

RELATIONSHIP BETWEEN TIME MANAGEMENT AND STRESS OF SECONDARY SCHOOL STUDENTS OF HARYANA

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ABSTRACT

In the ladder of education from nursery to university education, the secondary level of education is important because this level provides the base for future education. The continuous pressure from outside the world over the abilities creates the cause like stress, restless and anxiety in the mind of individual. India's youth suicide rate is highest among the world. As per the 2013, Data of national crime records bureau 2,471 suicides were due to failure in examination in India. Effective time management lowers frustration, anxiety and academic stress of studies. The present study is conducted on 200 Secondary school students of Haryana in the age group of 10-19 years to find out the relationship between time management and stress. The findings of the present study concluded that time management is necessary for improving the level of stress among adolescents.

Keywords: Time management, Stress, Students

INTRODUCTION

Stress is a part of everyday life. But there are some situations, such as your morning routine or your workday schedule, where you can reduce stress through the use of time management skills. Kids and teens also experience high levels of stress that seem to be on the rise. They have tests to study for, soccer games to play in, and crushes to text when their teacher isn't looking. Not to mention the overwhelming pressure to succeed in life and make important decisions about their future. If you're feeling overwhelmed with work or school, or if you're just tired of always showing up late for events, it might be a good idea to explore some time management techniques. Good time management is essential if you are to handle a heavy workload without excessive stress.

REVIEW OF LITERATURE

Very few studies are conducted on the relationship between time management and students, stress in India. Adams and Jex (1999) developed a model to show hypothesized relationships between time management and work-family conflict. The model was tested with a sample of 522 workers. In general, the hypothesized relationships were supported. It was found that effective time management can reduce the stress arises due to work family conflict.

Hosseini et al.(2013) examined the relationships between time management and job stress among employees in a sport organization in Iran. Finding of the study showed that time management has a significant inverse

relationship with job stress. The study suggested that Learning the communication skills, individuals can use their time better and persons face lower with the problem of lack of time.

Al Khatib(2014) investigated the relationship between time management, perceived stress, gender and academic achievement among United Arab Emirates college students. The findings of the study showed that there was statistically significant negative relationship between time management and perceived stress. Females reported higher time management compared to their males counter mates. Higher time management and lower perceived stress were associated with high levels of academic achievement.

RATIONALE OF THE STUDY

In the ladder of education from nursery to university education, the secondary level of education is important because this level provides the base for future education. The continuous pressure from outside the world over the abilities creates the cause like stress, restless and anxiety in the mind of individual. India's youth suicide rate is highest among the world. As per the 2013, Data of national crime records bureau 2,471 suicides were due to failure in examination in India. Effective time management lowers frustration, anxiety and academic stress of studies. Time management allows students to be free from all type of stress and increases output and performances of the work. Therefore a need arises to study about the students' stress at secondary school level and to know its relationship with time management competency. There is paucity of studies in field of students' stress and time management. It is important to explore whether or not there exists relationships among these variables. The results of this study may help practitioners and students to prevent harmful effects caused by poor time management, high levels of stress.

OBJECTIVES OF THE STUDY

Main objective of the study is to find out the relationship between students stress and time management competency of secondary school students.

RESEARCH METHODOLOGY

This study is descriptive in nature, which refers to obtaining information include the use of the questionnaire.

Sampling Techniques (Selection of Respondents)

A sample of 200 students was selected from schools of Haryana state. The study followed a combination of multi stage and quota sampling methods. For this purpose Haryana state was divided into four zones. One district was selected from each zone of Haryana. 8 schools were selected from four zones. The students selected from the schools on the basis of quota given below:

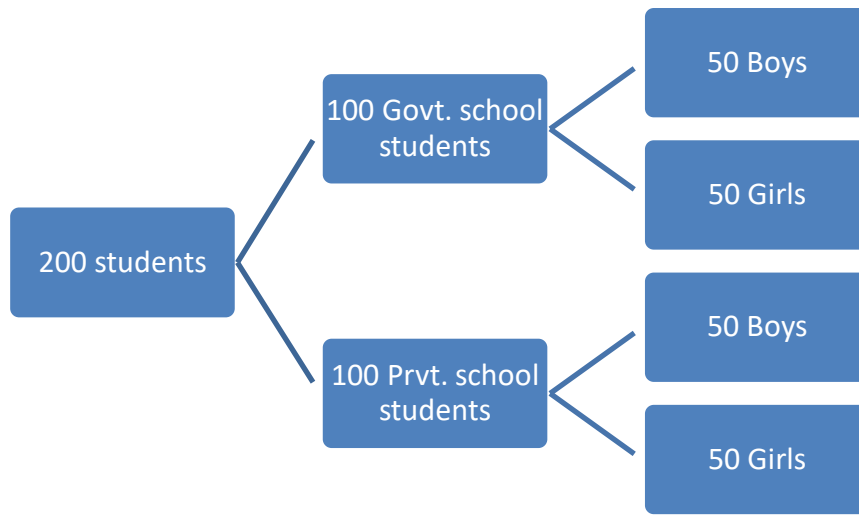


Figure 1. Quota for Selection of Students

Table 1. Selection of Respondents from 4 Zones of Haryana

4 Zones	Schools	School Name	No. of Students
Hisar	Private School	Vishvas High School, Barwala	25
	Govt. School	GSSS, Naherkothi, Barwala	25
Ambala	Private School	PKR Jain Senior Secondary Public School, Arya Chowk, Ambala	25
	Govt. School	Govt. Model School, Sector 19, Panchkula	25
Rohtak	Private School	Sahi Ram Senior Secondary School, Maham	25
	Govt. School	GSSS, Madina	25
Gurgaon	Private School	Aggarwal Convent School, Sector 23, Faridabad	25
	Govt. School	GSSS, Near Sector 16, Anaj Mandi, Faridabad	25

Source: Researcher's own

Tools used for Data Collection

Following standardised tools used for data collection:

- Student Stress Scale by Dr.ZakiAkhtar (SSS-AZ, 2011)
- Time management competency scale by D.N. Sansanwal and Meenakshi Parashar (TMCS, 2007)

ANALYSIS AND INTERPRETATION

Relationship between Students Stress and Time Management Competency of Secondary School

Students: Product movement correlation coefficient is calculated through MS-EXCEL to find out the relationship between Students Stress and Time Management Competency of Secondary School Students. Results are shown in the Table 2.

Table 2. Relationship between Students Stress and Time Management Competency among Secondary School Students

Variable	N	r - Value	Remarks
Student stress	100	-0.249	Negative low Correlation
Time management	100		

Source: Data Analysis

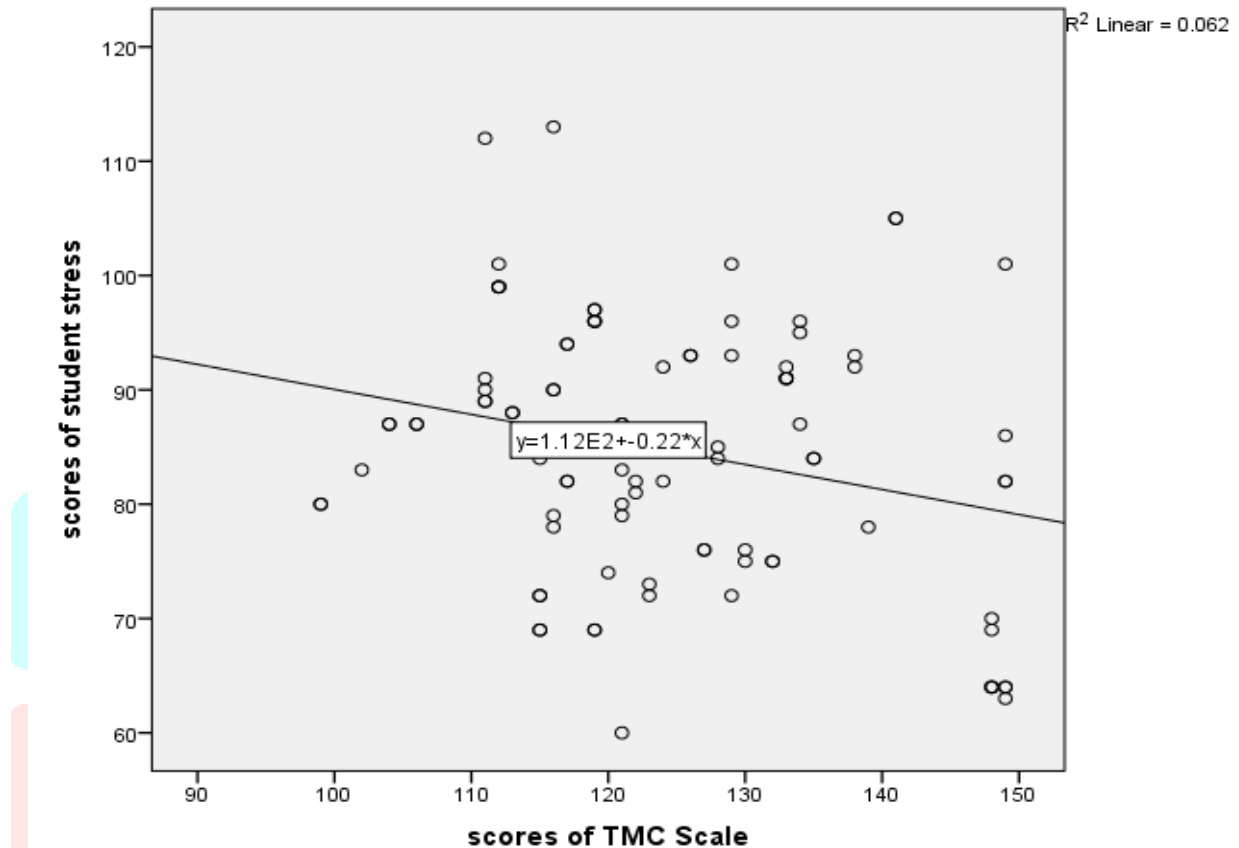


Figure 2. Relationship between Students Stress and Time Management Competency among Secondary School Students

According to table 2 the calculated value of Pearson correlation (r) between stress and time management competency of secondary school students is -0.249. It means that there is negative low relationship between the student stress and time management competency among secondary students which means that student stress and time management is going in opposite directions. It indicates that proper time management can reduce the student stress.

CONCLUSION AND SUGGESTIONS

The findings of the present study concluded that time management is necessary for improving the level of students' stress among adolescents. Following are some of the suggested the application of the present study on the basis of finding:

- The present study has implication for parents. The parents can identify the factors of causing stress for children. They can discuss the problems of their children with teachers. They also discuss about specific methods and strategies with teachers to overcome the children from stress.
- This study has great importance for policy makers also. The policy makers should make policies according to the need of stressed students. When polices are framed, it may be kept in mind that some programmes

should be developed to overcome the students stress and to enhance time management competency. The government must also play role in implementation of the policies framed by state and centre.

- Workshop and seminars should be arranged for the teachers to develop necessary skills and methods for time management and reduce the students stress.

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