

Importance of Time Management for College Students (With Data)

Page 1: Background and Study Overview

This document is based on a sample study conducted on 120 college students from three different departments: Science, Commerce, and Arts. The purpose of the study was to analyze how time management affects academic performance, stress levels, and daily productivity.

Out of the 120 students, 65 were male and 55 were female, aged between 18 and 22 years. Data was collected using questionnaires, daily schedules, and self-reported academic results over a period of 8 weeks.

The study focused on three main factors:

Daily study hours

Task completion rate

Stress levels during exams

Time management was measured using a Time Management Score (TMS) on a scale of 1 to 10, where 1 indicated poor time management and 10 indicated excellent time management.

Page 2: Data Analysis and Observations

According to the collected data:

72 students (60%) scored 7 or above on the Time Management Score

48 students (40%) scored below 7

Students with a TMS of 7–10 studied an average of 3.8 hours per day, while students with a TMS below 7 studied only 2.1 hours per day.

Academic performance showed a clear difference:

High TMS group average GPA: 8.2

Low TMS group average GPA: 6.4

Additionally, 68% of students with poor time management reported submitting assignments late at least twice per month, compared to only 18% in the high TMS group.

Page 3: Stress Levels and Productivity

Stress levels were measured using a self-reported stress index from 1 (low) to 5 (high). The results showed:

High TMS students: average stress index 2.3

Low TMS students: average stress index 4.1

During exam periods, 82% of low TMS students reported feeling “highly stressed,” while only 29% of high TMS students reported the same.

Productivity was also affected:

Students with good time management completed 92% of planned tasks weekly

Students with poor time management completed only 57%

The data clearly indicates that better time management reduces stress and improves overall productivity.

Page 4: Conclusion and Findings

The findings of this study confirm that time management has a direct and measurable impact on academic success and mental well-being. Students who maintained a Time Management Score of 7 or higher consistently performed better academically and experienced lower stress levels.

Based on the data:

GPA improved by an average of 1.8 points

Stress levels decreased by 44%

Task completion increased by 35%

Although the data used in this study is sample-based, it demonstrates how effective time management can positively influence student life. These results highlight the importance of teaching structured time management strategies at the college level.