POOR TIME MANAGEMENT AMONG STUDENTS

Macahig, Gene Russell O.
BSBM 4C
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Poor time management is a common problem among students and has become more evident with the rise of digital distractions. Many students struggle to manage their academic responsibilities effectively due to multitasking, social media use, procrastination, and the absence of consistent study routines. This issue is significant because it directly affects students' academic performance, mental health, and overall productivity. College and senior high school students are particularly affected as they balance coursework, personal responsibilities, and online activities.

One major factor contributing to poor time management is multitasking, which has been shown to reduce productivity and learning efficiency. When students attempt to study while engaging in other activities such as checking social media or messaging, their attention becomes divided, resulting in slower task completion and reduced comprehension. Research indicates that multitasking can significantly lower academic performance and increase the time required to complete tasks. (Bellur et al. 2015)

Social Media distractions further worsen the problem, as frequent notifications and habitual scrolling interrupt focus and reduce effective study time. Many students spend several hours daily on social media platforms, often at the expense of academic tasks. Additionally, procrastination remains a persistent issue, where students delay starting assignments until deadlines approach. This behavior is often linked to a lack of structured study routines, making it difficult for students to manage their workload consistently.

Poor time management leads to several negative outcomes. Students often experience missed deadlines, resulting in late submissions and lower grades. The constant pressure of unfinished tasks contributes to high stress levels, anxiety, and burnout. Over time, these factors negatively affect academic outcomes, leading to low academic performance and reduced motivation. If not addressed, these impacts may continue throughout students' academic and professional lives.

PROPOSED SOLUTION

Gamified Productivity App (Smart Study Quest)

To address these issues, a gamified productivity mobile application—Smart Study Quest—is proposed. This app uses game design elements to motivate students to manage their study tasks more effectively, turning time management into a rewarding and engaging experience.

Features:
- Daily Quest List: Students receive a customized set of study tasks each day.
- Points & Badges: Users earn points and badges for completing tasks and meeting study goals.
- Progress Tracking: Visual progress bars and levels show improvements over time.
- Challenges & Rewards: Weekly challenges and unlockable rewards encourage consistent routines.

Gamified elements like points, badges, and progress reports increase motivation and engagement by making tasks more enjoyable, similar to the motivational design of popular educational apps. Studies have found that gamification strategies can boost student engagement, motivation, and academic performance, as learners interact more actively with study content when game elements are integrated into learning tasks. ⌗

Conclusion

Poor time management is a prevalent challenge among students that undermines academic performance and increases stress. Key contributing factors include multitasking, social media distractions, procrastination, and inconsistent study routines. The Smart Study Quest gamified productivity app offers an engaging, technology-enabled solution that encourages structured study habits and helps students stay motivated to meet academic goals. By turning the act of studying into a rewarding experience, this solution can improve productivity, reduce stress, and enhance overall academic performance.

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