Impact of Time Management on the Academic Growth of Students in Universities, Nigeria

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Abstract—**Time management is one of those skills and science; those enable students to do so many things simultaneously. For those students who can't perform the inevitability of time management effectively in their academic through not being able to attain their goal. My research study analyzes the impact of time management on the Academic growth of students that affects the Grade Point Average in various universities, Nigeria. The results obtained showed that time management is highly related to academic growth. It was strongly recommended that students have to be conscious of time in performing their academic activities so that the level of their academic performance can be high. Since procrastination among all the variables has much impact on academic performance according to the findings, students should endeavor to complete their academic works and activities on time so as to avoid not meeting deadlines.**

Index Terms—**Time Management, Planning, Prioritorization, Procrastination, Grade Point Average.**

I. INTRODUCTION

Time management is extremely important especially when it comes to students of institutions because it will boost their energy. Time management is a skill that every student should not only know, but also apply. A lot of students of Universities complain about running out of time when asked to do a certain task, they get frustrated because they are not able to make it before the deadline. On the other hand, others find enough time to meet their friends and complete their assignments with no struggle; those are whom I call excellent time managers, and who are spotted for my research.

However, most of the time students face problems like task aversion and uncertainty, so they start to procrastinate because they lack organizational skills. As a result, students will not be able to organize duties according to their priorities, so they get distracted easily, ending up procrastinating. As I can see, time management is quite essential to any university student, and it is one of the keys to score a higher GPA.

Statistics from the Global Competitiveness Index (2011-2012), indicate that Nigeria ranks 114 (3.18%score) out of 139 countries surveyed in provision and quality of higher education and training in the world. The ranking web statistics of Universities (2012) in the world show that the highest ranked University in Nigeria, University of Ibadan, occupies 3215 position (world rank), 6996 position (presence rank), 3813 position (impact rank) 8345 position (openness rank) and 1318 position (excellence rank). So the question arises that could time management among the postgraduate and undergraduate students in various Universities, Nigeria be the only factor that affects their academic growth?

My research study analyzes the impact of time management on the Academic growth of students that affects the Grade Point Average in various universities, Nigeria. The results obtained showed that time management is highly related to academic growth. It was strongly recommended that students have to be conscious of time in performing their academic activities so that the level of their academic performance can be high. In addition, it discusses ways to make students more organized and lead them to a better time management level.

II. LITERATURE REVIEW

Prior studies on time management among Postgraduate students present varied perspectives and findings (Repak, 2007; Cemaloglu & Sevil, 2010; Elian & Aharon, 2003). In their study, Claesson, Eerde, Rutte & Roe (2007), reviewed 32 empirical studies on time management conducted between 1982 and 2004 in order to provide an overview of the current state of the art in time management research. The review reveals that time management behavior relate positively to perceived control of time, job satisfaction and health, while it is negative to stress. However, the relationship with work and academic performance is not clear.

Igdem (2010) investigated the relationship of time management to academic performance of Master level students. Employing survey research design, his findings

show that there is a significant positive relationship between time management and academic performance of Master's level students. He concluded that the competitive conditions in business life have forced people and business to do so many things simultaneously.

Cognizance of the non-acceptability of a universal definition of time management, Shellaenbarger (2009) views time management as behavioral change techniques that help people get organized, clarify thinking and increase output. Eilam and Aharon (2003) believe that time management is a way of monitoring and controlling time. However, Claessons, Eerde, Rulte & Roe (2007) observed that time cannot be managed because it is an inaccessible factor. The only way a person deals with time is by influencing behavioral attitude.

III. PURPOSE AND METHODOLOGY

A. Research Study Purpose

A huge number of the Institute students complain about the lack of time they have to complete their academic works and activities before deadlines. Time management is one of the factors that significantly affect the grade point average of a student. Therefore, my team decided to do a research study to analyze the relationship between time management and academic performance at the performance index (P. I.). In addition, we will try to solve problems that are highly related to time management such as procrastination, workload pressure, disorganization and distraction. Finally, this paper seeks to find effective ways that can lead the performance index (P. I.) of students to have better time management.

B. Methodology

My team collected data mainly by conducting a survey directed to male freshman and sophomore students in the various universities, Nigeria. The survey consisted of 22 closed-ended questions such as multiple-choice questions, Yes/No questions and ranking questions that helped us gather the quantitative data required. In addition, I included a couple of open-ended questions at the end of the survey to let the students express their opinions freely.

My team did it at places where most students gather, during the lunch break, such as the student center and canteens. After we received the results, I analyzed, arranged and displayed them through a complete interpretation process.

IV. RESULTS

In response to my research question which looks for the relationship between time management and academic performance, my team conducted this survey and analyzes that how various university's students manage their time. The students surveyed were ten freshmen and ten sophomores. The data gathered was processed generating useful findings and results, which were classified into two categories according to the students' Grade Point Average (GPA): successful students (G.P.A above 4.0) and 8 unsuccessful students (G.P.A below 4.0). Considering the results, some of them were just what my

team had expected. For example, all of the unsuccessful students find difficulties managing their time. Most of them let others do their work, and they always feel stressed about deadlines. On the other hand, some of the findings discovered were somehow unusual. Surprisingly, I found out that the majority of the successful students do their assignments just before deadlines, delaying them till the last moment. Another interesting result was that most of them study only on the last day of the weekend. However, all of them do find more time for extracurricular activities. Here are the main results my team obtained regarding each of mine four research study issues.
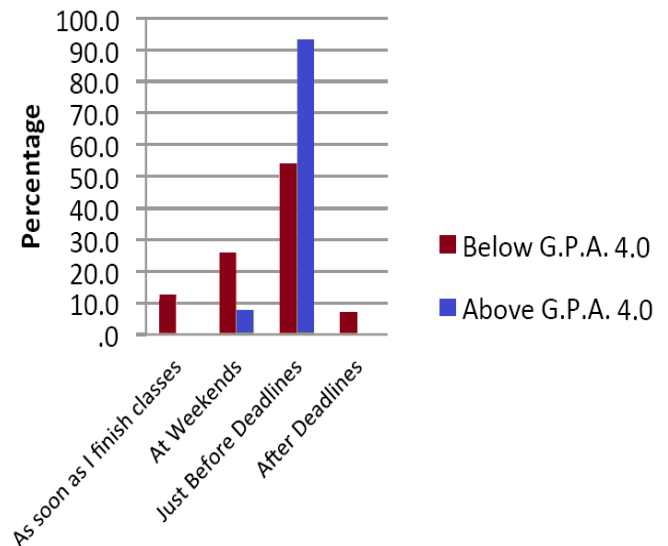

Fig. 1. Time at which students begin doing their assignments

As I can see in figure 1, most students start working on their assignments just before deadlines, surprisingly, they are mostly the successful ones. Also, some of the unsuccessful students begin doing their work at the weekends; while a few of the successful ones start doing so at that time. Moreover, a negligible amount of unsuccessful students work on their assignments as soon as they finish classes, or even after the deadlines.
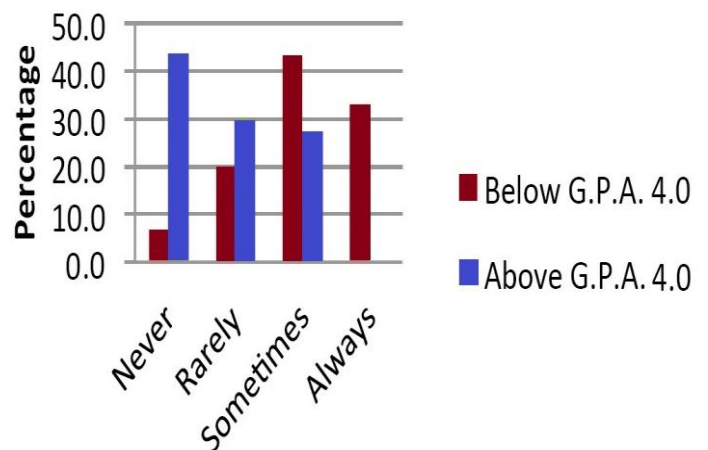

Fig. 2. Time spent finding lost notes and papers

As figure 2 shows, the students that always spend a lot of time looking for lost notes and papers are the ones with a GPA

below 4. Moreover, a few of them rarely or never spend time looking for certain papers. On the other hand, the majority of the successful students never or rarely spend time looking for lost notes.
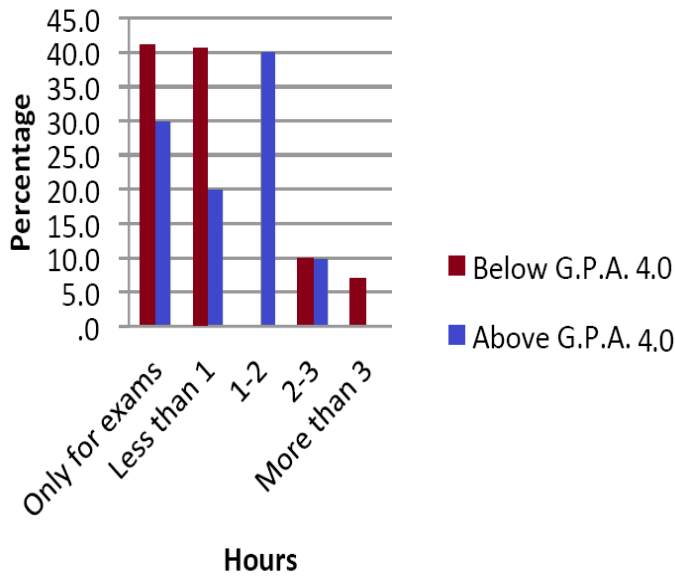

Hours

Fig. 3. Hours spent studying daily

Clearly, the majority of the students surveyed study only for exams. Also, the majority of the successful students, in particular, study for 1-2 hours a day. None of the students with GPA below 4.0, studies for that amount of time a day. However, most unsuccessful students, as expected, study for less than an hour a day. Surprisingly, 20% of the students with GPA below 4.0, study for more than 2 hours a day. Furthermore, interestingly, successful students do not study for more than 3 hours a day.
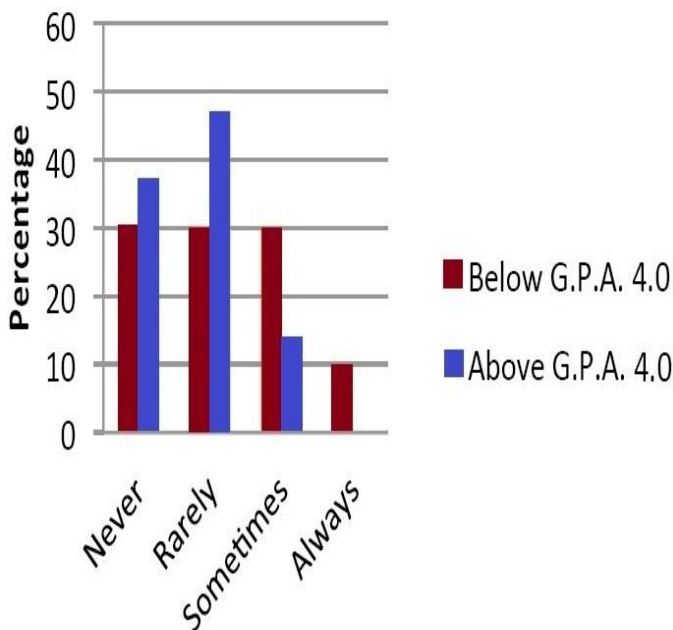

Fig. 4. Studying without interruptions

Finally, none of successful students study without getting interrupted. Rarely do most of them study without getting

interrupted i.e. most successful students get interrupted when they study.

Very few of them, 14%, get interrupted sometimes when they study. More than half of the unsuccessful students never or rarely study without getting interrupted. A third of them sometimes study and get disrupted, and only a few always study with no interruptions.

V. CONCLUSION

All in all, I found out that time management is related to the academic performance of various universities male students. That is, as mine research study has shown that successful students are good time managers. These results, however, can be generalized to male engineering students living in the United Arab Emirates. Finally, I would suggest further study on the female engineering students.

VI. RECOMMENDATIONS

Here is what we recommend for students:
- Do your assignments as soon as you get them, and divide them into small portions.
- Keep important notes and papers in places where they can be easily found.
- Consult a professor or a more experienced friend about the important things to study.
- Put all personal devices such as mobile phones, iPods and blackberries away while studying.
- Fight procrastination by making a deal with yourself that you will study for 10 or 15 minutes only. After these few minutes, you will find yourself 'engaged' and you will continue studying.

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