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## University students' in the examination of skills and attitudes of time management

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### Abstract

The aim of this study is to determine the significance levels on time management skills, and attitudes of collage students according to gender and department variables. Material and Methods: The research population, Trakya University Sports High School as the students in the sample group was created and 223 persons were selected. To achieve healthy survey application, students' questions after the survey between March 25- April 8 that was created. Sports management, physical education and sports teaching, coaching and recreation departments were surveyed. The data was collected through the "Time Management Questionnaire (TMQ)" questionnaire developed by Sema ALAY. 223 university students in participating in research, which consists of three sub-dimensions Time Management Questionnaire (TMQ) was applied and the data were collected. Afterwards, it has been commented on the findings with the assistance of statistical analyses. The p-value was determined 0.632. Validity and reliability testing and analysis was performed with Cronbach's Alpha. As a result the scale reliability was (cronbach alpha) 0,775. Research section of the students and the demographic variables, with no statistically significant difference between time management application.

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### 1. Introduction

The term "Time" means a nonstop process (Smith, 1998). The resource that can be found scarcely is time and should be managed truly (Drucker, 1994). According to EFIL, it's very important to control the time. Time control is very difficult for people. To organize and plan the school and working hours control the whole day (Efil, 1999; Erdul,

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2005).The increase in time pressure on people raises the significance of time management(Erden R. and Kocabaş,2003).

To understand and practice the attitude and abilities of time management doesn't solve the person's problems but it helps them to achieve effective solutions and results.(Alay and Koçak, 2003). Timpe (1987) suggests that, the effective use of time affects person's productivity and performance (Yılmaz et al, 2010)., The effective and productive use of time is very important. Although this attitude can vary according to the job each person does, nowadays the increase in the professional and educational knowledge and ability that are expected from people reveal the importance of attitude and ability in time management and the need for the effective use of time to be successful.

Everyone uses the time according to his/her own goal. Setting the goal, developing the attitudes according to the goal and making activities according to that goal eases achieving the goal (Alay and Koçak, 2003).

The importance of time management can be seen not only in business life but also in academic life. For example; the difficulty in achieving the goal in exams makes students study systematically. The study method should be in parallel with the extent of study time. A study without planning means an inefficient day. A regular and balanced planning is very important to achieve the goals. If the ability to be systematical is achieved in early ages, it benefits the person in the future. A person can be caught by a time trap because of time management. To know time management makes the achievement of ability of time management important (Andiç,2009).

## 2. Method

The validity and reliability of ZYA which is developed by Britton and Tesser in 1991 were adapted by Alay and Koçak and a questionnaire which has 16 articles for time planning, 7 articles for time attitude, and 4 articles for time consuming was implemented. As in the original questionnaire, each article was graded out of 5 and fivefold rating consisting of the choices “always”, “often”, “sometimes”, “seldom”, “never” was used. In rating, 5 was given to the answer at the end of the scale, while 1 was given to the answer at the other side of the scale.

The articles in time consuming subscale were negative articles so the rating was reversed while the data were entered. In this study, the relationship between the students' academic achievement and the ability for time management created the problem of the study.

Time management questionnaire consisting of 3 subscales was implemented to 223 students at the university. The students studying “Sports Management”, “Physical Education and Sports Teaching”, “Coaching”, and “Recreation” answered the questions and thus, 5 groups were formed. The results were analyzed by Statistical Package for Social Sciences and Independent Sample Test was used to compare the differences between the groups. Besides, the frequency distributions of demographical factors of participants were studied.

## 3. Results

The findings obtained at the result of analysis of the data obtained in this section and statistical techniques in method section were explained in tables.

Table 1.The validity and reliability test.

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
,775	,836	32

Table 2. The analysis of time management according to the students' section variant

	Gender	N	Mean	Sd	df	t	p
Time management	Male	99	86,52	11,381	220	-,480	,632
	Female	123	87,27	11,804			
Time planning	Male	99	51,60	9,834	220	-,010	,992
	Female	123	51,61	11,024			
Time attitude	Male	99	23,58	3,182	220	,034	,973
	Female	123	23,56	3,183			
Time consuming	Male	99	11,34	3,286	220	-1,724	,086
	Female	123	12,10	3,202			

\* p<0.05

In the frequency distribution of demographical factors; it's observed that there isn't a meaningful difference between the attitudes and abilities of time management of males and females.

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