

A DESCRIPTIVE STUDY TO ASSESS THE PERCEPTION REGARDING TIME MANAGEMENT STRATEGIES AMONG BSc NURSING STUDENTS IN SELECTED COLLEGES OF PATHANAMTHITTA DISTRICT

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ABSTRACT

Time management is an essential skill that improves productivity, academic performance, and stress management among nursing students. This study assessed perceptions regarding time management strategies among B.Sc. Nursing students and examined their association with selected socio-demographic variables. A descriptive research design with purposive sampling was used, involving 30 students. Data were analyzed using descriptive and inferential statistics. Findings revealed that 33.3% of students had good perception, 63.3% had average perception, and 3.3% had poor perception of time management strategies. Chi-square analysis showed a significant association with gender, while no association was found with age, family type, study hours, phone use, or living arrangement.

Key words: Assess, perception , time management strategies, students

INTRODUCTION

Time management is a fundamental skill that plays a crucial role in the academic and professional success of nursing students. Nursing education involves a demanding combination of classroom learning, clinical practice, assignments, examinations, and skill development, all of which require effective planning and organization. Proper time management helps students prioritize tasks, meet deadlines, improve academic performance, reduce stress, and maintain a healthy balance between personal and professional responsibilities. With the increasing complexity of healthcare education and rising expectations in clinical practice, nursing students often face significant workload and time pressure. Inadequate time management can result in procrastination, fatigue, burnout, poor academic outcomes, and reduced clinical efficiency. Factors such as lack of planning, ineffective prioritization, excessive use of mobile phones and social media, and absence of structured study schedules further contribute to poor time utilization. Therefore, developing effective time management strategies is essential for enhancing productivity, improving learning outcomes, and preparing nursing students for competent professional practice.

NEED AND SIGNIFICANCE:

Time management is an essential life skill that contributes significantly to success in both academic and professional environments. Effective time management enables individuals to plan, organize, and prioritize tasks efficiently, resulting in improved productivity, better academic and job performance, and reduced stress. In today's technology-driven world, distractions such as social media, mobile devices, and online platforms often interfere with effective time utilization, making structured time management strategies increasingly important. The study emphasizes the role of time management in enhancing academic achievement, concentration, motivation, self-discipline, and psychological well-being among students. It also highlights its benefits in professional settings, including increased work efficiency, better decision-making, improved job satisfaction, and reduced workplace stress. The findings can assist educators, administrators, counsellors, and organizations in developing programs that strengthen time management skills and promote long-term personal, academic, and professional growth.

STATEMENT OF THE PROBLEM

A descriptive study to assess the perception regarding time management strategies among BSc Nursing students in selected colleges of Pathanamthitta district.

OBJECTIVES OF THE STUDY

- 1.To assess the perception regarding time management strategies of BSc Nursing students .
- 2.To find out the association between perception regarding time management strategies with selected socio demographic variables.

OPERATIONAL DEFINITIONS

1. Assess: In this study, assess refers to act of making a judgement about time management strategies.
2. Perception: Perception is the score obtained by BSc Nursing students on a rating scale about time management strategies.
3. Time Management Strategies: Time management strategies are methods used to plan, organize, prioritize, and use time effectively,
as measured by the questionnaire.
- 4.Students: Students enrolled in BSc Nursing course in selected colleges of Pathanamthitta district.

ASSUMPTION

1. Effective time management strategies can improve academic performance and reduce stress among nursing students.
2. Perception regarding time management strategies may be influenced by selected socio-demographic variables.
3. Assessing perception regarding time management strategies can help to identify the need for educational interventions.

RESEARCH METHODOLOGY

Methodology is the study of research methods. However, the term can also refer to the methods themselves or to the philosophical discussion of associated background assumptions. Research methodology refers to the systematic, theoretical analysis of the methods applied to a field. It comprises the theoretical analysis of the methods and principles associated with a branch of knowledge.

RESEARCH APPROACH

A research approach is the procedure selected by the researcher to collect, analyze, interpret data.

The research approach used in the study was Quantitative Research

RESEARCH DESIGN

The research design is the master plan specifying the methods and procedures for collecting and analysing the needed information in a research study. It can be defined as a blueprint to conduct a research study, which involves the description of research approach, study setting, sampling size, sampling technique, tools and method of data collection and analysis to answer specific research questions or for testing research hypotheses.

The research design adapted in the study was **Descriptive Design**.

POPULATION AND SAMPLE

Population is the aggregation of individuals or objects that possesses similar characteristics defined by the researcher. The present study was conducted at MGM Muthoot College of Nursing, Kozhencherry, Pathanamthitta district, Kerala. The population in the study was BSc Nursing students in the age group of 18-20 years.

SAMPLING TECHNIQUE

Sampling methods or sampling techniques to research are statistical methods for selecting a sample representative of the whole population to study the population's characteristics. In this study, the Non probability purposive sampling technique is used.

CONTENT VALIDITY

Content validity evaluates how well an instrument covers all relevant parts of the construct it aims to measure. It was ensured through judgments of experts about the content. The proposed instrument along with the statement of problems, objectives, operational definitions, assumptions and criteria were submitted for validation.

DATA AND SOURCES OF DATA

The data was obtained from 30 BSc Nursing students who met the inclusion criteria data collection extended over a period of 2 weeks from 13/2/2026 to 28/2/2026. The sample were given the questionnaire which includes baseline proforma to collect the demographic data and rating scale to assess the perception regarding time management strategies. It took 15 to 20 minutes to complete the rating scale .

PLAN FOR DATA ANALYSIS

Data analysis is the process of systematically applying statistical and/or logical techniques to describe and illustrate, condense and recap, and evaluate data. After collection of data, data were organized and tabulated using descriptive and inferential statistics manually using MS Excel, 2007 version. Chi-square test was used to find out the association between perception regarding time management strategies and selected socio-demographic variables.

STATISTICAL TOOL

The statistical tool are those tools by which statistical methods are applied. Statistical tool help with data sorting ,to identify and remedy issues with the quality of data through various data sorting method . The most well known statistical tool are mean, median, mode, range, dispersion, standard deviation, coefficient of variation ,etc...

RESULTS AND DISCUSSIONS

The findings of the study have been discussed with reference to the objective, assumption and finding of the other related study under the following sections:

SECTION I -DISTRIBUTION OF SAMPLES ACCORDING TO SOCIO- DEMOGRAPHIC VARIABLES:

DEMOGRAPHIC VARIABLES	FREQUENCY(f)	PERCENTAGE(%)
(a)Age		
18 years	0	0%
19 years	18	60%
20 years	12	40%
(b)Gender		
Male	4	13.3%
Female	26	86.6%
Transgender	0	0%
(c)Type of family		
Nuclear family	20	66.6%
Joint family	10	33.3%
Extended family	0	0%
(d)Daily study hours		
<1 hour	4	13.3%
1-3 hours	19	63.3%
3-5 hours	7	23.3%
>5 hours	0	0%
(e)Daily phone use		
<1 hours	9	30%
1-3 hours	15	50%
3-5 hours	5	16.6%

>5 hours	1	3.3%
(f)Current living arrangement		
Home	2	6.6%
Hostel	24	80%
Paying guest	4	13.3%

SECTION II-DESCRIPTION OF PERCEPTION REGARDING TIME MANAGEMENT STRATEGIES AMONG BSc NURSING STUDENTS:

When the samples were distributed based on level of perception regarding time management strategies. It was found that 33.3% of students had high perception, 63.3% had moderate perception and 3.3% had low perception.

SECTION III-ASSOCIATION OF PERCEPTION REGARDING TIME MANAGEMENT STRATEGIES WITH SOCIO DEMOGRAPHIC VARIABLES:

The chi-square value for age ($\chi^2 = 0.699$), gender ($\chi^2 = 6.535$), type of family ($\chi^2 = 0.98$), Daily study hour ($\chi^2 = 6.302$), daily phone use hour ($\chi^2 = 8.183$) and current living arrangement ($\chi^2 = 7.198$). There is significant association whereas socio demographic variable such as gender and had no association with age, type of family, daily study hour, daily phone use hour and current living arrangement.

NURSING IMPLICATIONS

The findings of this study have significant implications on the Nursing Education, Clinical Practice, Nursing Administration and Nursing Research.

NURSING EDUCATION

1. Helps nurse educators identify gaps in students' understanding of time management.
2. Encourage self-assessment of time utilization among students
3. Provide guidance on balancing academic, clinical, and personal responsibilities.
4. Encourage use of tools like planners, checklists, and study schedules.
5. Promote active learning methods to improve efficient use of time.

CLINICAL PRACTICE

1. Enhances nurses' ability to prioritize patient care based on urgency.
2. Reduces errors and improves patient safety through better organization.
3. Supports timely completion of procedures, documentation, and medication administration.
4. Improves coordination within the healthcare team.

NURSING ADMINISTRATION

1. Plan and manage student duty schedules in balance with academic requirements.
2. Monitor and regulate student workload to prevent stress and burnout.
3. Ensure coordination between academic and clinical areas for effective time utilization.
4. Provide mentorship and supervision to guide students in prioritizing and managing their time effectively.

NURSING RESEARCH:

1. Provides baseline data for further studies on time management and academic/clinical performance.
2. Helps in evaluating effectiveness of interventions like training programs
3. Encourages more research on factors affecting time management in nursing.

LIMITATIONS

1. Sample size was small, this limit the generalization of the study
2. The study included only BSc Nursing students.
3. This study was confined only to a selected college at Kozhencherry.

RECOMMENDATIONS

1. Similar study can be conducted among large sample to generalize the findings.
2. Similar study can be conducted among all BSc Nursing students.
3. Collaborate with multiple institutions.

CONCLUSION OF THE STUDY

The study was aimed at assessing the perception regarding time management strategies among BSc Nursing students and the association of time management strategies with selected socio- demographic variables. After obtaining permission from concerned authority. The study was conducted among 30 BSc Nursing students and rating scale was used. The result shows that majority of students have average perception regarding time management strategies.

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