

Time Management and Its Effect in Reducing Stress among Students

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Abstract- Effective time administration may be a basic expertise for understudies pointing to adjust scholarly duties, extracurricular exercises, and individual life. This ponder investigates the relationship between time administration hones and stretch lessening among understudies. It looks at how setting needs, arranging errands, and dodging lingering can altogether impact students' mental well-being and scholastic execution. Information was collected through studies and interviews from a test of tall school and college understudies. The discoveries demonstrate that understudies who utilize viable time administration methodologies involvement lower levels of stretch and higher levels of scholarly fulfillment. The think about concludes that advancing time administration instruction can be a important apparatus in decreasing push and improving understudy success.

Introduction

Background

Academic push has gotten to be a predominant issue in present day instructive situations, influencing understudies over different levels of think about. Expanding scholarly requests, tight due dates, and extracurricular obligations contribute to increased stretch levels. As understudies endeavor to adjust numerous duties, their capacity to oversee time viably plays a significant part in their in general well-being and scholarly success.

Problem Statement

Despite the accessibility of assets and mindfulness almost mental wellbeing, numerous understudies proceed to involvement tall levels of stretch, regularly connected to lacking time administration aptitudes. Destitute arranging, hesitation, and wasteful think about propensities worsen push, driving to burnout and diminished scholastic performance.

Purpose of the Study

The reasons of this consider is to look at the relationship between time administration hones and push levels among understudies. It points to investigate how organized time administration methodologies can possibly diminish scholarly stretch and make strides understudy outcomes.

Research Questions

- What are students' current time administration practices?
- How do these hones relate to their push levels?

- Can organized time administration preparing decrease push among students?

Significance of the Study

This ponders gives profitable bits of knowledge for teachers, counselors, and understudies. By understanding the affect of time administration on push, partners can execute viable procedures and mediations to develop more beneficial scholastic propensities. The discoveries may contribute to the advancement of focused on programs that back understudies in overseeing their time more successfully, eventually upgrading both their scholastic execution and mental well-being.

Literature Review

The Concept of Time Management

Time administration alludes to the capacity to arrange and control how people spend the hours in a day to successfully fulfill their objectives. Key components of time administration **incorporate prioritizing assignments, planning exercises, and setting reasonable objectives (Claessens et al., 2007)** . Prioritizing includes recognizing between critical and vital errands, whereas planning apportions time spaces for particular exercises to guarantee adjusted utilize of time. Objective setting makes a difference understudies keep up center and inspiration, directing their academic and individual decisions. Effective time administration isn't basically around effectiveness, but approximately making a structure that underpins efficiency, decreases last-minute push, and advances a sense of control over one's responsibilities.

Stress and Scholastic Life

Academic stress is a psychological response to academic-related demands that exceed a student's adaptive capabilities. Common stressors **incorporate workloads, tight due dates, exams, and competitive scholastic situations (Misra & McKean, 2000)**. Inveterate scholastic stretch can lead to **destitute mental wellbeing, diminished scholarly execution, rest unsettling influences, and enthusiastic exhaustion**. Inadequate adapting instruments, such as hesitation and shirking, frequently compound the stretch cycle. Numerous understudies need the skills or support to viably oversee these challenges, driving to increased uneasiness and scholastic dissatisfaction.

Previous Research

Numerous thinks about have highlighted the positive relationship between compelling time administration and diminished push levels. For occurrence, Britton and Tesser (1991) found that understudies with solid time administration behaviors detailed lower levels of push and performed way better scholastically. Essentially, Macan et al. (1990) illustrated that seen control of time was a noteworthy indicator of decreased work and scholastic stretch. Besides, mediations that incorporate organized time administration preparing have appeared promising results. These incorporate moved forward scholarly execution, upgraded enthusiastic control, and lower push levels (Age & Aguinis, 2017).

Gaps within the Literature

While earlier ponders certify the esteem of time administration, a few crevices stay. Much of the existing investigate is dated or conducted in non-student populaces. There's a need of context-specific and up-to-date information on how time administration behaviors impact stretch levels among today's understudies, who confront interesting challenges such as computerized diversions and post-pandemic scholarly disturbances. Also, less thinks about investigate the down-to-earth usage of time administration preparing programs inside instructive institutions methodology.

Research Design

This thinks about utilizes a mixed-methods approach, joining both quantitative and subjective techniques. The quantitative component includes the utilize of standardized studies to survey time administration behaviors and seen push levels. The subjective component comprises semi-structured interviews to pick up more profound bits of knowledge into student's individual encounters and recognitions with respect to time administration and stress.

Participants

Participants incorporate college understudies matured 18 to 25 from a assortment of scholarly disciplines. Enrollment is conducted through organization mailing records and social media stages. A different test is focused on to guarantee representation over resources and scholastic years.

Instruments

- **Time Administration Survey (TMQ):** A approved instrument utilized to evaluate time administration abilities such as objective setting, arranging, planning, and prioritization.
- **Perceived Stretch Scale (PSS):** A broadly utilized mental apparatus planned to degree the recognition of stress.
- **Semi-structured Meet Direct:** Created to evoke nitty gritty reactions around students time administration

hones, their adapting instruments, and the affect on their push levels.

Procedure

The study is conducted in two phases:

- **Survey Dispersion:** A web study interface containing the TMQ and PSS is disseminated to members. The overview is mysterious and takes around 10-15 minutes to complete.
- **Follow-up Interviews:** Based on overview reactions, a purposive test of understudies is welcomed to take part in semi-structured interviews. These interviews are conducted essentially or in individual, recorded with assent, and translated for analysis.

Data Analysis

Quantitative Information: Analyzed utilizing graphic insights (e.g., implies, standard deviations) and relationship investigation to look at relationships between time administration and push levels.

Qualitative Information: Transcripts of interviews are subjected to topical examination to recognize repeating designs and subjects related to student's time administration techniques and stress experiences.

Moral Considerations

Ethical clearance is gotten from the pertinent college morals committee. Members are given with a point by point educated assent frame laying out the reason of ponder, strategies, and their rights. Privacy is guaranteed through anonymization of information, and support is completely intentional, with the alternative to pull back at any organize without punishment.

Results

1. Summary Statistics of Time Management Scores

A sample of 150 university students completed the Time Management Behavior Scale (TMBS). The scores, ranging from 0 to 100, reflect each student's time management ability.

Mean score: 66.8

Median score: 68

Standard deviation: 11.4

Range: 38 – 92

Students were categorized based on score percentiles:

Low time management: <60 (n = 50)

Moderate time management: 60–75 (n = 60)

High time management: >75 (n = 40)

2. Stress Levels Reported Across Different Groups

Stress was assessed using the Perceived Stress Scale (PSS), where higher scores indicate greater perceived stress (maximum score = 40).

Time Management Group	Average Score (PSS)	Stress	Standard Deviation
Low TM (n=50)	29.3		4.7
Moderate TM (n=60)	23.5		5.1
High TM (n=40)	18.7		4.9

Students with high time management scores consistently reported lower levels of stress.

3. Correlation Findings

To evaluate the relationship between time management and stress, a Pearson correlation coefficient was calculated:

Correlation coefficient (r): -0.59

p-value: < 0.001

This indicates a statistically significant **negative correlation** between time management and stress: students who manage their time well tend to report lower stress levels.

4. Subjects from Meet Data

Semi structured interviews were conducted with 15 members speaking to distinctive levels of time administration capability. Topical examination uncovered the taking after center themes:

- **Lack of Arranging:** Understudies with destitute time administration cited trouble in organizing their day, frequently coming about in missed due dates or last-minute work.
- **Feeling Overpowered:** Numerous understudies communicated feeling rationally burdened due to an failure to prioritize errands effectively.
- **Benefit of To-Do Records:** Understudies who frequently made and taken after to-do records detailed a sense of control and diminished uneasiness around overlooking tasks.
- **Time Blocking Makes a difference:** High-performing understudies famous that setting aside particular squares of time for assignments and breaks driven to made strides center and decreased procrastination.
- **Avoiding Multitasking:** Viable time directors emphasized the significance of centering on one assignment at a time to upgrade efficiency and minimize cognitive weakness.

Discussion

Interpretation of Discoveries in Light of Literature

The discoveries of this consider uncover a critical negative relationship between time administration and seen stretch among college understudies. Understudies who illustrated more grounded time administration abilities detailed outstandingly lower push levels. These comes about adjust with past investigate highlighting time administration as a key

adapting instrument that can moderate scholastic push (Macan et al., 1990; Britton & Tesser, 1991). Particularly, the utilize of arranging apparatuses such as to-do records and time-blocking procedures was found to contribute emphatically to push lessening, strengthening the significance of proactive organizational behaviors in understudy success.

Confirmation or Inconsistency of Past Studies

This ponder affirms prior discoveries that successful time administration is related with lower levels of seen stretch. For occurrence, Misra and McKean (2000) detailed that time administration preparing altogether diminished push among college understudies. Our subjective information advances bolster these discoveries, with understudies citing expanded clarity, structure, and certainty when utilizing time administration procedures. Whereas the current comes about did not negate any major thinks about, they do amplify the writing by combining quantitative information with interview-based experiences that outline the passionate and cognitive benefits of organized time use.

Implications

The results about emphasize require for colleges to coordinated time administration instruction into understudy advancement programs. Introduction sessions, scholastic abilities workshops, and counseling administrations can incorporate preparing in prioritization, planning, and utilize of arranging devices. Preparing understudies with these aptitudes early in their scholarly careers may not as it were improving scholarly execution but too advance mental well-being by lessening avoidable stressors related to destitute time utilize. Moreover, staff and advisors can play a part by empowering the utilization of time administration procedures in coursework and venture arranging. Advanced apparatuses like assignment directors, calendar apps, and time-tracking computer program can too be suggested to understudies as portion of a broader methodology for scholarly victory and passionate resilience.

Limitations

Several confinements must be recognized in deciphering the discoveries. To begin with ponder depended on self-reported information, which is vulnerable to inclination and may not precisely reflect genuine behaviors or stretch levels. Moment, the test estimate was generally little and constrained to a single institution, which limits the generalizability of comes about. Third, the think about utilized a cross-sectional plan; hence, it cannot build up causality or track changes in time administration and stretch over time. Future inquire about seem advantage from a longitudinal approach to investigate how changes in time administration abilities impact push levels over scholarly semesters.

Conclusion

This study highlights the noteworthy part that compelling time administration plays in diminishing seen push among college understudies. The comes about illustrated a clear negative relationship between time administration aptitudes and push levels, showing that understudies who oversee their time well involvement lower levels of push. Subjective bits of knowledge advance emphasized that organized approaches such as to-do records, time blocking, and maintaining a strategic distance from multitasking contribute to understudies feeling more in control and less overpowered.

Recommendations

Based on these discoveries, it is prescribed those instructive institutions

- Implement organized time administration preparing as portion of understudy introduction and scholarly back programs.
- Promote the standard utilize of organizers, computerized calendars, and time reviews to assist understudies screen and organize their schedules
- Encourage workforce and advisors to coordinated time administration instruction into classroom hones and scholastic advising. These procedures can cultivate a more proactive scholastic environment that bolsters both scholarly victory and understudy well-being.

Future Research

Future ponders ought to investigate the long-term affect of time administration intercessions on understudy push and scholarly execution. Longitudinal investigate can offer assistance decide whether time administration abilities created early in college endure and proceed to advantage understudies all through their scholarly and proficient lives. Furthermore, bigger and more assorted tests over different educate may improve the generalizability of discoveries.

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