



Study on Time Management Capabilities in College Student in West Tripura District

Sagarika Majumder

Guest faculty of Tripura University.

Subham Saha

Guest lecturer of Swami Vivekananda Mahavidyalaya.

Prasenjit Debnath

M,Ed trainee of IASE Kunjaban.

ARTICLE DETAILS

Research Paper

Accepted: 28-05-2025

Published: 10-06-2025

Keywords:

Time Management, Student capabilities, Higher Education

ABSTRACT

To make the most of the most significant amount of time in a person's life, time management is crucial. In order to achieve academic success, time management is crucial, especially for students, who cannot achieve their goals without it. The purpose of the presence study was to concentrate on time management skills among college-level students in the West Tripura district capacity for time management measured thinking multiple levels. These include unfavourable, somewhat favourable, and favourable. The Researcher investigated with 80 sample whereas 45 are Male and 35 are Female especially collected from Ramthakur college located at west Tripura M.B.B district by using Random sampling method. In the present study the Researcher adopted descriptive survey method for the collection of the required data. In order to measure hypothesis & attain the actual objectives of the presence study, researcher used various statistical technique like percentile, Mean, SD, t-test etc. After conducting the study researcher here found that by applying several statistical Technique—14.28% fall Under Favourable-71.42% fall Under Moderately and 14.28% fall Under unfavourable level of time Management capability.

DOI : <https://doi.org/10.5281/zenodo.15702728>

INTRODUCTION:



"We can buy a watch, but we can't buy time."

Time is short and life is small. Under time, we are all tied or resist. Time passes in its own manner. No one can stop it. We can tell that successful people are aware of time management when we read their stories. No one will be respectful without a reason. It is because a person who lacks time management skills is unable to accomplish their objectives. Every day, everyone has the same time. Some people are successful in life, while others are not. Because only successful people made the best use of their time, which is how they got to where they are now. Effective time management is a talent. Every human being needs to be able to manage their time better. In this case, time management is only achievable via self-motivation and a willingness to make the most of every moment. Getting to know ourselves is crucial. so that we can decide wisely how to spend our time in our everyday activities. Time management skills are crucial because they help people become more goal-oriented and achieve their dreams. We can never get it back or utilize it again after we've lost it. We must thus make the best use of their time. In any circumstance, time management is crucial for everyone, yet most individuals struggle to get started. Effective time management is a way of life. You may alter your surroundings and behaviour with the aid of time management.

Gerald states that time management is a collection of ideas, methods, abilities, resources, and systems that assist you in making the most of your time in order to enhance your quality of life.

Effective time management is essential for raising everyone's academic attainment and performance. The art of time management involves planning, organizing, scheduling, and budgeting one's time to produce more productive and efficient work. Effective time management is simply common sense. I must be efficiently managing my time because I perform well in both school and college.

Many college and university students stress about lack of time. They become frustrated when given a task since they can't finish it in the allotted time. On the other side, we may observe that they effortlessly do their homework and find time to hang out with their peers.

Time is viewed as an infinitely divided and property in the modern world. Through the organization or institution, it aids in inspiring the idea of time. Time itself is the sole asset that cannot be altered, bought, or stored; all other human and material resources owned by an organization can be improved over time or transformed as time progresses. It is believed that everyone, regardless of status or lifestyle, should be proficient in time management. Some people maintain incredibly hectic schedules due to their academic



obligations, office work, employment responsibilities, and household chores. Having excellent time management skills is essential to preventing work-related stress. Effective time management is often regarded as suitable life management. Determining what a guy wants to accomplish in life and how to get there is a key component of effective time management.

Effective time management is often regarded as suitable life management. Determining what a guy wants to accomplish in life and how to get there is a key component of effective time management.

Time management is the concept of effectively or usefully managing time. Every human being should schedule all of his tasks and duties according to the time. When a person, regardless of age or type of work, schedules all of his tasks and duties according to the time, he becomes more disciplined, well-organized, and powerful. Time management gives everyone the chance to choose how to use this crucial resource and how to spend their precious time. No matter their age, occupation, caste, class, gender, religion, or social standing, everyone should master effective time management. A guy who learns to manage his time efficiently also learns to control his life, as good time management is life management.

Operational definition:

Time: A clock is a device that measures time. Time-related information reveals how long events last when they occur and which events occur first. Time is therefore crucial to human existence.

Time Management: The process of planning and organizing how to split your time amongst special tasks is known as "time management." Even when time is limited and stress levels are high, effective time management enables you to work smarter, not harder, so that you accomplish more in less time. Ineffective time management reduces your usefulness and leads to stress.

College Students: Those who have completed class 12 or higher secondary school and have enrolled in any college or institution to earn a degree are referred to as college students.

Objectives

1. To look into the level of time management skill male college students in West Tripura.
2. To study the level of time management capabilities of female college students in West Tripura.
3. To study the differences on time management between male and female college students in Tripura university.



4. To study the differences on Time Management capabilities between Rural and Urban areas college students in West Tripura Districts.

Hypothesis

H01-There is no significance difference between male and female college students on time management capabilities studying in West Tripura Districts.

H02- There is no significance difference between Rural and Urban college students on time management capabilities studying in west Tripura Districts.

Need and significance

The concept of time management pertains to the effective use of time. In order to become more disciplined, well-organized, and efficient, every individual should schedule all of his chores and duties according to the time. This is true regardless of the age group or type of work that an individual is engaged in. In every circumstance, time management is crucial, yet most individuals struggle to get started. We must learn how to manage our time effectively. Our behaviour can be altered by time management. Both our personal and professional lives can be transformed by effective time management. Whether or not they put a monetary value on it, everyone's time is precious. Ineffective time management can lead to sleep deprivation, discontent, and even health issues like stress. Most people become agitated just thinking about having too little time to finish their work! Even while there are numerous strategies to improve time management, such creating a calendar, setting priorities, modifying your sleeping habits, and installing productivity applications, you might not be motivated to make the change if you don't completely comprehend its significance.

There are some reasons behind the importance of Time management:-

Reason1. It improves our self-discipline:- We are likely to be very self-disciplined if we are proficient in time management. We are the type of person who pushes forward to accomplish your objectives and stops delay in its tracks. Other aspects of our lives, such as our relationships and careers, are enhanced by this self-discipline. In other words, our self-discipline will improve as we become more adept at managing our time. We will be better able to accomplish our goals in every aspect of our lives as a result.



Reason2. It raises the calibre of our output: Having strong time management abilities does not include staying up late to fulfil deadlines. It indicates that you effectively manage your time and spread out your work while maintaining your normal sleep schedule.

Reason3. It's necessary to wind down: Most of us don't have enough time to unwind because of job, family obligations, and errands. Effective time management is crucial if you want to have enough time to rest, decompress, and be ready for the next day. After a hard day of work, you must learn how to plan your work and break periods so that you may rest both physically and psychologically.

Reason4. It lessens stress: Being able to manage our time well can help us feel less stressed. We will be more productive, meet deadlines, and experience less stress if we have good time management abilities.

Reason5. It creates new opportunities: One of the unspoken risks of ineffective time management is that it prevents us from experiencing new things and expanding our perspectives. We never get the time to explore different opportunities if we live our lives hurrying from one activity to the next. You might be able to assist someone in need or volunteer at a nearby charity if you have more free time. Although these kinds of work are difficult to quantify, they are inherently rewarding and satisfying.

Reason6. It improves our interpersonal connections: Effective time management is crucial for building solid and fruitful connections. Our relationships will improve the more free time we have to spend with our loved ones. People around us will notice that we're coming up with better ideas and making better decisions. Every element of our lives will be improved by stronger interpersonal ties.

Reason7. It advances our professional lives: Having effective time management abilities enables us to take charge of our lives and lead at work instead of letting things happen to us. We will be better equipped to make wise decisions at work if we obtain adequate good sleep. Our chances of getting promoted will rise as more people take notice.

Reason8. It improves your ability to make decisions: Effective time management reduces stress and promotes restful sleep. This has a significant impact on the calibre of our choices, which in turn impacts practically every element of our lives, including our social lives, friendships, and professional advancement. By managing our time well, we can prevent ourselves from making bad choices when we're under pressure, stressed, or exhausted.

Reason9. It prevents you from losing out on chances:



Ineffective time management will reduce our output, which will lead to missed opportunities. For instance, if a friend performs better than you at work on a regular basis, they will probably get promoted before you, leaving you in their wake. Having strong time management abilities will help you manage your time and take advantage of more possibilities if you want to advance in your career.

Reason10. It offers higher-quality work: Anyone may easily produce higher-quality work if they prioritize their tasks and use their time wisely. Setting priorities allows you to work on critical tasks with complete focus and concentration by maintaining them at the top of your list of priorities. As a result, the job is of higher quality.

Tools used

For the present study data was collected by using the standardized test named –“Time Management Competency Scale” constructed by – D.N. Sansanwal and Meenakshi Parashar.

Research methodology

Population of the study: Any collection of a specific set of human entities, such as an object, an educational institution, a time unit, a geographic area, etc., is referred to as a population. A finite population is one that has a limited number of individuals, numbers, or units. There are eight districts in Tripura; this study was conducted in the west district. The West Tripura district has one university and one college. For this study, two colleges and universities—Ramthakur College in West Tripura and M.B.B. College at M.B.B. University—were selected from a single district.

Sample & Sampling: For the proposal study 80 college students was selected randomly as sample by using simple random sampling technique.

Analysis and interpretation of data: In accordance with the studies goals, statistical analysis and hypothesis testing were conducted. The results are arranged in accordance with the objectives sequence below.

In the present study attempted to find out the Time Management Capabilities of college students. Various techniques are used for hypothesis testing for this purpose. Various statistics such as Correlation, SD, Mean, t-test, etc. were used for current analysis and data analysis.

Objective.1: To look into the level of time management skill male college students in West Tripura.

**Table No.1: Showing the level of time management capabilities of male college students.**

Score Range	No of student	Percentage	Level of time management
Above 141	2	4.44%	Favourable
95-141	38	84.44%	Moderately Favourable
Below 95	5	11.11%	Unfavourable

Interpretation: We are at a moderate level right now. Additionally, 45 college students' results When it came to the time management skills of college students in West Tripura Districts, it was discovered that only 2 students fell into the favourable category, while 38 male students were in the moderately favourable category and 5 pupils were in the unfavourable category. This finding ultimately allows the researcher to conclude that college students' time management skills were relatively good.

Objective.2: To study the level of time management capabilities of female college students in West Tripura.

Table No.2: Showing the level of time management capabilities of Female college students.

Score Range	No of student	Percentage	Level of Time management
Above 127	5	14.28%	Favourable
105-127	25	71.42%	Moderately favourable
Below 105	5	14.28%	Unfavourable

Interpretation:

Here, we have found that the Time Management Capabilities of College students in West Tripura Districts, most of the students fall under moderate level. And the result of 35 college students Time Management Capabilities it was observed that only 5 female student fall under favourable category & 25 female students is in Moderate favourable category 5 female students is in unfavourable Time



Management Capabilities of College Students. According to this result finally researcher can say that the Time Management Capabilities of College Students was moderately favourable.

Objective.3: To study the differences on time management between male and female college students in Tripura university.

H01-There is no significance difference between male and female college students on time management capabilities studying in West Tripura Districts.

Table No.3: Showing the differences on time management between male and female college students.

Sl No	Category	N	Mean	SD	D	df	t	Level of significance
1	Male	45	118.48	23.83	1.94	78	0.47	0.05
2	Female	35	116.54	11.95				Not significant

Interpretation:

The fifth objective was to study the differences on Time Management capabilities between Male and Female college students in West Tripura Districts. The results of attitude shown in table no. - 3 revealed that, the obtained 't' value is 0.47 at 0.05 level of significance it is found that the result is not significant. The hypothesis is accepted because the obtained value is lower than the tabulated value with 78 degrees of freedom. Therefore it makes obtained that the Time Management capability of Male and Female students were significantly different. Here the null hypothesis is accepted.

Objective.4: To study the differences on Time Management capabilities between Rural and Urban areas college students in West Tripura Districts.

H02- There is no significance difference between Rural and Urban college students on time management capabilities studying in west Tripura Districts.

**Table No.4: Showing the Time Management capabilities between Rural and Urban areas college students.**

Sl No.	Category	N	Mean	SD	D	df	t	Level of significance
1	Rural	51	118.54	22.12	2.51	78	0.62	0.5
2	Urban	29	116.03	13.81				Not significant

Interpretation: The fifth objective was to study the differences on Time Management capabilities between Rural and Urban areas college students in West Tripura Districts. The results of attitude shown in table no. - 5 revealed that, the obtained 't' value is 0.62. at 0.05 level of significance it is found that the result is not significant. The hypothesis is accepted because they obtained value is lower than the tabulated value with 78 degrees of freedom. Therefore it makes obtained that the Time Management capability of rural and urban students were significantly different. Here the null hypothesis is accepted

Main findings of the study:

By analyzing and interpreting the data it found the following finding of this research:

1. The study has revealed that the maximum percentage of male students was highly moderately favorable.
2. The study has revealed that the maximum percentage of female students was highly moderately favorable.
3. In this present study the researcher found that, there is no significant difference in Time Management capabilities of college students under rural areas and urban areas students.
4. In this present study the researcher found that, there is no significant difference in Time Management capabilities of college students between Male & Female college students.

CONCLUSION:

We can infer from the debate and information above that time management is crucial to every human existence. The ability to effectively manage our time and adhere to our schedule can be quite beneficial.



The skill of time management can help people achieve their desired outcomes. Those who are very aware of time management can accomplish their goals. We can tell that successful people are highly aware of time if we read their stories. Time management is crucial for everyone, but it's especially critical for workers and students. They will be able to stay on schedule thanks to it. The way they manage their time is, in my opinion, the primary factor that leads to success. We can avoid last-minute rushes and engage in more activities if we can schedule our time roughly. If we can't, we'll wind up completing our work haphazardly and may develop unhealthy habits. Life management is time management. We will experience a number of issues in our lives if we are unable to effectively manage our time. Time and tides don't wait for anything. Therefore, in order to handle our everyday problems, we need sincerely manage our time. The art of time management can boost our self-esteem and help us accomplish our goals. Don't squander time if you enjoy your life because it has been given to you for a specific amount of time by existence. A more proactive and productive lifestyle with the required degree of quality can result from using effective time management skills. We get better at completing tasks, making wiser choices, and—most importantly—gaining complete control over our top priorities when we learn to manage our time on a daily basis.

ACKNOWLEDGEMENT:

My sincere gratitude goes out to my supervisor, Dr. Subhash Sarkar, Professor and Head of the Department of School of Education at Tripura University, who supported me throughout this study, put up with a lot of personal inconveniences, showed a persistent interest in my sympathetic approach, scholarly criticism, and intellectual inspiration, and encouraged me to complete this work.

REFERENCE

1. Bhatia K.K. 2008, Psychological Foundation of Education. Maujpur, Delhi - 10053. Kalyani Publishers.
2. Mangal S.K and Mangal Shubhra . 2019, Psychology of Learning and Development. Patparganj HSID, kundli - 131028, sonapat, Haryana. Asoke K. Ghosh, PHI Learning Private Limited.
3. Aggarwal J C. 1994, Educational Psychology. Ravindra Mansion, Ram Nagar, New Delhi - 110 055. Vikas Publishing House Pvt. Ltd.



4. Kundu C L. 2015, Educational Psychology. Uttar Pradesh, India. STERLING PUBLISHERS (P) LTD.
5. Best, John w and Kahn James v. 2006, Research in Education.(Tenth Edition). New Delhi- 110001. Asoke k. Ghosh, PHI Learning private Limited, Connaught Circus.
6. Garrett Henry E and Woodworth R.S. 2017, Statistics in Psychology and Education. M.L Nehru Road, Panbazar, Guwahati -781 001. Assam(India). EBH Publishers (India) an imprint of Eastern Book House.
7. Athak R. P. 2012, Statistics in Education and Psychology. 7th floor, knowledge Boulevard, sector -26 , Noida - 201309, India.. Dorling kindersley (India) Pvt. Ltd.
8. Pathak, R.P. 2011.Research in Education and Psychology. Nodia India. Dorling Kindersley Pvt. Ltd.
9. Dr. Mohan, Radha & Prof. Parameswaran, E.G. 2011.Research Method in Education.New Delhi. Neelkamal Publications Pvt. Ltd.
10. Best, John W. & Khan, James V. 2017.Research in Education. Nodia India. Pearson India Education Services Pvt. Ltd.
11. Dhir, Ramcharan & Sahoo Dharanidhar.2020. Introduction to Educational Research. New Delhi. Kalyani Publishers.
12. Garg, Bhanwar& Kavida, Renu. 2019. An Introduction to Research Methodology. Jaipur. RBSA Publishers.