



جامعة مصر للمعلوماتية  
EGYPT UNIVERSITY  
OF INFORMATICS

Egypt University of Informatics  
Computer and Information Systems  
Data Analysis Course

## Sports and time management

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### *Introduction:*

This report explores the connection between sports and time management, offering practical strategies to help athletes balance their passions with daily life demands. It offers secrets to overcome the feeling of racing against time and achieve victory in every moment.

### *Research Question:*

Does participation in sports activities have a significant impact on individuals' perceived ability to manage time effectively, and if so, what specific aspects of sports participation contribute to this perceived improvement in time management skills?

### *Hypothesis:*

Engagement in sports activities positively correlates with individuals' perceived ability to manage time effectively.

### *Population of Interest:*

The population of interest for this report is comprised of athletes and individuals actively engaged in sports activities.

### *Sampling Method:*

we specifically targeting athletes and sports-related individuals through sports clubs, organizations, and social media groups, so I send the form on the WhatsApp to all my friends playing sports and my team. This approach is chosen because it allows us to focus on the population that is most directly impacted by the subject matter of the report.

### *Bias Identification:*

In crafting the survey, I recognized the inherent bias stemming from my personal inclination towards the benefits of sports involvement in enhancing time management skills. To counteract this potential bias, I meticulously framed questions using neutral language, offering varied response options to accommodate diverse perspectives. Additionally, I conducted thorough pilot testing to refine the survey's clarity and relevance. Throughout the process, I remained mindful of my biases, striving to minimize their influence and create a survey that facilitates honest and accurate responses from participants.

### *Survey Questions:*

- Age:
- Gender:
- Do you participate in any sports activities?
- If yes, please specify the sport(s) you are involved in:
- On a scale of 1 to 5, how would you rate your ability to manage your time effectively? (1 = Poor, 5 = Excellent)
- How many hours per week do you spend participating in sports activities? [Insert number of hours]
  - 6 hours
  - 10 hours
  - 15 hours
  - 25 hours
  - Other : (please specify)
- Do you believe participating in sports activities helps you manage your time better? (1 = Poor, 5 = Excellent)
- How do you prioritize your time between sports activities and other commitments?
- How do you believe participating in sports activities positively impacts your overall time management skills?
  - Improves discipline and focus
  - Enhances multitasking abilities
  - Teaches effective time allocation
  - Provides stress relief, leading to better time management
  - Other (please specify):
- How often do you use sports as a form of stress relief? (1 = Poor, 5 = Excellent)
- Do you employ any specific techniques or strategies to better manage your time in relation to your sports involvement?
  - Prioritization
  - Time blocking
  - Setting goals and deadlines
  - Using a planner or scheduling tool
  - Other (please specify):
- ❖ Online Survey Link:  
[https://docs.google.com/forms/d/e/1FAIpQLSdTxA2YM2FETpXbEJ4sIVYHBbFhcJnS1rtCDry3p710IuntfA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdTxA2YM2FETpXbEJ4sIVYHBbFhcJnS1rtCDry3p710IuntfA/viewform?usp=sf_link)
- ❖ Number of samples collected: 50

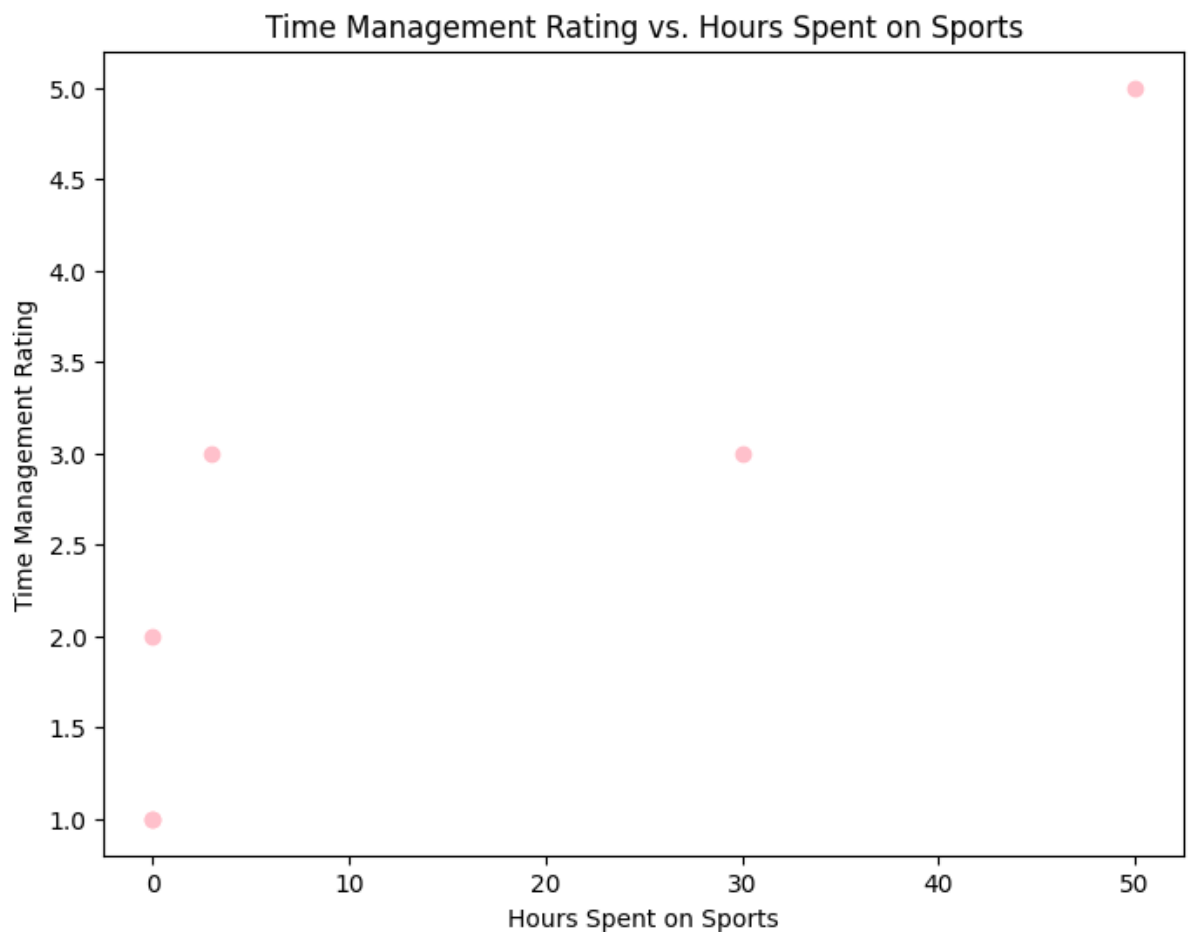
## Analysis:

To analyze the data collected from this survey, we will calculate basic descriptive statistics such as the mean, median, and mode.

```
Mean of Hours: 40.0  
Mean of Rate: 3.0  
Median of Hours: 40.0  
Median of Rate: 3.0  
Mode of Hours: 30.0  
Mode of Rate: 3.0
```

We will also create visual representations of the data using charts and graphs to help identify any trends or patterns.

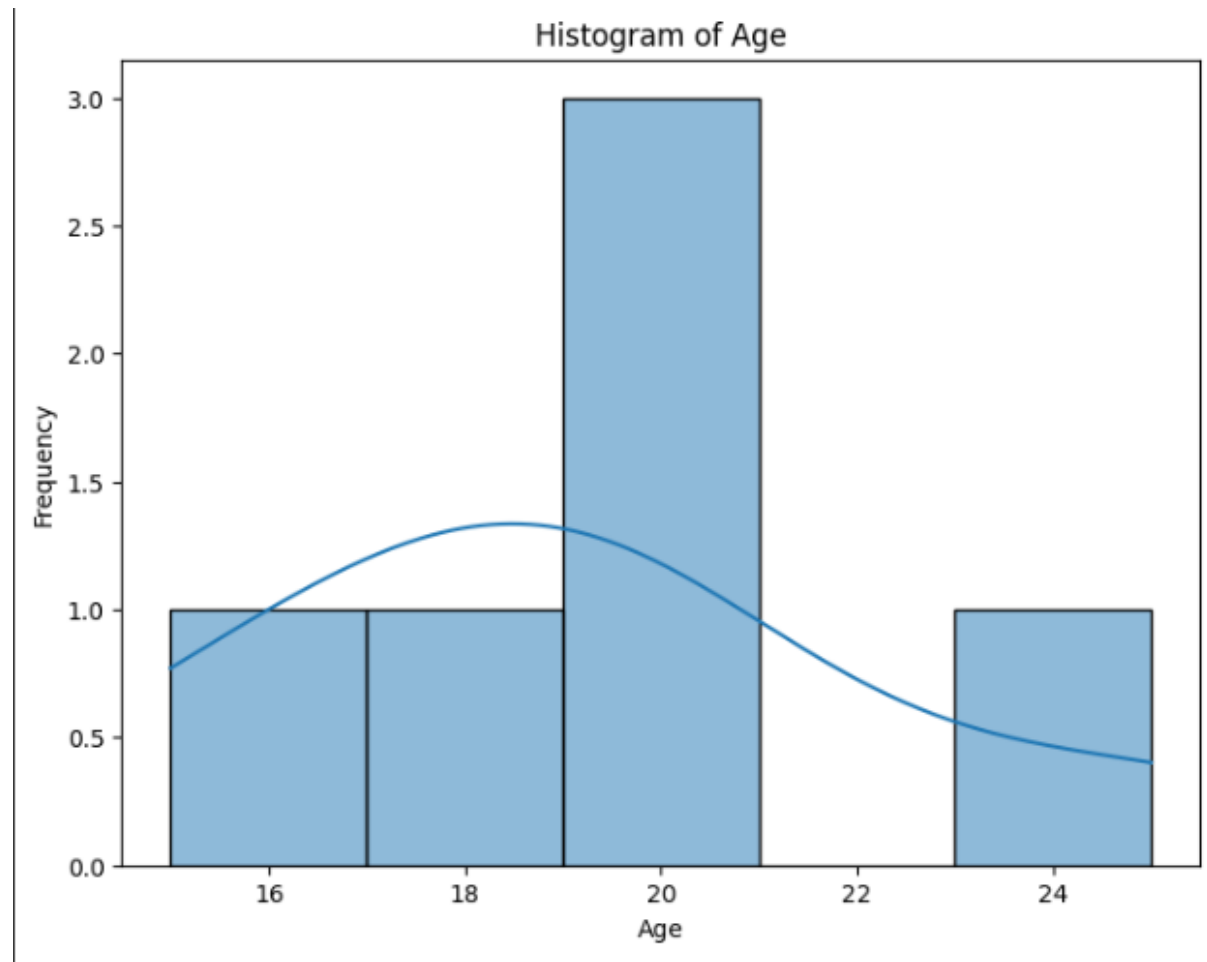
1)



Correlation is: 0.8775527789197296

This scatter plot suggests a possible tendency for people who report spending more hours on sports to have slightly lower time management ratings. However, the correlation is weak, and other factors might be at play.

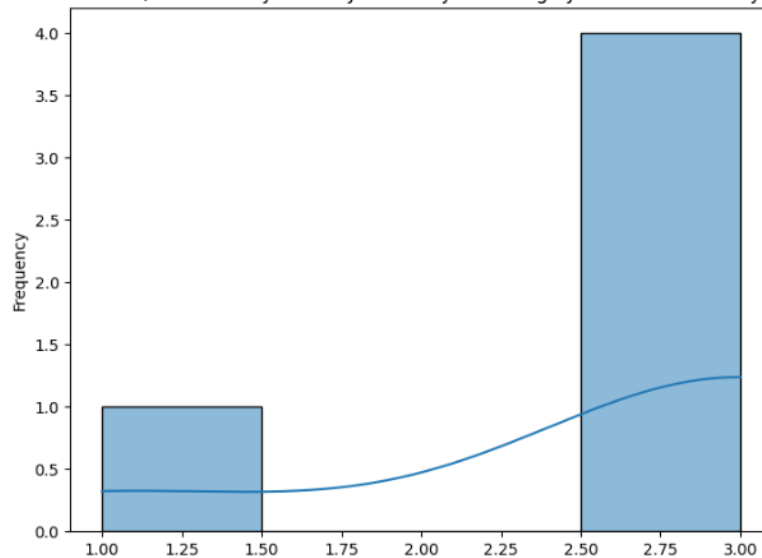
2)



This histogram suggests that the data might represent a population with a younger skew, where there are more people in the younger age groups compared to older ones.

3)

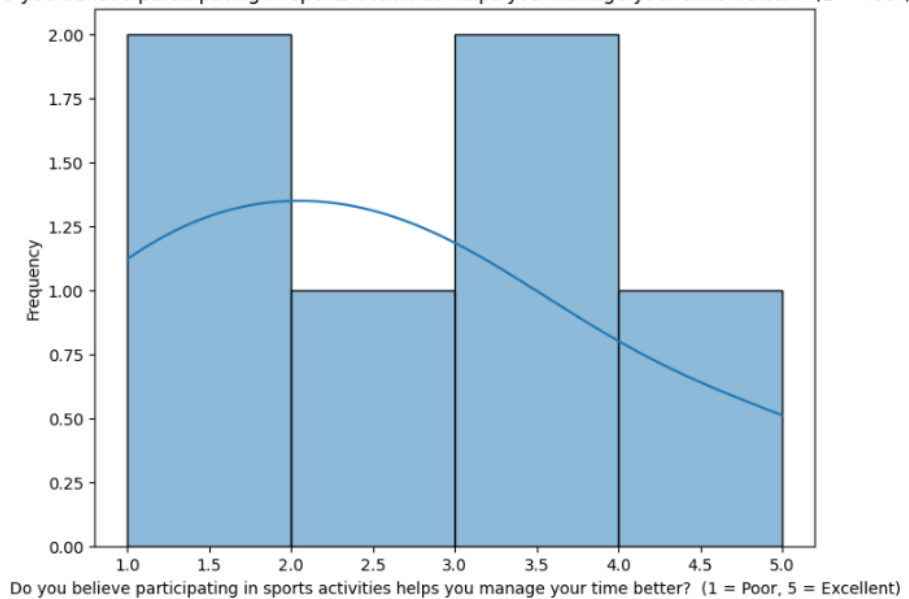
Histogram of On a scale of 1 to 5, how would you rate your ability to manage your time effectively? (1 = Poor, 5 = Excellent)



The histogram shows that the most common response was a 3, which means that most people who responded rated their time management skills as average. There is a relatively even distribution of responses between 2 and 4, with fewer people rating their time management skills as either excellent or very poor. In conclusion, the data suggests that most people who responded to the survey believe their time management skills are fairly average.

4)

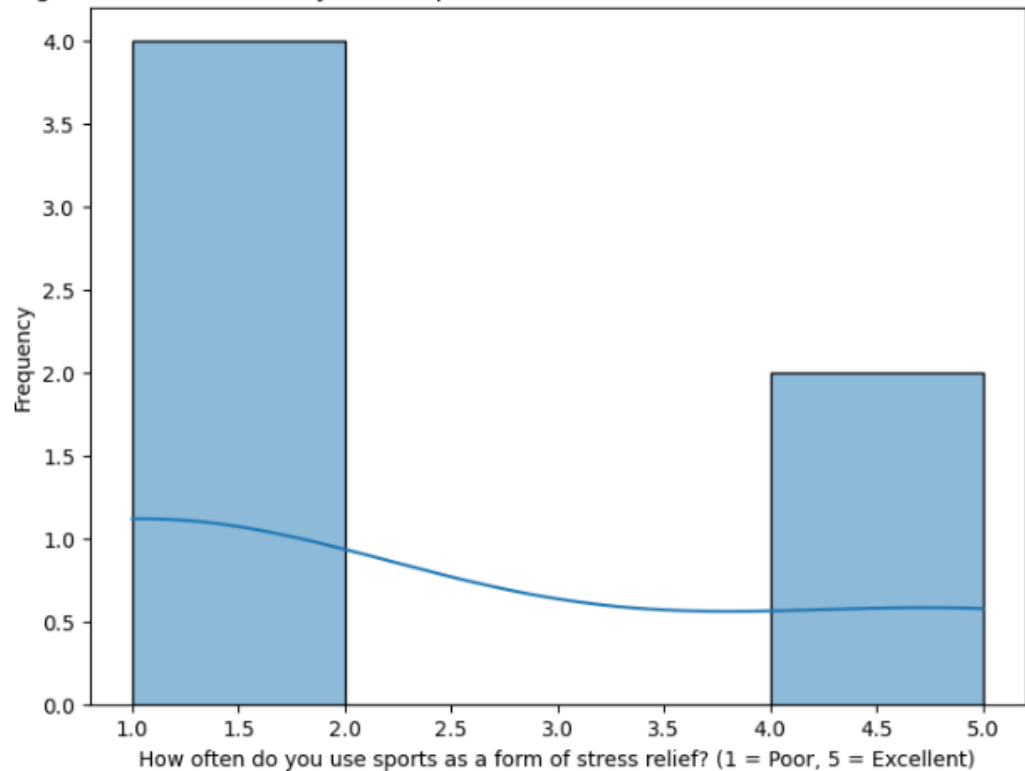
Histogram of Do you believe participating in sports activities helps you manage your time better? (1 = Poor, 5 = Excellent)



This histogram suggests that people tend to believe participating in sports has a moderately positive effect on time management. The most common response centered around a 4 (somewhat helps), with a decline in frequency as we move towards the extremes of 1 (poor) and 5 (excellent).

5)

Histogram of How often do you use sports as a form of stress relief? (1 = Poor, 5 = Excellent)



It appears that more people use sports for stress relief occasionally (between a 2 and 3 rating) than any other frequency. There are also a significant number of people who report never using sports for stress relief (1 rating) and a fair number who say they use sports all the time (5 rating). Overall, the data seems to be somewhat evenly distributed though there is a mode around the 2-3 rating.

## *Conclusion:*

In conclusion, our survey revealed valuable insights into the relationship between sports participation and time management skills. Participants who engage in sports activities generally reported higher ratings for their ability to manage time effectively, with many acknowledging the positive impact of sports on their overall time management skills, particularly in terms of discipline, multitasking, and stress relief. While the correlation between hours spent on sports and time management ratings was moderate, it suggests a potential link worth exploring further. However, it's important to note that individual experiences and strategies for time management may vary, emphasizing the need for personalized approaches to optimizing time both on and off the field.

## *Any potential issues:*

- Ambiguity in Questions: Some questions may be interpreted differently by respondents, leading to inconsistent or unclear responses. For instance, the question about prioritizing time between sports activities and other commitments may lack clarity regarding the specific criteria or factors considered by respondents.
- I see that I write two questions having very close equal meaning , for example: On a scale of 1 to 5, how would you rate your ability to manage your time effectively? (1 = Poor, 5 = Excellent) and Do you believe participating in sports activities helps you manage your time better? (1 = Poor, 5 = Excellent).
- There is extra questions I write it in the survey and I did not use it.