

Correlation Analysis of Time Management and Studying Habits Among Information Technology Students in Jose Maria College

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Abstract:

Most students start out each new semester of school with high expectations. They envision themselves being successful in their studies and school work but they fail to put together a realistic plan, or establish a routine, that will enable them to achieve academic success. The purpose of this study was to analyze the level of time management and studying habits among the target respondents which are the Information Technology students of Jose Maria College. This also means that this study aimed to determine whether there is a significant relationship between the two variables. This study carried out a descriptive research design using correlational approach. By the use of purposive quota sampling. The results of the conducted survey were analyzed by getting its weighted mean, T-test, ANOVA, and Pearson r showed that the level of time management and study skills have a very high description interpretation. Therefore, the result rejects the null hypothesis. There is a significant relationship between Time Management and Studying Habits. With this positive correlation, this implies that when the Time Management increases, the Studying Habits also increases.

Keywords: time management, studying habits, correlational research, Jose Maria College

I. INTRODUCTION

Background of the study

Many students around the world find it hard to find a balance between their studies and their day-to-day lives. It is important for every student to get high marks. Student's success in studies depends much on managing time efficiently. The habits and morals that students acquire during school time and at home will stick with them throughout the future. The main objective of the current research is that to which extent time management practices influences

the academic achievement of the university students in higher education institution [1].

For all of us know Time is essential, and we need to use and manage it wisely. On the other hand, we also need to perform our best at school, and do the home works and projects, and other activities to be an ideal type of student that we had always dreamed of. One might put into mind the importance of knowing how to deal with time and the task at hand. Time management can be defined as clusters of behavioral skills that are important in the organization of study and course load. Good

time management skills have been identified as having a “buffering” effect on stress and are a key indication of higher performance in higher education [2]. However, many students find it hard to regulate both their studies and their external lives leading to time mismanagement [3]. Time management will add a great value in both personal and professional aspects to all kinds of participants, providing the tools and techniques as well as the understanding to assist to drive their time effectively and efficiently.

Study habits are some of the skills that students must acquire in order to survive the continuous battle at school. Whether studying is done for pleasure, to increase one’s knowledge upon a certain subject, to learn new skills, or to gain qualification, one must take time to make use of the study techniques and develop his/her study skills to not only boost your confidence and help one succeed, but will also enable him/her to work more efficiently for your study [4]. “Study isn’t just for the night before an assignment’s due or the night before an exam. It’s never too early – or too late – to develop good study habits. The sooner you get into a good study groove, the easier everything will be and the more your chances of getting good marks will improve.” [5].

It’s never too early or too late to develop good study habits. The sooner you get into a good study groove, the easier everything will be and the more your chances of getting good marks will improve. Studying. To be a successful student requires desire, dedication and a lot of work. Primarily, having an effective way of learning is the key to cope with the vast volume of information taught.

This study on time management and study habits was a contribution to find a solution on how to assist students to have command to how effectively utilization of the time management for

their academic achievements. To find the interrelation between time management and academic achievements of the students. To create an attempt to fill the gaps exist in the research of time management and academic achievements of the students. To explore more and more knowledge of time management and academic achievement of the students.

Theoretical framework

This study is anchored in Pickle Jar Theory by Stephen Covey for the Time management variable and Behaviorist Learning Theory for the Studying Habits variable.

The Pickle Jar Theory[6]

Is based on the idea that time, like a pickle jar, time is limited. Our life is the jar and what is in it, the volume or space is limited. Every day, everyone fills out time with important, less important and unimportant activities. The Pickle Jar Theory serves as a visual figurative expression, to determine what is the important and what is not important. It helps you to set your priorities for daily life and plan tasks in such a way, that you have time to spare instead of too few hours in the day. This Theory is popular for time management. The Theory is about a big glass pickle jar that is filled with a large number of fist-sized rocks, pebbles and a lot of sand. The pickle jar itself represents our daily life, what keeps us engaged and how we divide our time and activates during the day. The Pickle Jar Theory helps you visualize your priorities, as well as the amount and size of tasks that can be done realistically on a given day. There are no charts or massive organizers to haul around. It’s just a simple technique that helps you get the work done with less stress.

Behaviorist Learning Theory[7]

Is most commonly utilized in classrooms today as a tool for behavior management. However, educators still utilize rote practice and repetition: two practices that are linked to Behaviorist Theory. According to the author Skinner, rewards increase the likelihood that behaviors will be repeated, while punishments decrease the likelihood of repetition. He also theorized that rewards and punishments could be either positive or negative in nature. What skinner meant was that when we give or add something to the environment, the interaction is positive; when we take something away, the interaction is negative. So for example, removing an undesirable activity from the agenda might be a negative reward, and adding an undesirable activity to it might be a positive punishment.

Conceptual Framework

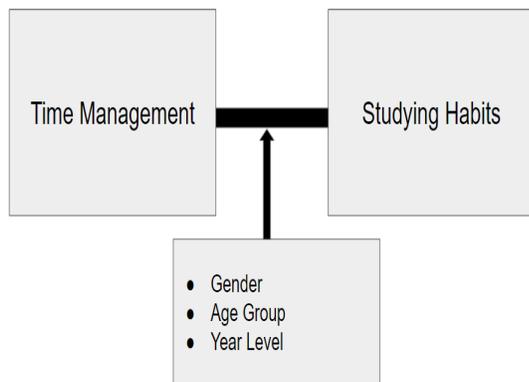


Figure 1. Conceptual Framework of the study

Figure 1 above presents the conceptual model that will be used in this study. The diagram shows the relationship of Time Management and Studying habits. The graph shows about what will be the process to answer the research problem. The first box in the left side represents the independent variable meanwhile on the right side represents the dependent variable. The lower box represents the moderating variables that could affect the relationship of the two-variables.

Research Questions

This study intends to find out the degree of the relationship of time management and studying habits among information technology students in Jose Maria College. Specifically, this study seeks, to answer the following questions

1. What is the demographic profile of the respondents in terms of:
 - A. Gender
 - B. Age Group
 - C. Year Level?
2. What is the level of the time management among IT college students in Jose Maria College?
3. What is the level of the studying habits among IT college students in Jose Maria College?
4. Is there a significant difference on the level of time management when group according to:
 - A. Gender
 - B. Age Group
 - C. Year Level?
5. Is there a significant difference on the level of studying habits when group according to:
 - A. Gender
 - B. Age Group
 - C. Year Level?
6. Is there a significant relationship between time management and studying habits among information technology students in Jose Maria College?

Null Hypothesis

- HO1. There is no significant difference in Time management according to:
- a. Gender
 - b. Age level
 - c. Year level
- HO2: There is no significant difference in Studying habits according to:
- a. Gender
 - b. Age level
 - c. Year level

HO3: There is no significant relationship between time management and studying habits.

II. METHODOLOGY

Research Design

This study used a descriptive correlational study. A study in which the researcher is primarily interested in describing relationships among variables, without seeking to establish a causal connection. Descriptive correlational method refers to a type of study in which information is collected without making any changes to the study subject [8].

The research uses surveys to collect data on the correlation between time management and study habits. Correlation research design is a statistical measure of a relationship between two or more variables may predict another. The descriptive techniques discussed above permit a statement about that relationship in the form of correlations [9]. Findings from correlational research can be used to determine prevalence and relationships among variables, and to forecast events from current data and knowledge. In spite of its many uses, prudence is required when using the methodology and analyzing data. To assist researchers in reducing mistakes, important issues are singled out for discussion and several options put forward for analyzing data [10].

Researchers make an effort to control all variables except the one being manipulated which is the independent variable. The effects of the independent variable on the dependent variable are collected and analyzed to identify if there is or there is no significant relationship.

Research Locale



The study will be conducted at Jose Maria College, Philippine-Japan Friendship Highway, Davao City, 8000 Davao del Sur. Where MOBA gamers make up the majority of the students at the respective school.

Figure 2. Jose Maria College, Philippine-Japan Friendship Highway, Davao City, 8000 Davao del Sur

Participants of the Study

The respondents of the study will be selected using a purposive sampling strategy in which it is used to select I.T college students in Jose Maria College. All participants of the study will be chosen using a purposive sampling strategy regardless of their gender and age, which ranges from 18 and above.

Sampling Techniques

The researcher of this study will be selecting more than fifty (50) IT students.

Purposive quota sampling also known as judgment, selective or subjective sampling is a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study. Purposive sampling is intentional selection of informants based on their ability to elucidate a specific theme, concept, or phenomenon.

This method requires researchers to have prior knowledge about the purpose of their studies so that they can properly choose and approach eligible participants for surveys conducted using online survey platforms like Google form. Researchers use purposive sampling when they want to access a particular subset of people, as all participants of a survey are selected because they fit a particular profile and are relevant to the study.

Statistical Treatments

The following are the statistical methods that will be used in the study:

- Weighted Mean and Descriptive Rating used to describe the technology's relationship towards student motivation in education. Below are the interpretations for the scores, mean, and weighted means gathered. Meanwhile, the content validity of the test material is interpreted using the 5 Point Likert Scale. Each category assign to a numerical value for Technology the independent variable is Strongly Agree is equal to 5 and Strongly Disagree, which is equal to 1; meanwhile, the assigned numerical value for Student Motivation the dependent variable is the same to the independent variable. The total assigned value is determined by using the weighted mean. The scoring system for each item must be such a high score consistently reflects favorable response, and a low score reflects an unfavorable response.
- The T-test is a statistical study that compares the means of two populations. This will be used to see whether there is a significant difference between Time management and studying habits when people are identified by their age, gender, year level. Also, this method will also be used to see whether Time management have an utmost influence on studying habits.
- ANOVA is a statistical analysis of variance. A method for assisting the researcher in determining whether the null hypothesis should be rejected or the alternative hypothesis accepted. This will also be used to see whether there is a significant difference in time management and studying habits when people are identified by their age, gender, year level.
- Pearson r it is widely regarded as the most accurate tool for determining the relationship between variables. This will be used to determine the level in which time management and studying habits are related.

Data Collection Procedure

The researchers of this study will conduct an online survey with the help of Google Forms. Online surveys have a number of benefits over other types of surveys. An online survey is a logical way to collect data from the target group by inviting them to participate in the research. The margin of error is greatly reduced with online surveys because participants enter their responses directly into the system. In order to conduct the analysis, the researcher will first obtain permission from the students of Jose Maria College Davao City participants and explain the research's objectives to them. Also, the researcher will advise the target people of the potential effects, providing them with a complete understanding of the costs and benefits of participating in this study. This will be achieved by informed consent. By assigning codenames to each respondent, the informed consent would cater to the security of the respondents' confidentiality. The researcher will distribute the questionnaires by sending a link to the survey questionnaire in Google Forms to the participants through Facebook Messenger after they agreed to participate in the study and sign the informed consent form. In addition, the data will be collected electronically and counted before being subjected to statistical analysis using suitable statistical methods.

Research Instrument

The study made use of an adapted survey questionnaire see [11], [12]. Both adopted questionnaire is in a rating scale question. The data collected were used by the researchers to prove the effect of the study habits and time management. The validity of the first draft of the questionnaires was proven and given to the adviser.

- The first part of the research questionnaire contained questions for the independent variable which was the time management, was adapted from Time Management for

health professions student questionnaire that was prepared by Office of Statewide Health Planning and Development for Personal Assessment of me

- The latter set of questions was made for the dependent variable which was the study habits, adapted from a questionnaire that was initially made for the benefit of the students from the National Institution for Youth Education.

Ethical Considerations

According to the Australian Government website ethical Consideration is an accumulation of values and principles that address questions of what is good or bad in human affairs. Ethics searches for reasons for acting or refraining from acting; for approving or not approving conduct; for

will be involved to.

- All of the information and instructions were clearly stated in the Google platforms. The decision of the respondents is being respect and value.
- The researchers will guarantee that all the data will be utilized and exploited only for the completion of this study.
- The researchers of the study are students of Jose Maria College and taking up the course Bachelor of Science Information Technology. The researchers of the study undergo a sequence of revisions paper as advised and recommended by their adviser.

III. RESULTS AND DISCUSSIONS

This section contains the analysis and interpretation of the data received from the participants' responses. The presentation of data are arranged in the following sequence: the demographic profile, the level of Time Management, the level of Studying Habits, test of significant difference in the level of Time Management according to gender, age, year level, test of significant difference in the level of Studying Habits according to gender, age, year level, test of significant difference in the level of Time Management and in the level of Studying Habits.

RQ1. What is the demographic profile of the participants of the study in terms of:

- a. Gender
- b. Age Group
- c. Year Level

Table I. Results Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	26	65.0	65.0	65.0
	Female	14	35.0	35.0	100.0
Total		40	100.0	100.0	

believing or denying something about virtuous or vicious conduct or good or evil rules [13].

- All the participants will be aware of the aims and purposes of the study that they

Age Group

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18 - 25 years old	37	92.5	92.5	92.5
	26 - 30 years old	3	7.5	7.5	100.0
Total		40	100.0	100.0	

		Year Level			
		Frequency	Percentage	Valid Percent	Cumulative Percent
Valid	1st Year	8	20.0	20.0	20.0
	2nd Year	25	62.5	62.5	82.5
	3rd Year	4	10.0	10.0	92.5
	4th Year	3	7.5	7.5	100.0
	Total	40	100.0	100.0	

Table I. Present the demographic characteristics of respondents. In this study, there were a total of 40 participants: 26 males and 14 females. The highest percentage of the respondents belonged to 18 – 25 years old and all of the respondents are belong to BSIT department.

RQ2. What is the level of the time management among IT college students in Jose Maria College?

Table II. Results
Table II. Level of Time Management, n=40

Test variables (Anova)	Level	Mean	SD	F	Sig.	Decision
Gender	Male	3.28	1.158	1.0	.317	Accept HO
	Female	2.89	1.240	29		
Age	18-25	3.15	1.174	.01	.907	Accept HO
	26-30	3.07	1.629	4		
Year Level	1 st	3.11	1.364	.62	.601	Accept HO
	2 nd	3.04	1.070	9		
	3 rd	3.93	1.218			
	4 th	3.07	1.901			
Indicators		\bar{x}	SD	Description		
Time management		3.15	1.187	Moderate		

Interpretation:

RANGE OF MEAN	DESCRIPTION INTERPRETATION
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1.00 – 1.80	VERY LOW
1.81 – 2.60	LOW
2.61 – 3.40	MODERATE
3.41 – 4.20	HIGH
4.21 – 5.00	VERY HIGH

The mean Level of Time Management is 3.15 with a standard deviation of 1.187. This means that the Level of Time Management is moderate.

RQ3. What is the level of the Studying Habits among IT college students in Jose Maria College?

Table III. Results
Table III. Level of Studying Habits, n=40

Indicators	\bar{x}	SD	Description
Studying Habits	2.89	.944	Moderate

The mean Level of Studying Habits is 2.89 with a standard deviation of .944. This means that the Level of Studying Habits is moderate.

Learning Behaviors are learned actions that enable students to access learning and interact with others productively in the community. These behaviors are developed in and outside of school [14].

RQ4. Is there a significant difference on the level of time management when group according to:

- Gender
- Age Group
- Year Level

Table IV. Results
Table IV. Significant Difference on the level of time management When Analyzed According to Gender, Age, and Year Level

Since, p-value 0.317 > 0.05 then we do not reject the null hypothesis. There is no significant difference on the level of Time Management when grouped according to Gender.

Since, p-value 0.907 > 0.05 then we do not reject the null hypothesis. There is no significant

difference on the level of Time Management when grouped according to Age Group.

Since, p-value $0.601 > 0.05$ then we do not reject the null hypothesis. There is no significant difference on the level of Time Management when grouped according to Year Level.

RQ5. Is there a significant difference on the level of studying Habit when group according to:

- a. Gender
- b. Age Group
- c. Year Level

Table V. Results
 Table V. Significant Difference on the level of studying Habits When Analyzed According to Gender, Age, and Year Level

Test variables (Anova)	Level	Mean	SD	F	Sig.	Decision
Gender	Male	2.97	.970	.569	.455	Accept HO
	Femal e	2.74	.908			
Age	18-25	2.89	.946	.000	.985	Accept HO
	26-30	2.90	1.127			
	1 st	2.84	1.056			
Year Level	2 nd	2.86	.904	.028	.943	Accept HO
	3 rd	2.98	.613			
	4 th	3.20	1.709			

Since, p-value $0.455 > 0.05$ then we do not reject the null hypothesis. There is no significant difference on the level of Perceived Cognitive Functions when grouped according to Gender.

Since, p-value $0.985 > 0.05$ then we do not reject the null hypothesis. There is no significant difference on the level of Perceived Cognitive Functions when grouped according to Age Group.

Since, p-value $0.943 > 0.05$ then we do not reject the null hypothesis. There is no significant difference on the level of Studying Habits when grouped according to Year Level.

RQ6. Is there a significant relationship between time management and studying habits among information technology students in Jose Maria College?

Table VI. Results
 Table VI. Correlations between Time Management and Studying Habits. It also uncovers the correlation between the level of Time Management and the level of Studying Habits.

Independent Variables	\bar{x}	SD	r-value	P-value
Time management	3.14	1.187	.864	.000
Studying Habits	2.89	.944		

Table 6 shows the positive correlation between Time Management and Studying Habits. Since, p-value is $.000 < 0.05$, then we reject the null hypothesis. There is a significant relationship between Time Management and Studying Habits. With this positive correlation, this implies that when the Time Management increases, the Studying Habits also increases. On the strength of relationship between variables, with the value of $r=.864$, it has a Very High/Very Strong Positive Relationship.

It was stated that once the time is wisely spent, it might make schedule work more efficiently [14]. Similarly there is significant correlation of some demographic variables such as age of the respondents and educational degree to studying habits [15].

IV. CONCLUSIONS AND RECOMMENDATIONS

CONCLUSIONS

The results and findings that were shown are presented in the following conclusions: The data gathered among the IT student’s results to a moderate level of time management as specified in Chapter III. Since the results of the level of time management showed that it was high, it connects to

the statement that, trying to multi task or trying to finish multiple tasks at the same time might often lead to achieving less. However, good time management might lead to get more tasks done in less time, and failing to manage time might cause stress [16]. The results that were interpreted in the previous chapter shows that the level of studying habits among the IT students was described as moderate. This variable focuses on the respondents' habits, therefore it shows that IT students have a good habit in studying. Studying Habits pertain to the ways and strategies of a student in studying. Also, this might be a lot of help to the students to enable them to achieve their goals. This result thus agrees with the statement “the sooner a student gets into a study groove, the easier everything might be and the more are the chances in getting a good grade” [17].

Altogether, there is a significant relationship between time management and studying habits based on the results of the correlation between variables. Students tend to manage and divide their time as a strategy in effective studying. This kind of behavior might help the students in becoming responsible as well as time wise in spending their time more effectively than just wasting it.

RECOMMENDATIONS

Based on the findings and conclusions, the succeeding recommendations were created for the thought of beneficiaries of this study. The overall result of the time management and study skills are very high. Teachers who underwent a briefing regarding this matter might motivate the students through encouraging activities that will trigger the productivity of the students in achieving the objectives and tasks. They need to look further in the progress of every student, especially to those who are struggling in reaching high grades due to fear of failure and the inefficacy to handle academic workloads.

Students need to be more thoughtful of their actions and decisions that might create a positive or negative impact in their life. As a learner, they need to take notes of the important details that can help them improve their behavior such as being productive and active in doing tasks, assignments and projects to achieve a passing or high grade. Application of time management and acquiring good studying habits is very important so they can organize their schedules to fit everything that needs to be finished to avoid experiencing academic stress and procrastination.

Moreover, future researchers may fill in the gaps that are found in the study to fill in the information that needs a deeper understanding about the problem of the students. They may also use this as a guide for further information and studies that can be related in this content. They may also emphasize the topic that needs more attention that can be alarming for the students who encounter this. Overall, this may be a great help to the individuals who need to be guided and enlightened in the concept of this study.

ACKNOWLEDGEMENT

The researchers would like to express their heartfelt gratitude and appreciation to the following people who contributed to the success of this paper to Mr. Mark Van Buladaco the researchers' teacher and adviser for his generosity in devoting his time, sharing knowledge and expertise on research, and providing amazing and motivating pieces of advice for the realization of this study. To Mrs. Jevannel Borlio the statistician, for his help in statistical analysis for this study. To the respondents, for giving their time, and cooperation. To the family and friends, who were always there to understand and help, and for their unending moral support to help keep this research successful. Most of all, to our Almighty God, for the guidance, for the strength, words of wisdom and undying love to make this research possible and meaningful.

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