This study concluded that time management significantly affect study and personal life of students. This research will be helpful for university students and their parents in identifying the importance of time management for successfully managing their personal and academic life.

Introduction

Time management has always been a vital factor for achieving success in life. In daily life, every human being has different priorities and schedules. Following a proper schedule implies that they have managed their time well. In daily routine life, every work has its own importance. Time management helps in organizing a routine which reduces complications in life and maintains balance by increasing productivity. Students are the building blocks of development and prosperity of a nation. It is essential for students to manage their time properly to maintain their activities and daily routine effectively which helps them achieve their goals. For better time management, students must follow a schedule to achieve higher grades.

Study is to learn and explore knowledge. Study has always positive effects on students as it gives them good reputation and self-respect. Learning is a life-long journey. Students seek knowledge and gain remarkable achievement through learning. Time management for studies has been effective in making students' life easier by scheduling semester activities i.e. class timings, submitting assignments on time, maintaining social activities during studies, organizing time for study and exams, completing projects and assignments on time, and managing study habits during work etc. The aim of this paper is to further broaden current knowledge in the field of time management and its relationship with effectively managing personal life and study as a student.

This paper is divided into five sections. The first section gives a brief overview of the topic. The second section discusses the literature. In the third section, methodology of the study is discussed. Results and analysis is stated in section 4. In the final section, conclusions and suggestions are given.

Significance

Only limited empirical literature has examined the relation of time management on personal life and study in higher education. Most of the academic literature studied time management from the perspective of academic performance in terms of grades in schools. There is dearth of academic literature on impact of time management on study and personal life of university students.

Literature Review

a) Study

Time management plays significant role for study as good study habits require proper management of time. It involves activities such as making daily or weekly schedules for each semester and following it, reading on daily basis, submitting assignments on time, and preparing for exams. Misra and McKean (2000) found significant impact of time management on student life. Their study found negative correlation between academic stress and time management which proves that proper management of time in student life reduces academic stress as students prepare for exams and perform other academic activities on time. Talib and Sansgiry (2012) examined and found significant relationship between academic competences, test competence, time management, strategic studying, and test anxiety with academic performance taken as GPA (Grade Point Average).

Al Khatib (2014) determined the relationship of time management with stress, gender and academic achievement of students from al Ain University of Science and Technology. Research respondents were 352 college students. The result of this research showed that there is negative relation between time management and perceived stress. Time management has been more significant indicator for academic achievement. Research conducted by Sevari and Kandy (2011) worked on the time management skills that influence self-efficacy and academic achievement. Their study concluded that those students who have taken training of time management skills have high self-efficacy as compared to those who have not taken training as the time management skills increases its influence of self-efficacy.

Time management is about managing activities in limited time. Various skills are used to acquire achievements in university level and real life by doing proper work. Tanrıöğen and Işcan (2009) used linear regression and standard deviation techniques to analyze the survey data and found time management has not one direction. The result revealed that positive time management attitude help in acquiring achievement in all direction. Time management involving positive attitude can help to establish skills of time management in students.
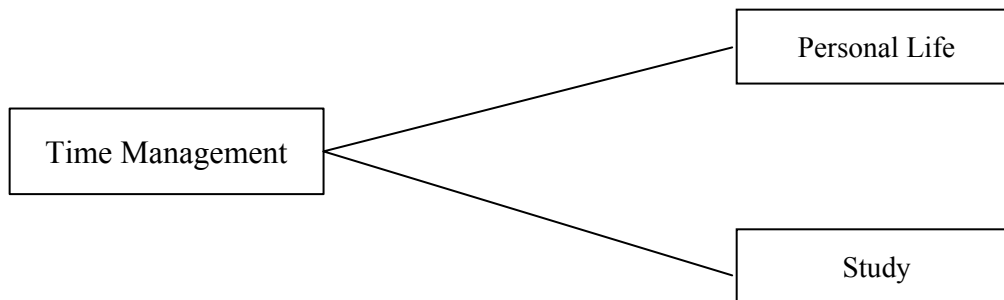
Hamzah et al. (2014) investigated the association of time management with external motivation and its effects on academic performance reflecting academic grade, achievement and accomplishment found significant relationship. Britton and Tesser (1991) have focused on the relationship between time management practices and academic performances from the perspective of GPA and SAT score by using short-term planning, long-term planning and time attitude variables. They used regression analysis for the study and concluded time management practices affect college achievements of students.

b) Personal life

Alay and Kocak, (2002) studied the impact of time management on personal planning, time attitude and time wasters and reported significant relationship. George (2012) also found significant association between personal planning and time management. Effective personal planning leads an individual towards the achievement of goals and targets.

Only limited empirical studies have examined the association between time management and academic performance at higher education level such as universities. There is dearth of academic literature on impact of time management on study and personal life of students.

Theoretical Framework

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                                                    ┌─────────────────┐
                                              ┌─────│  Personal Life  │
                                              │     └─────────────────┘
┌──────────────────────┐                      │
│   Time Management     │──────────────────────┤
└──────────────────────┘                      │
                                              │     ┌─────────────────┐
                                              └─────│     Study       │
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Hypothesis

On the basis of the above literature, following hypothesis have been developed:

      H#1. Time management has a significant relationship with Personal life.

      H#2. Time management has a significant relationship with study.

Research Methodology

A survey method has been carried out to examine the impact of time management on study and personal life of full time undergraduate and graduate students of institute of business administration, university of Sindh. A sample of 100 respondents was selected using simple random sampling. In order to test the research hypotheses, Structural Equation Modeling (SEM) technique is employed using Smart PLS whereas, frequency analysis of respondents was carried out using SPSS software.

**Results and Analysis**

Instrument:

The research sample for this paper was collected by self-administered questionnaire. Questionnaire for this study was adopted from Britton and Tesser (1991). Time management questionnaire included 33 items, which measured time management perspective of students having 7-point Likert scale. 7 point in this scoring is considered a good practice at one end of the scale for responses while for the responses as it goes down like 1 point so this will be considered as intermediate values. Better time management practices are known from higher values on the scale.

Demographic Profile:

By following the simple random sampling technique, a total of 100 participants (male and female) were approached. The sample for this research consists of undergraduate and graduate students enrolled in IBA, University of Sindh. **Table.1** illustrates that 66% of the respondents were male whereas 34% of the respondents were female. 63% of the participants aged amongst 18-21 whereas 35% falls within the age bracket of 22-35.

what is your gender? * How old are you? Crosstabulation

Count

		How old are you?			
		18-21 years	22-25 years	26-29 years	Total
what is your gender?	Male	44	20	2	66
	Female	19	15	0	34
Total		63	35	2	100

Bar Chart
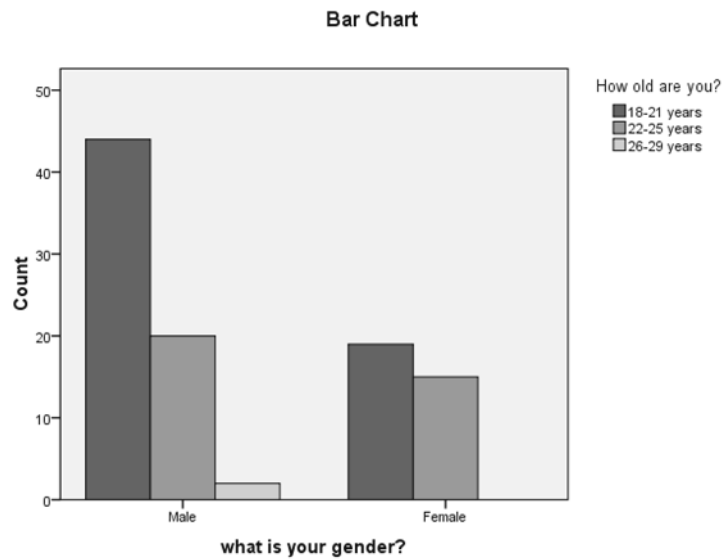
Hypotheses Test:
Researchers basically have developed two hypotheses from the literature for investigating the impact of time management on personal and study life of students of Institute of Business Administration, University of Sindh. In order to test the hypotheses, SEM technique is employed using Smart PLS. Smart PLS in PLS-SEM diagram demonstrate two types of numbers: Numbers on the arrows and in the circles. As shown in Fig: 2
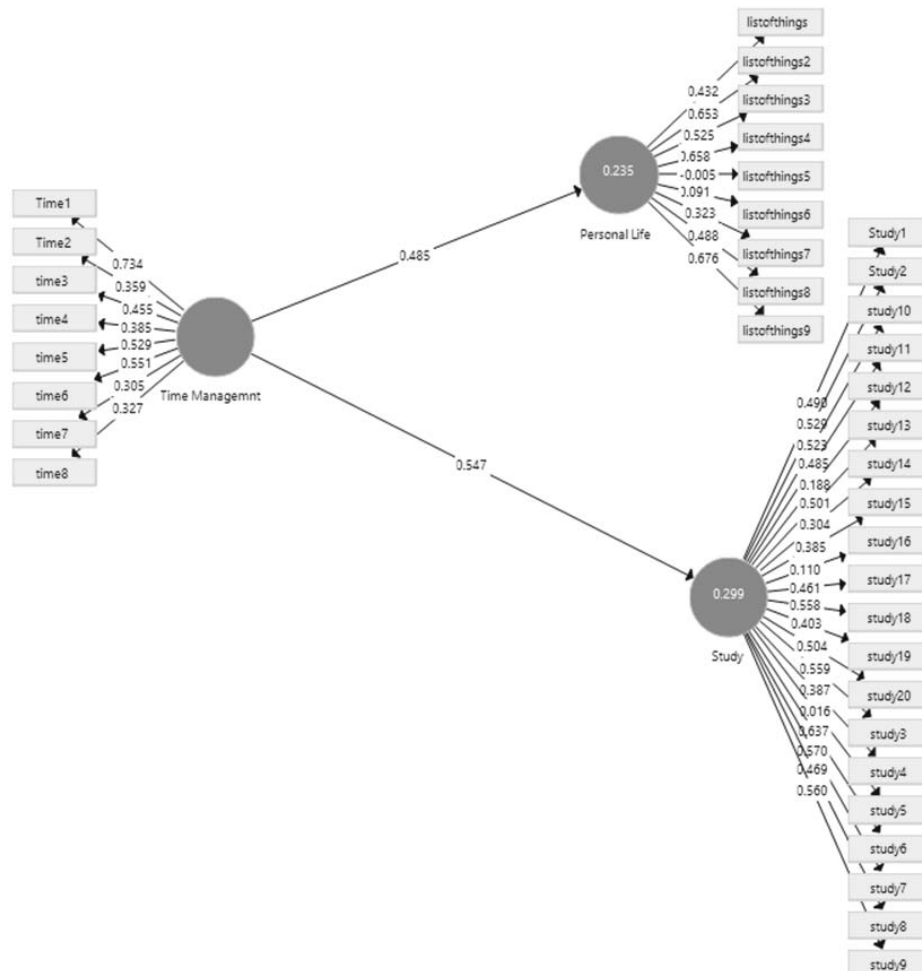
Explanation of outer model values:

r^2 (the coefficient of determination) for personal life is 0.235 means that 23.5% variance is being explained by that latent variable for Time management, whereas the observed variance of study is 0.299 or 29.9%.

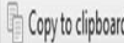**Explanation of inner model values:**

According to the numbers on arrows the time management has the strongest impact on studies of students i.e. 0.54, followed by the other variable i.e. personal life (0.485). Therefore, it is concluded that the hypothesized path relationship between dependent variable (Personal life and study) and independent (time management) is statistically significant.

Interpreting Bootstrapping results:

After discussing the values of internal and external model the researchers will discuss the obtained results i.e. path coefficients are shown in Table 2. Here the researchers will draw the conclusion regarding the acceptance and rejection of Hypotheses by looking at the values of "T-Statistics" and P-values column. The coefficients will be considered significant when the obtained values are greater than 1.96. As presented in the table 2. all the obtained T-Statistics are greater than 1.96 i.e. (9.753 and 7.453) we can say that the outer model loadings are highly significant.

By looking at the P-Values this study strongly supports both the hypotheses i.e. Time management have significant impact on personal life and study of students of IBA, University of Sindh.

Path Coefficients

	Mean, STDEV, T-Values, P-Values	Confidence Intervals	Confidence Intervals Bias Corrected	Samples	Export to clipboard: Copy to clipboard	R

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (|O/STDEV|)	P Values
Time Managemnt -> Study	0.547	0.618	0.056	9.753	0.000
Time Managemnt -> Personal Life	0.485	0.562	0.065	7.453	0.000

Conclusion

This study analyzed the relation of time management with study and personal life of students. Survey method was employed to collect data from full time undergraduate and graduate students of university using simple random sampling. Data was analyzed through Structural Equation Modeling (SEM) technique using Smart PLS and frequency analysis of respondents was done using SPSS software. This paper concluded that appropriate allocation and control of time helps in successfully managing personal life and academic activities of students. Among the various phases of life, student life needs proper time management to get good grades and maintain social life.

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