College students Academic stress & its correlation with Time management and Perceived Social Support

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ABSTRACT

Many college students find academic experience very stressful (Swick, 1987). The purpose of this paper is to examine student's academic stress in relation with Time Management and Perceived Social Support. One of the major coping strategies frequently offered by the institution is Time management. The sample comprises of 360 post graduate management students from various institutes. Data were collected through Structured Questionnaire. The Time Management Behavior Scale [TMB] used to measure time constraints on Academic performance, Perceived Social Support Scale [PSSS-R] used to determine the level of Perceived Social Support among students. The findings of the study revealed students feel less satisfaction in their work. They feel that they had to face more psychological & physical tension. Affective stress may cause poor time management. It is also found that social support results in decrease in exhaustion.

Keywords: Students academic performance, Time management, Social Support.

Introduction

   Time management is the Act or process of planning & excercising control over the amount of time spent on specific activities especially to increase effectiveness and its efficiency. Time management is an art or science. One must know how to manage their time in completing their task.On the part of students, Time is a priceless source, planning their Academic achievement according to their scheduke plays a major role in managing their time effectively & useful.Time Management is a Self Management deciding in advance what to do, how to do and when to do. Academic performance is the result of education which a student's seek to attain theiwhich I s more important to judge studentsr goals.mination and continuous assessment It can be measured through examination and continuous assessment which is more important to judge students performance. Time management is a skill that will have a direct impact on Academic performance. If time being not calculated properly, Academic stress occurs when students feel guilty, deprived sleep, exhausition, trembling etc.All this psychological factors may cause students not to achieve their goal and students will even lose oeace of mind. King(2002) identifies various external forces confronting time & outlines them to be acombination of factors : challenge to ones ability or expertise. According to Queek(2001) he views time management

proposes that procrastination & prioritization are the two factors for time management problems among students.

Social Support is the perception & actuality that one is cared for has assistance from other people & that one is part of a supportive, social network. Social Support from family and friends considered to be important and powerful components that enhances self confidence & therby improve Academic performance. According to Gurung,(2006) Social Support refers to experience being valued, respected and loved by the people around us. It is found that quality of Perceived Social Support to be positively correlated with good quality of life, mental & physical well being & Academic achievement (Ahmed, et al 2010). For instance , in a study of the precursors of work – life conflict, Carlson & Perrewe(1999) obtained a evidence suggesting that the support is more likely to be antecedents to perceived stressors. Social Support is closely related with family, friends, neighbours & other significant to the person.

To measure students Academic performance GPA[Grade Point Average] is used to measure the academic performance(Galiher 2006, Darling,2005;Stephen and schaben,2002). This researcher used GPA system to measure the academic performance of the students.

Literature review

Kamarudin Rafidah (2009) found in his research the relationship that exist between stress factors, Perceived Stress & Academic performance.Perceived Stress Scale [PSS] developed by cohen, Kmarack & Mermelstein(1983) were the instrument used for the study.The result of the study indicate many students experience stress but at a moderate level and statistically significant between level of perceived stress at the beginning o the semester. The study suggested parents are in a better position to give advice, motivate their children & to give moral support to reduce & to overcome the stress.

Robert L. Dipboye and Amanda Peek Phillips, 1990 found that the impact of time management on Academic stress and performance among 165 students. Time Management Behaviors Scale (TMBS) used to examine their behavior, attitudes and stress level. To analyze the performance of the students Grade Point Average (GPA) were used to evaluate students performance. The study revealed four independent factors that are related to Time management, Performance and stress. Setting goals and priorities, mechanics – scheduling and preference for disorganization.
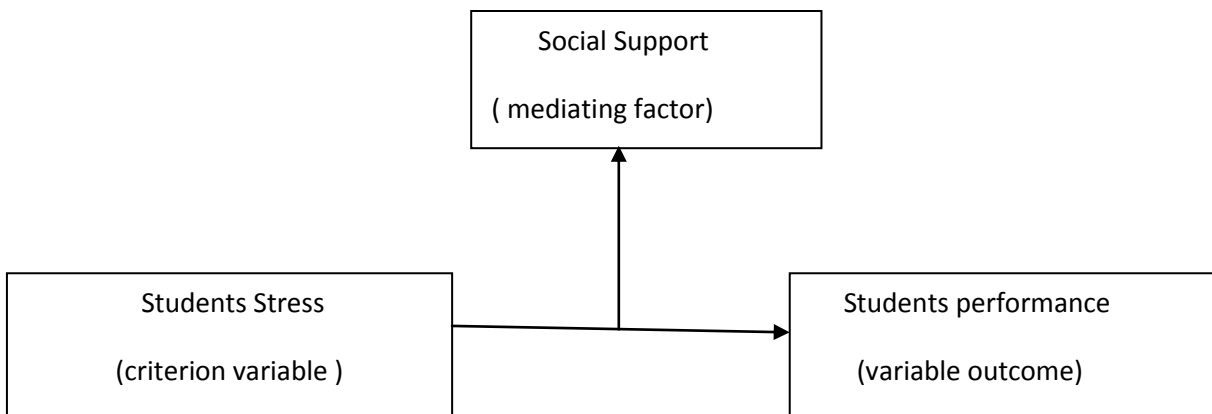
Shum, (2011) examined the mediating effect of coping, personnal belief and social support which is directly or indirectly associated with stress, depression & coping strategies.The study were conducted through structurred questionnaire and structural equation model was used to explore the relaionship between smoking behaviour. The findings revealed that the increase in stress & depression level will lead to disengagement by coping strategies & it is also engages in smoking behaviour. It is also found that stress doesn't have an affect on smoking behavoiurwhen depression, coping abilities and socila support were included as mediating effect.It is suggested to design & modify coping strategies to reduce smoking such programme may be designed to be more effectively and easier to improve physical & mental health to reduce stress or anger.It is easier to adopt active coping strategies such as exercise, recreational activities, seeking social support.

Salmela-Aro nd Tynkkynen (2012) explain that social relationship and social networks increase life satisfaction as well as also improve the sense of belonging to the school. The negative relationship between belonging to the school & burnout suggests that social support factors indirectly affect burnout.

Objectives

- To findout the relationship between Time Management & Perceived Social Support.
- To findout the influence of Time Management & Social Support on students Academic performance.
- To establish direct correlation between stress & Academic performance comparing with GPA.

Theoretical framework

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                    ┌─────────────────────┐
                    │   Social Support     │
                    │                      │
                    │  ( mediating factor) │
                    └─────────────────────┘
                              ▲
                              │
┌─────────────────────┐      │      ┌─────────────────────┐
│   Students Stress    │──────┼─────▶│ Students performance │
│                      │             │                      │
│  (criterion variable)│             │  (variable outcome)  │
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Hypothesis

H_1 : To find out the relationship between Time Management & Perceived Social Support.

H_2: To find out the influence of Time Management & Social Support on students Academic performance.

H_3: To establish direct correlation between stress & Academic performance comparing with GPA.

Methodology

A) Measures :

            The extent of existence for all variables in the research area was measured on a five point Likert scale ranging from Strongly disagree to Strongly Agree.

b) Data Set:

            The source of data for this study is primary data acquired through Questionnaire.

c) Sample Size:

The sample used for the study is 360 post graduate students .The Questionnaire were distributed out of which 300 are taken. The response rate for this study is 83%.

Data Analysis & Discussion

In order to meet the purpose of the study, the data collected are divided under 4 parts.

- Demographic Analysis
- Descriptive Analysis
- Reliability Analysis
- Correlation
- Anova
- Regression Analysis

A) Demographic Analysis

Gender	No.	% of age
Male	250	69%
Female	250	69%

b) Table: 1 descriptive statistics for Time Management

Variables	N	Mean	S.D
Over all TMB	360	106.37	23.95
Perceived control of time	140	23.33	4.17
Setting goals & priorities	40	39.8	9.99
Mechanics of Time Management	120	29.99	9.79
Preference of organisation	60	13.25	.6291

c) Reliability of individuals item

variables	Cronbacha's Alpha	No. of items
Perceived control of time	.610	2
Setting goals & priorities	.321	5
Mechanics of Time Management	.721	4
Preference of organisation	.702	3

Table : 2 Reliability Statistics

Cronbach's Alpha	No .of items
.710	20

c) Regression Analysis

It includes model summary and ANOVA & Co-efficient

model	R	R square	Adjusted R Square	Std error of estimate
1	.315	.463	.466	0.00031

 ANOVA

MODEL	Sum of Square	d.f	Mean square	F	Sig
1.Regression	7.821	4	1.972	19.26	0.22
Residual	142.022	252	.921		
Total	149.043	256			

4) Statistical Tools:

Mean,S.D, Correlation & Regression analysis are used through appropriate statistical packages. specially we use SPSS to make this analysis and research useful.

Suggestios & recommendation

- The private colleges should provide proper learning facilities to the students.
- Effective training programme shouid be conducted to manage the study time for students.
- Students should perform well and should be guided by teachers and parents.

Limitation

There are certain limitation of this study. Sample size taken for this study is is only 300. Time is considered to be constraint for the study.

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