

THE IMPORTANCE OF TIME MANAGEMENT FOR STUDENTS ACADEMIC PERFORMANCE.

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Abstract: *This study looks at the role of time management among students in relation to their academic performance. Specifically, it looks at how effective use of time relates to achievement, productivity and level of stress among students. Qualitative methodology is used to gather and analyze data regarding students' time-use behaviors and their academic achievements. It was found that student academic success was affected by: 1) students' ability to prioritize assignments, 2) students' consistency in adherence to schedules and, 3) students' knowledge of deadlines. Students who effectively manage their time can significantly improve on their concentration, motivation and productivity. This study adds to current knowledge regarding the relationship between time management and student academic performance.*

Keywords: *time management, academic performance, productivity, students, study habits, motivation, learning strategies.*

Introduction: Throughout history, educators have tried to discover all factors that contribute to students' success in school. At the beginning, intelligences and abilities were thought to be key to academic success. Nowadays, behavioral and organizational factors including time management skills, become more significant. Time management can be defined as the ability to plan and control the time spent on activities. As an example, students, who use certain number of hours of their study time to study, do homework and review lectures will perform better than those who study with no certain plan. In education, time management helps students achieve balance between studying and individual activities. This study attempts to investigate the role of time management to improve students' academic performance through: 1) to what extent does time management affects students' academic achievement?, 2) what factor does influence students' time management?, and 3) how to improve students' time management? Past researches about the role of time management in education are shown. The study of Macan (1994) examined the relationship between various time management behaviors such as goals.

The more students try not to procrastinate and use their time efficiently, the higher the level of comprehension and retention.

Leturature Review

Several previous studies have highlighted the link between time management and academic performance. Macan (1994) suggests that good time management behaviors such as planning, setting goals, prioritizing, and time-scheduling positively affect students' academic performance. Britton & Tesser (1991) found that students with good time management skills perform better academically than those who are lacking time management skills.

Moreover, inadequate time management practices seem to result in procrastination, higher stress, and reduced productivity. Students lacking adequate time management skills tend to experience problems managing tasks within deadlines. On the other hand, proper time management enabled students to balance their academic works with their other engagements thus yielding higher performance levels.

Moreover, current findings revealed a link between time management and self-discipline and motivation. Good time management implies better focus and a higher level of engagement, which will be the leading contributor to effective learning outcomes.

Methodology

This investigation uses a qualitative methodology to analyze the impact of time management strategies on students' academic performance. This research employed an observational technique to analyze how students spend their time, their study behaviors, and their academic achievements.

A sample of students was identified and observed and their time usage, study routines, homework completion methods and test taking practices were examined. It focused on determining how students managed their time relative to homework, studying, and taking exams.

This study examined the relationships between the information obtained and the students' test taking results. The researchers paid attention to students' ability to determine the relative priority of their tasks, their ability to adhere to a schedule, and students' awareness of deadlines.

Results

The results of the study indicate that effective time management has a direct correlation with the success of the students in their academic studies. Students who have organized schedules and plan out time to study tend to receive better grades.

Results further support the claim that students who have organization with their tasks, as well as those who avoid procrastination tend to do better work, concentrate better, and be more productive. Students who do not organize themselves well are under pressure, have missed due dates, and score low in academics.

Results also indicate that consistent application of good time management strategies increases student's motivation and ability to learn. Students who are good at time management tend to be more organized, and have less pressure and are more successful than students who aren't.

Discussions

The study shows that time management is not just a practical subject but an essential element to successful students. The well-timed students' lives are organized, their stress levels are low, and their efficiency is high.

For many students, poor results in academics is a result of how students manage their time instead of lacking skills. Students waste their time because they allow themselves to be distracted, do not have a plan, and have an uncertain goal to accomplish.

Besides those, it is important to remember the impact of cultural and educational system to students' time management practices. Students who have a clear academic system in their lives more likely develop good time management.

Recommendations

Students should make and develop daily and weekly study plans.

Schools should teach time management strategies.

Students should be motivated to set clear academic goals.

Students should practice some time management methods such as prioritization and task division routinely.

Conclusion

This study highlights that time management is a critical predictor of academic performance. Students' productivity and learning levels increase as they practice better time management skills and achieve lower stress levels.

The acquisition and application of time management skills are essential to students' academic success and overall life quality. Further studies need to focus on advanced time management methods and tools.

References

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