

AN ANALYTICAL STUDY OF THE TIME MANAGEMENT AND STUDY HABITS DURING COVID TIMES BY SECONDARY LEVEL STUDENTS

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Abstract

The aim of the current research was to determine the relationship between the time management skills and study habits of the secondary level students. Time management is very important and it may actually affect individual's overall performance and achievements. However, all of these are related by how individuals manage their time to suit their daily living or to make it flow steadily with their routines. It will surely promote positive outcomes in the life of students. Though students' time management can be considered as one of the aspect that can lead a student to work in right direction. A good time management is vital for students to shine. However, some of the students do not have a good time management skills that has negative affect on their life and their academics. Students' time management can also affect stress level of students as they need to cope with their tasks and their personal achievements. In this regard, the data was collected from the students of Secondary Schools of Bharatpur to analyze that how effectively they are managing their time and maintaining good study habits.

Keywords: online learning, time management, study habits .

Introduction

Everyone has the same 24 hours in a day, meaning it's not about how much time you have, but how well you manage it. This is especially important for online students, who are on leave in Corona times and getting online classes for their study. Effective time management is crucial to helping you stay focused. Effective time management not only helps with your learning but can also make you more productive at work and in your personal life. If you are serious about successfully completing your online degree, it is crucial to find a good system to use. The habit refers to an individual tendency to act or automatic ways, especially when these are acquired by practice or experience.

Management of the time is an important skill, particularly when carrying out remote or independent study. Good time management is not just about organizing our time, but also making sure that we are working as effectively and efficiently as possible. Planning our time well can not only help us to visualize our goals but also helps us to keep a healthy work life balance while enjoying our learning. Study habits tell a person that how much he will learn and how far he wants to go. Study Habits and time management is the system of behavior followed by students in the activity of their studies which helps as the mean of learning.

Effective time management allows students to complete more in less time, because their attention is focused and they are not wasting time on distractions such as social media, for example. Efficient use of time also reduces stress, as students tick off items from their to-do list. It can also provide a sense of achievement from fulfilling goals. By using time efficiently, students can complete their work on time, stay engaged with their learning, and have more time free for pursuing activities that are important to them, such as sports, hobbies, youth group and

spending time with their friends and family.

Good time management allows students to make the most of their abilities and enjoy the satisfaction of accomplishment. Efficient learning depends upon the learner's ability to schedule his time, the plan of his study, the habit of concentration, note-taking, mental-review, over learning, the judicious application of whole and part method, massed and distributed learning and so on. In other words, learning involves the development of proper study habits and skills.

Study habits refers to a product of learning, rather than a reflex and instinct, which can note unlearned behavioural tendencies. It is a set of behavior, which is frequently repeated and may be involuntary. The term refers to set of behavior related to how students organize their time and space to promote systematic study behavior.

Review of Related Literature

Neena Khanna and Joginder Singh (2000) found that the students get less time for leisure in school as compared to home because most of the time is utilized on academic activities in school. Adnan Kisa and Korkut Ersoy (2005) stated that, high school students lacked time management skills. Ahmad Farras Oran (2009) defined that, the length of the school year may be cut by two months without any qualitative or quantitative losses.

Rational of the study

Based on the evolving changes in the current world over time, there arise the need for every organization to ensure their stability. This can be made possible with the practice of time management. Time is not a factor that is under of human control, it is a factor that seems to keep varying at constantly creating dynamic changes to the prevailing situations and the corresponding happenings that occur. Hence time can not be managed according to an individual's desire. For the better time management certain forms of practices like delegation, motivation, perfectionism, and procrastination can be followed. Study habits and time management is the system of behavior followed by students in the activity of their studies which helps as the mean of learning.

Objectives

To study the Time Management and Study habits of secondary students during Covid times based on Locale (Urban & Rural).

Hypothesis

There is no significant difference between in Time Management and Study Habits of secondary students during Covid times based on Locale (Urban & Rural).

Method of research

Researcher used Descriptive method and quantitative analysis of data in the study. The target sample of the study was 40 male and female students of secondary students learning in Bharatpur. The sample was selected using simple random sampling technique from two selected secondary schools of learning in Bharatpur.

Population and Sample

All the secondary level students of Bharatpur district (Rajasthan) have been considered as population of the study. 80 students were taken as sample through simple random sampling procedure.

Tool used in the study

Self constructed questionnaire was prepared for collection of the data. The questionnaire contained direct questions with three options-Always, sometimes, never. There were 15 questions divided in two dimensions of Time Management and Study Habits.

Statistics used

- Mean
- Standard Deviation
- t-test

Analysis procedure

There is no significant difference in time management and study habits of secondary students during COVID times based on Locale (urban & rural).

Category	N	Mean	Standard Deviation	t-Value	Significance level	Result
Rural Students	40	20.25	2.24	0.81	0.05	Hypothesis is not accepted
Urban Students	40	20.65	2.16		0.01	

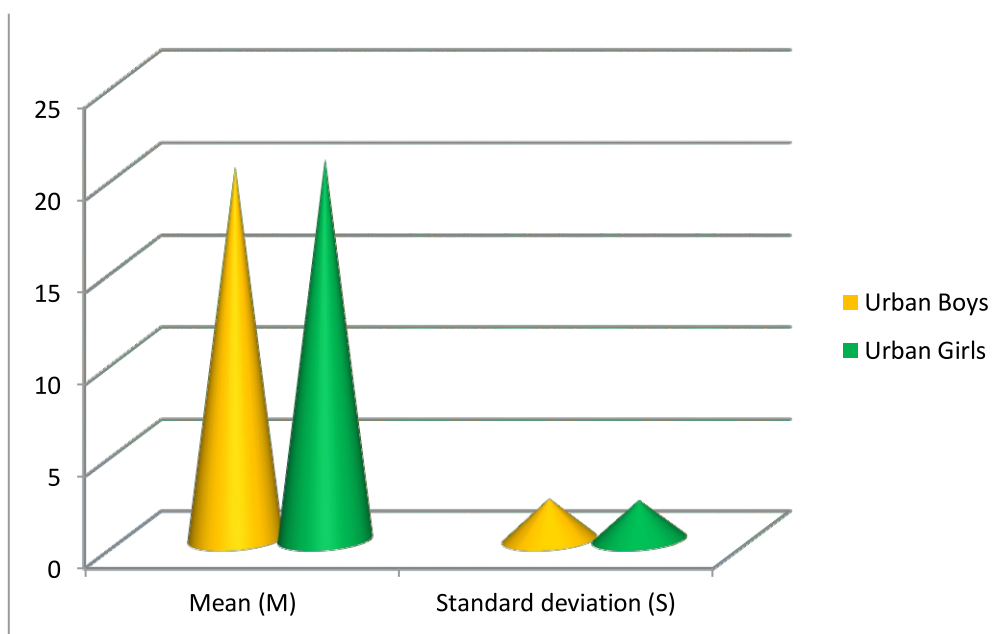
Degree of freedom= [N1+N2]

= [40+40-2]

= 78

Value of tat 0.05= 1.99

Value of t at 0.01= 2.639



Analysis

The result is that there is significant difference between urban and rural secondary level students in their time management and study habits, while comparing the mean scores of rural students and urban students in their time management and study habits, the urban students are better than the rural students. It is observed, from the present investigation.

Urban students of secondary level utilizing their time effectively and inculcating regular study habits on their own. Rural area students due to lack of guidance and enough resources may be are not able to manage their time and are not systematic in their study habits.

Major findings

- Majority of the samples have moderate level of time management and study habits.
- This implies that the students have been exposed to minimum utilization of time management and good study habits in their school level.
- Urban students are very honest, responsible towards their work. Hence, they are utilizing their time effectively and inculcating regular study habits on their own.
- The test result show that urban students of secondary level are better than the rural students of secondary level in their time management and study habits.

Educational Implications

On the basis of the findings, the investigator gives the following recommendations. Teachers have to train the students on how to prepare the to-do list on a daily basis and plan and workout maximum task to be completed within minimum available time period. Teachers have to brief the students on the following categories:

Prioritization, Scheduling, Time Management Challenges, Goal setting, Self-Motivation, Concentration and focus.

Conclusion

In the present investigation of secondary students, high level of time management and study habits have been found. Urban boys and girls are better in their time management and study habits. They managed their time effectively and appropriately. They are more responsible, very honest towards their work. They are utilizing their time effectively and inculcating regular study habits on their own. Effective time management allows students to complete more in less time, because their attention is focused and they're not wasting time on distractions

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