Theoretical framework:

This study is anchored on pickle jar theory by Jeremy Wright and Parkinson’s law by Cyril Northcote Parkinson. Wright (2002) gives the idea that our daily life is like a pickle jar, we divide our time and tasks during the day, our pickle jar may contain the following: the sand represent what we usually spend time on that is not necessary, and the rocks represent the important task that if we fail to do there will be serious consequences. Thus this theory is relevant to students who divide their daily life into academic work and personal life, time is distributed to different activities and works, it’s up to the learners how will they set their priorities. According to Parkinson (1942) work expands to fill the time allotted for its completion because you know you have more than enough time at your disposal, the project grows in scope. Students giving themselves less time to do something will lead to faster completion but slowly reduce the time allotted for any given task, and eventually, find themselves in the sweet spot without the feeling of getting rushed