A Study On Time Management And Behavior Of Youngsters

Jyoti Badge

Assistant Professor, VIT, Bhopal University, Bhopal-Indore Highway
Kothrikalan, Sehore, Madhya Pradesh.

Abstract: The world is facing with spread of pandemic COVID 19. India is now battling this pandemic. Fear of life has spread through all parts of society, race, country and world. It has brought the whole world to a standstill. People locked within four walls. This unprecedented situation for our generation had such restrictions imposed on daily living. This effects to people's physical and mental health. This study focuses on the undergraduate's actions and day-to-day behaviours at the lockout time. The undergraduate's daily activities enabled us to understand how individuals change their behaviour over time, and how some people react differently to others.

Keywords: Time management, undergraduate, behavior, psychology, daily activities.

1. INTRODUCTION

Time management is an intellectual skill that helps graduate students prioritize assignments and accurately assess how much time they need to complete them.This helps them complete appropriate tasks, and learn how to handle and stick to a timetable.A survey has been conducted to study the time management of undergraduate students and behavior changes during theCOVID-19 lockdown. We are trying to investigate the issues of time management by young people in India with regard to what tasks were performed as a priority schedule of everyday life and how much time was allocated and spent in each priority activity as shown in five Likert scales.The data was collected via purposive participatory observation.This could inform future policy-making in the run-up to pandemic situations.
In the analysis the observation was(30-June-2020])(Murphy) used to collect data as the primary source of data collection. Some secondary sources, including papers, journals, documentaries, etc., were also checked and consulted.The study was performed with a limited number of samples, despite the brief length of the Covid-19 lock-up time only.As part of the qualitative study, I used a descriptive research design and the Relative Importance Index tool.

2. LITERATURE REVIEW

Shahabudin (2007) researched time management trends,and offered advice to students and teachers alike.According to Hellsten (2012) there is no agreed definition of time management and no consensus on competencies and habits in time management.In (2013), Twehues was researching how students make the best use of their time to pursue education effectively. Results suggested that college success does not rely solely on the actions of the students in time management, but also on their time-controlled comprehension, regardless of the level of participation in school- and non-school-related activities.Jason Grissom (2015) suggested that good time management could increase work performance. The author analyzed whether the managers' time management skills were associated with various time allocations across job task areas and higher work performance measures.In (2018), Singh researched and provided a

summary of the current models and hypotheses of time management. The research suggested the need to improve time-management skills to reduce the psychological burden that emerges from performing timely tasks and duties.Blair (2019) provided a systematic approach which isolates time management behaviour of undergraduate engineering students that affect their academic performance. The study added confirmatory evidence to existing literature that the way students interpret regulated time was positively associated with academic performance, and found that this transcends gender, age, entrance qualifications, and even the number of semesters already in the degree program.

Theoretical Frame Work

Singh, N. J. (2018) described ABC Model of Time Management. The ABC model builds upon three basic ideas i.eAwareness, Believe and Continuation. If one is conscious of its value, it can be an opportunity every second and moment. The first activities that must be carried out are the essential and urgent one. The second tasks to accomplish are the essential but not the urgent ones. The third tasks to accomplish are the pressing, though not essential, tasks. Fourth place is not significant, nor is it urgent for him to perform tasks.When a person is conscious of time and its value and value for purpose in life one is halfway down the road to success. Concentrate on the four quadrants and follow them will get used to doing stuff on time and with confidence.In order to put information and conviction into practical practice some resources or techniques are needed. Continued use of time management tools and techniques will offer both personal and professional success.

3. RESULTS AND DISCUSSIONS

Result-1
Prior Activities of Undergraduates
As a view of undergraduates, the time allocated to the social media was identified with the highest priority at the center, and the tasks related to grooming were identified to be the least priority activity.
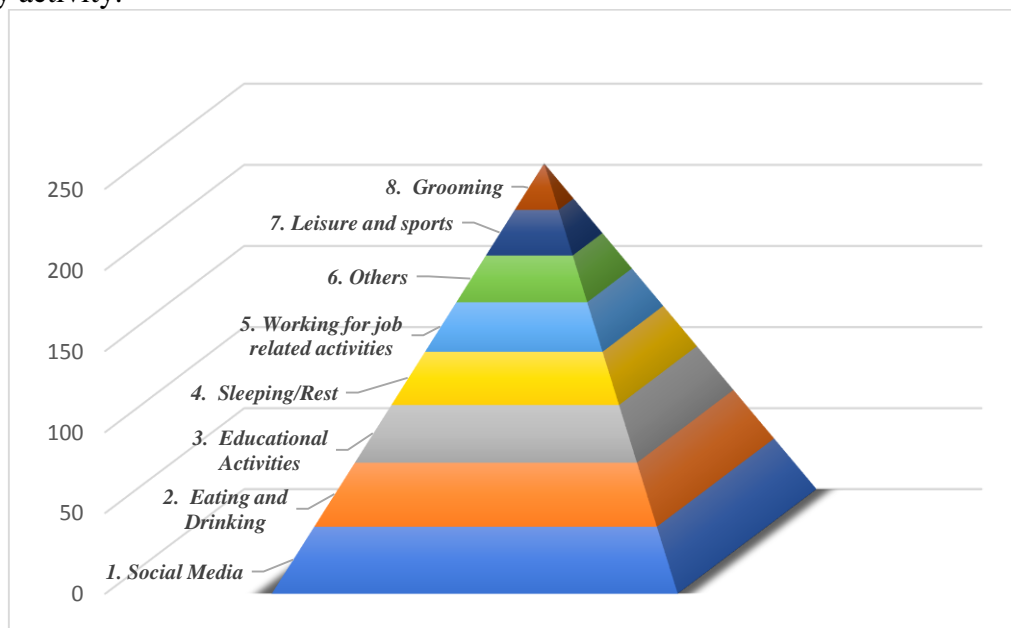

Figure 1: Priority of Activity

Result-2
Relative Importance Index

The contribution of the individual factors to the cumulative delays and the ranking of the attributes according to their significance as interpreted by the respondents was made using the Relative Importance Index (**RII**) calculated using the analytical equation, and findings are defined in Table-1.

$$RII = \frac{\sum W}{A * N}$$

Where
W = Weightage given to each factor by the respondents
A = Highest weight
N = the total number of respondents

Table 1: Calculation of Relative Importance Index

	not at all	very little	somewhat	very much	total	N	A*N	RII	Rank
Happy	8	110	273	176	567	198	792	0.716	1
Enjoying myself	18	96	240	208	562	198	792	0.71	2
Worried	24	120	246	128	518	198	792	0.654	3
Lazy	32	116	201	164	513	198	792	0.648	4
Impatient	37	106	273	68	484	198	792	0.611	5
Frustrated	34	158	192	84	468	198	792	0.591	6
Angry	50	146	183	56	435	198	792	0.549	7
Tired	61	114	195	60	430	198	792	0.543	8
Hassled	50	172	168	24	414	198	792	0.523	9
Criticized	62	166	135	32	395	198	792	0.499	10

In the time interval series scales, the core activities were divided, including Never, 1-5 Hours, 6-10 Hours, 11-15 Hours, and above 15 Hours.

Result-3
Major Findings from Questionnaire
• *Social Media*
Social media is a major part of our everyday life.Social media can quickly become thecommunication channel, as we live fast-paced lives. 80.81% spend 1-5 hours in social media. Figure-2 shows the graph of time spend of youngsters in social media
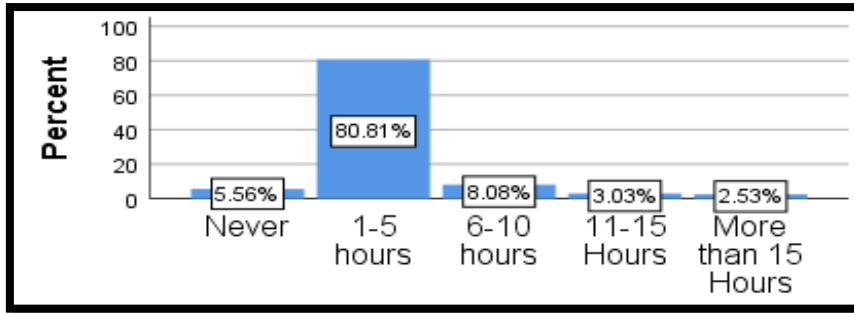
Figure 2

- *Time Spend for Studying*

TheFigure-3 indicates that 78.28% of students have a study time period of 1-5 hours and 14.65 % of students never studied during lock down period.
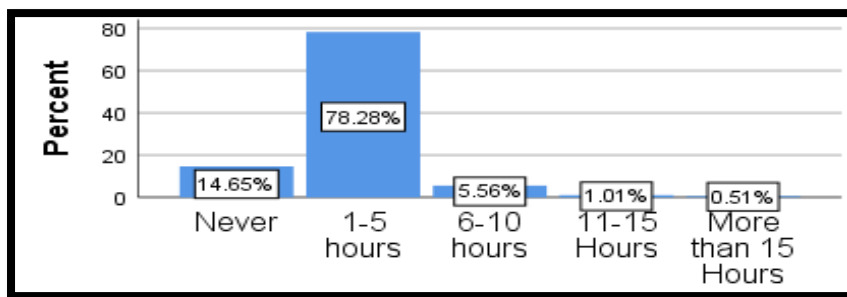

Figure 3

- *Rest*

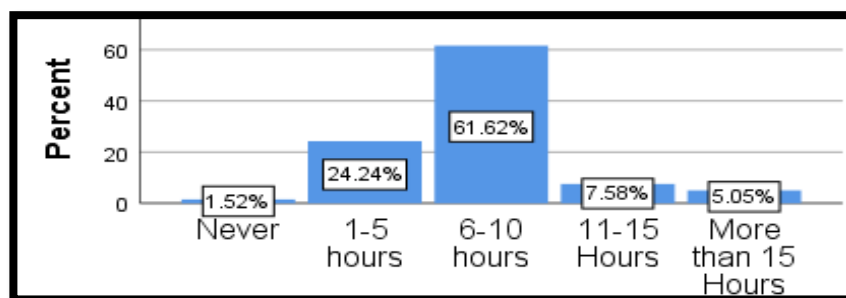Figure 4 shows that 61.62% used the 6-10 hours for sleeping and rest activity.

Figure 4

- *Exercise*

Figure-5 shows that 56.06% did daily physical exercise for 1 hour and 28.79% never did physical exercise.
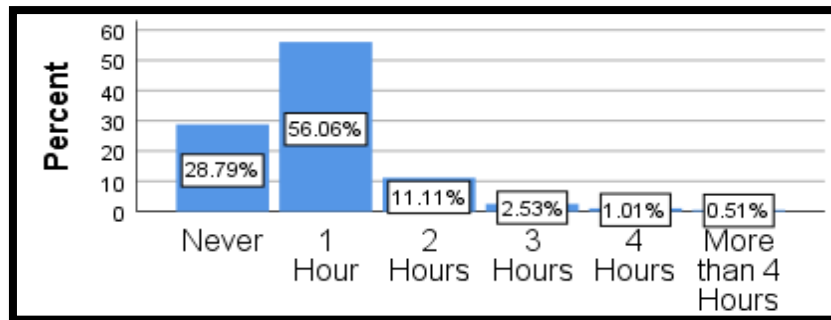
Figure 5

- *Sports*

During this pandemic situation students are hardly play outdoor games. They prefer to play indoor or online games. Figure-6 shows that 49.49% never play any sports.
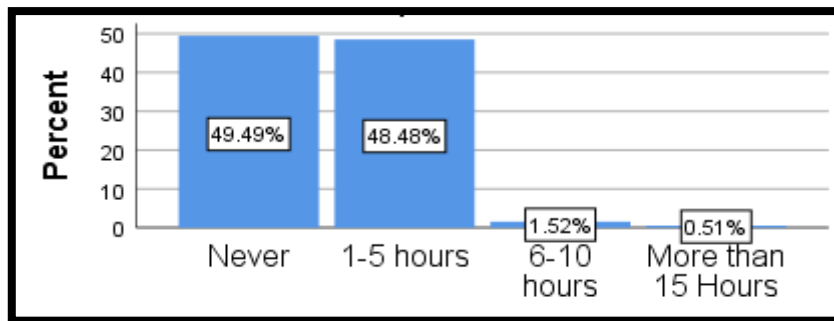

Figure 6

- *Reading Books*

Figure-7 shows that only 39.39% students are having reading habits. They read the books less than 1 hours.
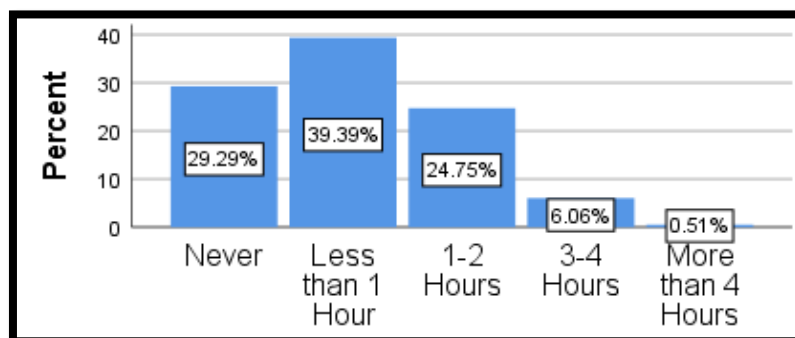

Figure 7

Result-4
Findings from ABC Model
The following findings are observed through the study. Figure-8 shows the matrix formation of urgent and important activities of undergraduates; also, at what which place they give the preference.
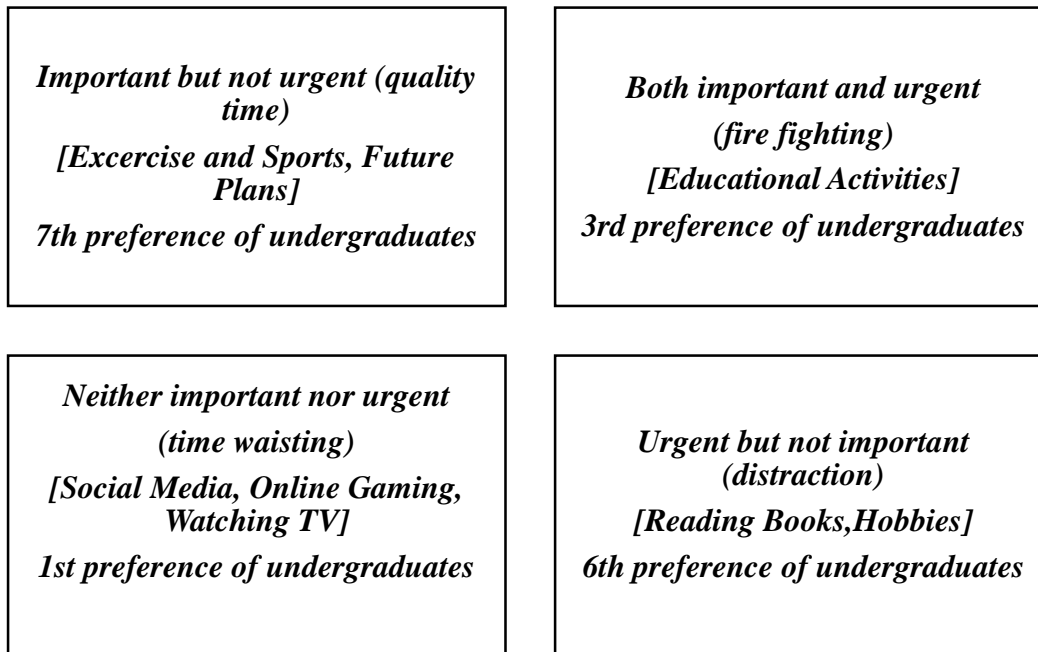
Important but not urgent (quality time) *[Excercise and Sports, Future Plans]* *7th preference of undergraduates*	*Both important and urgent (fire fighting)* *[Educational Activities]* *3rd preference of undergraduates*
Neither important nor urgent (time waisting) *[Social Media, Online Gaming, Watching TV]* *1st preference of undergraduates*	*Urgent but not important (distraction)* *[Reading Books,Hobbies]* *6th preference of undergraduates*

Figure-8: Categorization of activities of ABC model

4. CONCLUSION

The objective of this study was to identify the priority areas of activities as perceived by students while managing time, and to analyze the extent of time they use specific activities. All in all, it has been discovered that undergraduates are not very serious about their time management. They are spending more time in social media and eating & drinking activities. Now a day's educational activities are not come under important & urgent activity. It comes under 3rd preferences. So, from the overall study we conclude that when undergraduates used their time in a positive way, make proper prioritized list of activities, accordingly follow and update it than they will make the most of it.

5. REFERENCES

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