

Time Wasters: Impediment to Success

S.Sahayaselvi, Assistant Professor and Head of the Department of Commerce (S.F), Holy Cross College (Autonomous), Nagercoil.

Ananthi, H.M.Com, Holy Cross College (Autonomous), Nagercoil.

Abstract

Time management hinges on the principle that it is more important to do the right things, at the right moment to the right people. Unfortunately students in general spent more time in passive leisure activities such as watching television and movies, playing computer games, laptop, face book, mobile phone, tablets, I-pad, twitter and hanging out with friends which results in negative effect on overall academic performance. Therefore this paper is an attempt to show how the students waste their time without proper planning and usage of social media. This paper also suggests how to manage the time wisely and resourcefully. Results indicate that through proper guidance and monitoring the students by the faculty and parents, would certainly eliminate the time wasters considerably and make them to be highly productive which might result in positive impact in both personal and career advancement.

Key words: Time management, Time wasters, Productivity

INTRODUCTION

We are in the era of speed culture wherein time is precious and valuable. No one can afford to waste time. Even if we lose money and health we can regain it but if we lose time we cannot get it back or compensate with the same second. Therefore, the famous quotation by Alice Morse Earle "the clock is running. Make the most of today. Time waits for no man. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present" Time management is an act or process of planning and exercising conscious control over the amount of time spent on specific activities especially to increase effectiveness, efficiency or productivity. It may be aided by range of skills, tools and techniques used to manage time when accomplishing a specific task, projects and goals. It includes the scope of activities and planning, allocation, setting goal, delegation and analysis of time spent, monitoring, organizing, scheduling and prioritizing.

In addition, time management also refers to a systematic, priority-based structuring of time allocation and distribution among competing demands. Developing time management skills is a journey. It has to be inherited through proper self-discipline, consistency, determination and will - power. It is said practice makes a person perfect. Through continuous planning and execution one can achieve time management and eliminate time wasters which might hinder one's own growth and advancement.

STATEMENT OF THE PROBLEM

One of the unique answers we hear from the student community these days are "No time". More than 95 per cent of them do not meet the deadlines. Managing time is one of the key problems among the student community. They do not know how to prioritize their goal and time. Time is considered to be one of the most important resources which cannot be re-generated. Every day we are blessed with 86400 seconds. All these seconds are to be used on the same day itself and there is neither opening nor closing balance for the next day. So we have to plan wisely and manage our time effectively and productively. The effective use of time depends on the human resources, how we are using and managing it with our daily schedule. Unfortunately good number of people habitually wastes too much time on unnecessary matters without knowing the precious value of time. Therefore the researchers want to find out how the student community in general waste their time and what gadgets steal most of their timing and how can the respondents avoid the time wasters to improve the quality of life and time. To bridge this gap this study is undertaken.

OBJECTIVES

The overall objectives of this study are to find out time wasters of the sample respondents and how to overcome the same for productive and purposeful life. The following are the specific objectives of the study.

1. To find out the gadgets that deviate the respondents in using their time productively
2. To analyze the opinion among the respondents regarding wasting the time
3. To find out the time saving methods of the respondents.

METHODOLOGY

This study is based on both primary and secondary data. The primary data were collected from 75 students of Holy Cross College (Autonomous), Nagercoil. The samples were selected on the simple random basis. The secondary data were collected from books and websites. The collected data were analyzed using tools like Garrett Mean Score and Cumulative Mean Score.

DATA AND DISCUSSION

There are many time wasters that will really eat up the time of the sample respondents specially the modern and attractive gadgets steal away the time due to lack of planning and their passion for the same. The following table clearly depicts the time wasters of the sample respondents.

Table-1
Time Wasting Gadgets

Time wasting gadgets	Garrett mean score	Rank
I-pad	48.63	VI
Computer games	51.72	IV
Face Book	53.11	III
Television	65.20	I
Mobile phone	59.47	II
Twitter	34.01	VIII
Whatsapp	36.57	VII
Laptop	50.36	V

Source: Primary Data

The Garrett's mean score of these time wasting gadgets show that, television is found to be the most important time wasting gadget, which is followed by Mobile phone and Face Book. It is inferred that the sample respondents are addicted to television and they spent considerable time in watching T.V. Majority of them say proudly that watching T.V is one of their hobbies which result in negative effect on overall academic performance of the sample respondents. Moreover they use Mobile phone and Face book for their connectedness with the peer groups and they do not spent quality time with their parents due to addiction to the modern gadgets. The following table shows their opinion regarding wasting time in their day to-day lives.

Table 2
Opinion Regarding Wasting Time

Opinions	Cumulative mean score	Rank
Attempting to do too much of work at a time	4.04	I
Making unrealistic time estimates	3.56	VI
Doing unrelated works	3.79	II
Wasting time with gadgets (Telephone, E-Mail)	3.41	VIII
Lack of planning and organizing	3.55	VII
Lack of focus	3.35	X
Refusing to let others do the job	3.59	IV
Trying to involve in everything	3.72	III
Last minute work	3.28	XI
Easily distracted	3.57	V
Lack of prioritization	3.40	IX
Unable to say 'No'	2.88	XII

Source: Primary Data

Out of 12 statements regarding the opinion of the sample respondents the first three ranks are given to 'Attempting to do too much of work at a time', Doing unrelated works and Trying to involve in everything with its cumulative mean scores of 4.04, 3.79, and 3.72 respectively. It is analyzed that the sample respondents are youngsters who learned to do multi-task at a time wherein they are easily distracted and not able to identify the needs and wants in terms of their importance and other resource. It is also found that they want to involve in everything due to heroic nature. Hence they do not delegate their work to other persons. To come out of their time wasters the following table suggests the time saving methods of the respondents in the order of their priorities.

Table 3
Time Saving Methods

Methods	Cumulative mean score	Rank
Proper time schedule	4.04	I
Guidance from experts	3.63	V
Setting of priorities	3.55	VI
Effective planning	3.93	II
Maintain a to do list	3.76	III
Organizing the task	3.49	VIII
Co-coordinating the work	3.51	VII
Avoiding unnecessary works	3.68	IV

Source: Primary Data

The cumulative mean score of time saving methods depicts that first rank to "proper time schedule with a score of 4.04, second rank to Effective planning with a score of 3.93, and third rank to 'Maintain a to do list' with a score of 3.76. It is observed that the respondents are aware that through proper goal setting they can avoid time wasters and manage their time effectively and efficiently. This in turn will result in them a sense of credibility and self confidence.

SUGGESTIONS

- The students can be trained to delegate their responsibilities to others which might help them to be productive and utilise their resources in the academic performance.
- Workshop and seminars can be organised to know the importance of orderliness and managing one's own time schedule in creative and dynamic way.
- The parents and elders can monitor the youth with regard to time waster gadgets which might ruin their future and career.
- The students can be trained to prepare a work diary which might results in them the priorities of work and so on.

CONCLUSION

The key to effective management of self and others can be done positively through proper time schedule. It enables the respondents to organize and execute their priorities in lives. It empowers them to see through the lens of importance rather than urgency. As Stephen Covey in his book entitled *The Seven Habits of Highly Effective People* states that if anyone wants to be successful in life, one needs to develop a Quadrant II paradigm (very important and not urgent). It enables them to free from time wasters. As a result they are highly commendable for their credibility of doing and being. If we do this on regular basis, certainly we will become successful role models who can create positive difference in others lives.

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