TIME USE

AIM :

      We wanted to observe the work-life balance of the students in IIT KGP and how the pandemic has affected their time management and usage and their work life balance.

      We try to do that with the indicators and sub indicators mentioned below.We assumed that the ideal sleep time to be 8 hrs .

      We also want to observe how satisfied they are with the time they are spending on a particular task and whether they have sufficient time each day.

INDICATORS :

1. SOCIAL INTERACTION
   - Interaction with friends
   - Interaction with family
2. PHYSICAL HEALTH
   - Games and sports
   - exercise
3. MENTAL HEALTH
   - Meditation
4. SOCIAL MEDIA
5. Extra Curricular Activities
6. ACADEMICS
7. sleep

QUESTIONS:

We ask all these questions for before and after pandemic situations .

1.1 How much time do you spend with your friends and wing mates?

1.2 How much time do you spend with your family?

2.1 How much time do you spend playing games and sports?

2.2 How much time do you spend exercising everyday?

3.1 How much time do you devote to meditation and relaxation practises ?

4.1 How much time do you spend on social media ?

5.1 How much time do you spend on doing extra curricular activities like movies,clubs,societies?

6.1 How much time do you spend on studying and attending classes?

7.1 How much sleep do you get everyday?

General questions

1. Do you feel you have enough time each day for yourself?
2. Where do you feel you devote more time than is required?
3. Where do you feel you devote lesser time than is required?

Note: we intake data from these questions (on an average) per day .

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