International Journal of Multidisciplinary
Research in Science, Engineering and Technology

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

A Study on Time Management on the Balance between Academic and Social Life of College Students

Dr.G.Rajeshwari, K.Navin Raj

Associate Professor, Department of Commerce with Information Technology, Dr. N.G.P. Arts and Science College,

Coimbatore, India

Student, Department of Commerce with Information Technology, Dr. N.G.P. Arts and Science College,

Coimbatore, India

ABSTRACT: The study titled *"A Study on Time Management on the Balance Between Academic and Social Life of College Students"* aims to explore the crucial role of time management in helping college students maintain a balance between their academic responsibilities and social engagements. In today's fast-paced academic environment, students often struggle to manage their time effectively, leading to stress, procrastination, and an imbalance between studies and social life. This research focuses on identifying the challenges faced by students in managing time and examines the strategies and tools they use to overcome these challenges. MThe study was conducted among 100 college students from Coimbatore using a structured questionnaire. The data collected was analyzed using simple percentage analysis. The findings reveal that a significant number of students dedicate 1 to 3 hours daily to academic tasks and use digital tools like mobile apps and calendars for planning their academic schedules. Despite facing challenges like procrastination and distractions, most students attempt to balance their academic and social lives effectively. The study concludes that good time management practices not only enhance academic performance but also improve social participation and overall well-being. The research suggests that adopting proper time management strategies can significantly reduce stress and help students achieve a balanced and successful college life.

I. INTRODUCTION

In the fast-paced and often demanding environment of college life, students are faced with numerous responsibilities that require careful planning and prioritization. Balancing academic performance with social engagements, extracurricular activities, and personal well-being can seem like a daunting task. One of the key skills that can make this balancing act possible is time management. Time management refers to the process of organizing and planning how to allocate one's time effectively to various tasks. For college students, this involves the ability to allocate time wisely between studying, attending classes, socializing, participating in extracurricular activities, and maintaining mental and physical health. This paper delves into the impact of time management on balancing academic and social life for college students, exploring how students can use time management strategies to maintain this balance and improve their overall college experience.

Time management is an essential skill for college students. It allows them to handle academic pressures, meet deadlines, and participate in social activities, all while maintaining their mental and physical well-being. By employing effective time management strategies such as prioritization, goal setting, and planning, students can achieve a harmonious balance between their academic and social lives. The key is to find a time management system that works for each individual and to continuously evaluate and adjust one's approach as needed. Mastering time management not only leads to greater academic success but also ensures a more fulfilling and balanced college experience.

This paper seeks to explore the relationship between time management and the ability of students to maintain a balance between their academic responsibilities and social engagements. By examining how time management techniques influence both academic success and social participation, the study aims to shed light on the importance of time management as a key factor in achieving a well-rounded and successful college experience. Through an analysis of existing literature and case studies, this paper will highlight how students can optimize their use of time to thrive academically while fostering a fulfilling social life.

II. OBJECTIVES

- To Investigate the Relationship Between Time Management and Stress Levels.
- To Explore Time Management Strategies and Tools Used by College Students.
- To Identify Common Time Management Challenges Faced by College Students.
- To Provide Recommendations for Improving Time Management Skills.

III. PROBLEM STATEMENT

Procrastination and Its Effect on Academic Performance:
1) Many college students face difficulties in managing their time effectively due to procrastination.
2) Procrastination leads to last-minute cramming, rushed assignments, and increased stress, which adversely affects academic performance.
3) This problem is particularly critical as students often underestimate the amount of time required for their academic tasks and overestimate their ability to complete tasks at the last minute, leading to poor grades and diminished learning outcomes.

Inability to Balance Social and Academic Responsibilities:
1) College students often struggle to balance the demands of academic work with social engagements, extracurricular activities, and personal life.
2) In some cases, students may prioritize one over the other, leading to either neglecting academics or isolating themselves from social activities.
3) The inability to find a balance can negatively impact both academic success and personal well-being, contributing to feelings of stress, burnout, and social isolation.

IV. SCOPE OF THE STUDY

The scope of this study on the Impact of Time Management on Balancing Academic and Social Life for College Students defines the boundaries and extent to which the research will focus on understanding the relationship between time management and its effects on both academic performance and social engagement. The following key areas outline the scope of the study:

1) **Focus on College Students**
   - This study primarily targets college students, including undergraduate and graduate students, who are managing the dual demands of academic responsibilities and social life.
2) **Procrastination and Time Management**
   - The research will address the role of procrastination in time management, focusing on how students' tendency to delay tasks affects their ability to balance academic work and social life.
3) **Impact on Academic Performance**
   - One of the primary focuses of this study is the impact of time management on   academic performance.

V. RESEARCH METHODODLGY

This study is formed to investigate the impact of time management on the equilibrium between academic and social life. Questionnaire is entrusted with 100 respondents for data collection. A research methodology is a top-level view of how a given piece of research is distributed. It defines the techniques or procedures that are accustomed identify and analyses information regarding a particular research topic. Research methodology is solely and easily the fundamental framework for a study that guides the gathering of information and analysis of the information.

Source of Data
Primary data: Primary data refers to the first-hand data gathered by the researcher himself. This research uses primary data for the research work. A pretested questionnaire was administered to the respondents with the questions. The answers given by the respondents were recorded and used for analysis purpose.

Sampling Technique and Size

The sample is obtained from college students who study at Coimbatore. The sample was collected by Convenient Sampling. The sample size selected is an important step in the research study. The sample size is based on respondents who study in college. The results of the sample are expected within a specific range. The sample size of the study is 100 respondents.

Research Tools

Tool that was used for calculation: Simple Percentage Analysis

VI. REVIEW OF LITERATURE

1) "Balancing Academic and Social Life: The Role of Time Management in Reducing Student Stress"
Authors: Hernandez, M., Salazar, E., & Diaz, P. (2022)
Published: *International Journal of Stress Management*

Hernandez et al. (2022) investigated how effective time management can reduce stress by helping students balance academic responsibilities with social commitments. Their findings showed that time management techniques such as prioritization, scheduling, and the Pomodoro technique helped students feel more in control of their academic workload, reducing anxiety and creating more opportunities for social engagement. The authors suggested that students who effectively manage their time are better able to meet academic deadlines without sacrificing important social interactions, contributing to both academic success and mental well-being.

2) "Digital Tools for Time Management and Their Impact on Academic and Social Balance in College Students"
Authors: Schweizer, M., Weber, S., & Baumann, L. (2022)
Published: *Journal of Educational Technology & Society*

Schweizer et al. (2022) explored the role of digital tools—such as Google Calendar, Trello, and productivity apps—in helping students manage their time. They found that students who utilized digital tools to organize their academic tasks and personal commitments were more effective in balancing their academic responsibilities with social activities. The study highlighted that digital time management tools helped students allocate time more efficiently, leading to reduced stress and more time for social interactions. The authors concluded that technological interventions play a crucial role in maintaining a balance between academic and social spheres, especially in today's fast-paced, digital environment.

VII. OVERVIEW OF THE STUDY

Time management refers to the planning and controlling of how much time to spend on specific activities. It is a very important skill that allows people to reach their goals, reduce stress, and maintain a healthy balance between work, study, and personal life. Effective time management helps maximize productivity and efficiency, making it an essential tool for success, particularly for college students who must juggle academic demands, social life, extracurricular activities, and sometimes part-time employment.

Why Time Management is Important for College Students?

College students often face unique challenges when it comes to managing their time. With multiple classes, exams, assignments, projects, and social commitments, finding balance can feel overwhelming. Poor time management can lead to stress, procrastination, missed deadlines, and ultimately, academic under performance. However, when managed effectively, time management can lead to:

- Less Stress: A schedule helps avoid cramming at the end and missing any commitments.
- Better Grades: Properly scheduled study schedules ensure that ample time is spent on reviewing material.
- Greater Productivity: By scheduling activities, students will be able to do more in a shorter period.

- More Work-Life Balance: Students are able to fit in both their academic and personal activities with a proper schedule.
- Improved Well-being: Reduced stress and increased productivity lead to improved mental health and overall well-being.

The Changing Landscape of College Life

The transition from school to college presents a significant shift in the responsibilities and freedoms students experience. In school, schedules are typically rigid and structured by teachers, leaving little room for personal flexibility. However, in college, students gain a degree of autonomy over their schedules, which can be both empowering and overwhelming. With this newfound freedom comes the challenge of managing one's time efficiently. The freedom to choose when and how to study, attend social events, or participate in extracurricular activities often leads to a heavier reliance on personal discipline and effective time management skills.

The Role of Time Management in Academic Success

Academics remain the primary focus for most college students, and efficient time management is essential for achieving academic success. College coursework typically demands higher levels of independent learning and self-discipline compared to previous educational experiences. Time management allows students to organize their study schedules, plan for exams, and complete assignments on time, reducing last-minute cramming and stress. Students who manage their time well are often better able to prioritize tasks, focus on important deadlines, and tackle academic challenges systematically, which leads to higher academic performance.

Balancing Social Life and Academics

While academics are a priority for college students, the social aspect of college life is equally important. College provides opportunities for social interaction, building friendships, networking, and participating in activities that contribute to a student's personal and professional development. However, balancing these social engagements with the demanding academic schedule is often a difficult challenge. Students who lack time management skills may find themselves sacrificing social interactions in favor of studying or, conversely, spending too much time socializing and neglecting academic responsibilities.

Challenges in Time Management

Time management strategies are effective, but there are always barriers to their implementation. Some of these barriers include:

- **Over commitment**: Being too willing to say "yes" to multiple activities may eventually lead to burnout. The boundary setting and knowing when to say "no" are key.
- **Distractions**: Social media, texting, and others may become sources of distraction in work. Site blockers or dedicating certain hours to social activity may also be necessary.
- **Lack of Motivation**: Overwhelming tasks lead to procrastination. This can be controlled by breaking up the task into small parts and then rewarding oneself when these small tasks are completed to create momentum.
- **Time Mismanagement**: A lot of students miscalculate the time that will be needed to complete the task. Through time-tracking tools and being realistic about how much time a certain task will require, students will have a much better day.

The Influence of Technology on Time Management

In today's digital age, technology has become an integral part of students' lives, providing both advantages and challenges when it comes to time management. On one hand, technological tools such as calendars, task management apps, and online study resources can enhance productivity and help students stay organized. On the other hand, distractions such as social media, texting, and entertainment platforms can consume valuable time, detracting from academic and social responsibilities.

The Consequences of Poor Time Management

When time management skills are lacking, students often experience negative consequences in both their academic and social lives. Poor time management can lead to procrastination, last-minute stress, and a feeling of being overwhelmed. In the academic sphere, this can result in missed deadlines, incomplete assignments, and subpar performance on exams. In terms of social life, students may feel isolated, as the pressure to study constantly takes precedence over personal interactions. Additionally, the constant juggling of academic and social obligations without clear priorities can contribute to burnout, anxiety, and a general sense of dissatisfaction.

International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

VIII. ANALYSIS AND INTRPRETATION

TABLE No.1
Time they dedicate to academic tasks a day

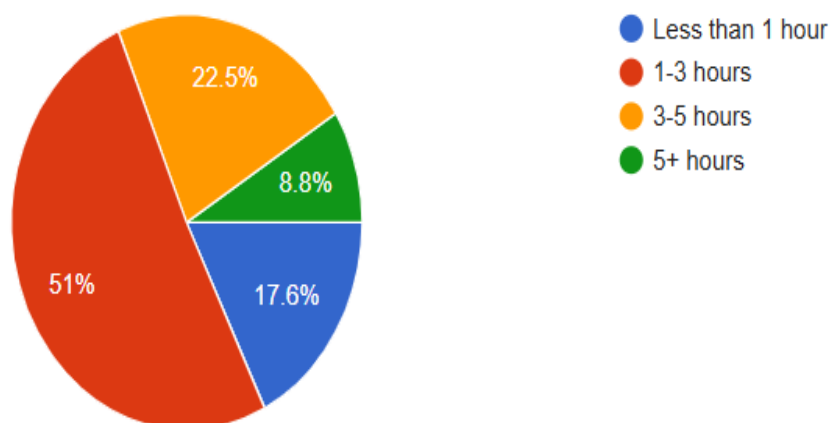| Options	No of Respondents	Percentage
Less than 1 hour	18	17.6
1-3 hours	52	51
3-5 hours	23	22.5
5+ hours	9	8.8
Total	102	100

Interpretation:

- Table 4.5 shows that out of the total respondents taken for the study, 17.6 percent of the respondents study less than hour a day, 51 percent study 1 to 3 hours a day, 22.5 percent study 3 to 5 hours a day and 8.8 percent study more than 5 hours a day.
- The study concluded that the majority of (51%) of the respondents study 1 to 3 hours a day.

Pie Chart 1:

7. On average, how much time do you dedicate to academic tasks each day?

102 responses

TABLE No.2
Planning their Academic work

Options	No of Respondents	Percentage
To-do lists	28	27.5
Calender scheduling	23	22.5
Digital planner or apps (e.g., Google Calendar, Notion)	34	33.3
No particular method	17	16.7
Total	**102**	**100**

Interpretation:

◆ Table 4.7 shows that out of the total respondents taken for the study, 27.5 percent of the respondents use To-do lists to plan their academic work, 22.5 percent use Calender scheduling to plan their academic work, 33.3 percent use Digital planner or apps to plan their academic work and 16.7 percent use No particular method to plan their academic work.

◆ The study concluded that the most (33.3%) of the respondents use Digital planner or apps to plan their academic work .

Pie Chart 2 :

9. How do you typically plan your academic work?

102 responses

- To-do lists
- Calendar scheduling
- Digital planner or apps (e.g., Google Calendar, Notion)
- No particular method

TABLE No.3
Balancing their academic and social life

Options	No of responses	Percentage
Tend to focus more on academics and rarely have time for social activities	16	15.7
Try to maintain an equal balance between academics and social life	64	62.7
Prioritize social activities over academics when possible	22	21.6
Total	**102**	**100**

Interpretation:

◆ Table 4.12 shows that out of the total respondents taken for the study, 15.7 percent respondents say tend to focus more on academics and rarely have time for social activities, 62.7 percent respondents say they try to maintain an equal balance between academics and social life, 21.6 percent respondents say they prioritize social activities over academics when possible.

◆ The study concluded that the majority of (62.7%) of the respondents say they try to maintain an equal balance between academics and social life.

Pie Chart 3:

14. How do you balance your academic and social life?

102 responses

- I tend to focus more on academics and rarely have time for social activities
- I try to maintain an equal balance between academics and social life
- I prioritize social activities over academics when possible

TABLE No.4
Difference in stress level when they prepare tasks and do not prepare

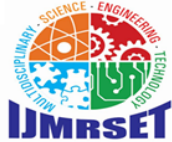| Options	No of responses	Precentage
Yes, planning decreases my stress	48	47
No, makes little difference	43	42.2
Yes, planning increases my stress	11	10.8
Total	102	100

Interpretation:

◆ Table 4.21 shows that out of the total respondents taken for the study, 47.1 percent respondents say they stop attending social functions to attend academics , 42.2 percent respondents say they balance them both by making time for it and 10.8 percent respondents say they feel tensed and could not manage both.

◆ The study concluded that the majority of (68.6%) of the respondents say they balance both by making time for it.

Pie Chart 4:

23. Do you feel any difference in stress when you prepare tasks and do not prepare?

102 responses

- Yes, planning decreases my stress
- No, makes little difference
- Yes, planning increases my stress

IX. CONCLUTION

The study results present significant findings regarding students' study habits, time management, social life, and stress management. Their study patterns indicate that the majority of students dedicate 1 to 3 hours per day and 10 to 20 hours per week for academic work, commonly using digital calendars or mobile apps to plan their work. In spite of their academic demands, most students take part in social activities, and most feel they can strike a balance between academic work and social life. They manage this by rescheduling and making a deliberate effort to leave time for both. The majority of respondents indicated that socialization and participation in extracurricular activities do not hinder their academic performance, implying that effective scheduling helps overall success.Regarding stress and time management, the research uncovers that, although there are some students experiencing occasional academic pressure, most students have found coping mechanisms to time manage. Making use of technological tools, such as Google Calendar, is highly influential in the planning process of these students. Nevertheless, a few students have not mastered the art of managing time, causing them to suffer from occasional pressure when they are not able to plan ahead.As a whole, the research indicates that students understand the need to balance academics and extracurricular life. Though they do struggle, mainly in time management, most convey confidence that they can manage their tasks. Implementing more effective planning skills and stress-reducing methods could even more easily allow them to balance academic work with a satisfying social life**.**

REFERENCES

1. https://guidetograduate.com/balancing-academics-and-social-life-in-college-tips-for-success/?utm
2. https://iosrjournals.org/iosr-jbm/papers/Vol9-issue6/J0965960.pdf?utm
3. https://link.springer.com/article/10.1007/s10648-020-09519-z?utm
4. https://summer.harvard.edu/blog/8-time-management-tips-for-students/
5. https://www.betteryou.ai/why-is-time-management-important-for-the-academic-success-of-students/
6. https://www.rasmussen.edu/student-experience/college-life/time-management-tips-college/
7. https://open.online.uga.edu/inspire/part/the-role-of-time-management-in-academic-achievement/

INTERNATIONAL JOURNAL OF

MULTIDISCIPLINARY RESEARCH

IN SCIENCE, ENGINEERING AND TECHNOLOGY