

Impact of Time Management on the Lifestyle of Evening College Students

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ABSTRACT

Increasing demand for education is bringing changes in the lifestyle of people. Evening colleges are emerging as an attractive option for working professionals and students who aim to use their morning time by enhancing their skills or work fulltime or part-time. As there is no difference in the degrees awarded, the syllabus and recognition remains the same as in the day colleges, students consider it to be a better option for developing their academic career and therefore Evening colleges are getting as popular and competitive as the day colleges. The main objective of the present research is to study the impact of lifestyles on the academic behaviour of evening

college students. The major findings of the study was that majority of the respondents felt that their urge for studies is fulfilled by joining evening college and also that they are able to manage their time by giving equal importance to both study and work.

Key words: Life Style, Students, Evening College.

Introduction

College is a time of dramatic changes. For some students, it's the first time that they've lived on their own with the responsibility to finally take charge of their own life. College courses are also much more difficult than any other previous schooling, leading to late nights of studying and plentiful amounts of stress. It's easy for new college students to feel overwhelmed and pick up some unhealthy habits, but with a little preparation you can make sure that your health is up to the challenge are odd and unwanted. But it takes time to get this fact, various competitions, contests, matches, socials, soirees, rave-ups.

Today, Evening colleges has become a well-known centre of higher studies and catering to the educational needs of a section of the society Evening colleges as an important option for the working demographic encourage individuals to pursue their passion while working. It also highlights the importance of education for the working people in the government and the private sector. The schedule of evening college is very different than that of traditional day college schedule. The other cool thing about the college schedule is that it usually provides more opportunities to explore your interests and passions. Present study explores the dimensions of the life style of evening college students and its influence on their education.

Demographic profile of the Research

Literature Review

According to Hilary Silver, college calls for a significant transition, where students experience many firsts, including new lifestyle, friends, roommates, exposure to new cultures and alternate ways of thinking.

Higher education can lead to economic prosperity (Camevale & Rose, 2003; Gladieux & Swail, 1998; Louie, 2007; McDonough, 1997) so it is beneficial for students to gain a college degree. Levin, Belfeld, Muennig, and Rouse (2007) found that over a lifetime, males who graduated

college earned \$950,000--\$1,387,000 more than males who dropped out of high school. Similarly, females who graduated college earned \$800,000 more over a lifetime than did female high school dropouts.

Qureshi,Aleena, Kamran, Saima and Khuwaja, Parus.(2016) in their research on “An Investigation of the Impact of Time Management On Personal Life And Study Of Students A Case Study Of Institute Of Business Administration (IBA), University Of Sindh” found that time management significantly affects study and personal life of students.

Stinebrickner and Stinebrickner (2004) in their study titled, “Time-use and college outcomes” have pointed out that the students are unaware of possible differences between how they spend their time, and how they think they spend their time. Such a perception gap may lead to a lower academic performance by students, because, according to one study at least, there is a relationship between study time and college outcomes.²

Statement of the Problem

Evening colleges provide an opportunity for those students who have an urge to continue their education and are willing to manage their time change their life style for the same. Hence, this study intends to evaluate the impact of lifestyle on the academic behavior of the evening college students of Mangalore City.

Objectives of the study

1. To understand the purpose of learning while earning and vice versa;
2. To study the impact of time management on education, work and personal life of evening college students.

Methodology

Sources of data

Data are facts, figures and other relevant materials, past and present serving as bases for an analysis. The data serves as bases for analysis and interpretation. The data has been gathered through a survey and collected through structured questionnaires.

- a. Primary data:** Questionnaire method - Primary data are original sources from which the researcher directly collects data that have not been previously collected. In this study the

primary data has been collected through questionnaire. A questionnaire consists of set of simple and direct questions presented to respondents for their answers.

- b. Secondary data:** Is obtained from Journals, research Articles through internet.

Sampling

- a. Sampling Unit:** The sampling unit for the study was working students of evening colleges.

b. Geographical location: The area where the study has been undertaken was Mangalore city of Dakshina Kannada district. The reason behind choosing this area is that it consists of three evening colleges.

c. Sample Size: The sample size taken for the study is 80 students of evening colleges in Mangalore City who are working along with pursuing post graduation studies.

d. Sampling Method-Non probability method: In non-probability method of sampling the chance of choosing a particular element is unknown. Here Judgment method is used in which the population elements are purposively selected based on the judgment of the researcher.

Limitations of the study

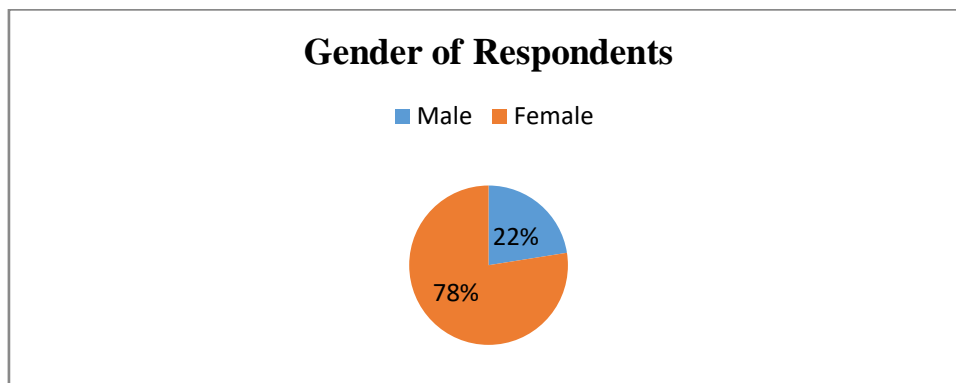
- a. There was shortage of time as the research was conducted within one month;
- b. Sample size taken for conducting research is small that is 80 working students of evening colleges in Mangalore city;
- c. Scope of research is restricted to a small area i.e. Mangalore City and only evening college students;
- d. There is a possibility of respondents being biased while answering the questions.

Data Analysis

The data collected is analyzed with the help of statistical tools and presented in the form of tables and charts shown below:

Gender of Respondents: There are both male and female students are studying in evening colleges. The following chart shows distribution of respondents based on the gender.

Chart 1: Showing distribution of respondents based on the gender:



From the above chart it is clear that out of 80 respondents, 78% were female and 22% were male respondents.

Age of Respondents: Students of different age group are studying in evening colleges.

Following table shows the distribution of respondents on the basis of age group:

Table 1: Showing distribution of respondents on the basis of their age group

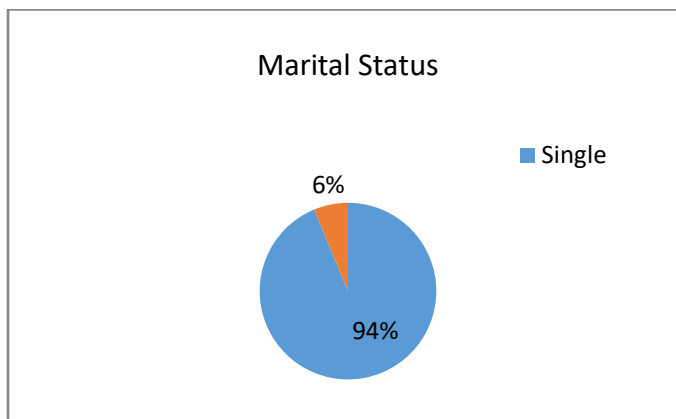
Age Group	Number of Respondents	Percentage
18-23	66	82.5
24-30	14	17.5
31-36	0	0
37 and Above	0	0
Total	80	100

From the study it is found that out of 80 respondents, 82.5% were of the age group 18-23, 17.5% were of the age group 24-30 and none of the respondents were there of the age group 31-36 and above.

Marital Status: There are both married and unmarried students are studying in evening colleges.

The following chart shows distribution of respondents on the basis of their marital status:

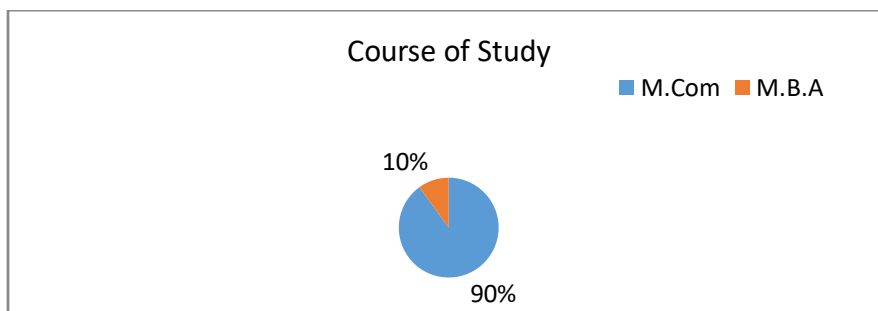
Chart 2: Showing distribution of respondents on the basis of their marital status:



From the above chart it is clear that out of 80 respondents, 75 (94%) were unmarried and only 6% were married.

Course of Post-Graduation Study: In the evening colleges there were students who pursuing Post Graduation Studies in Commerce and Management. Following chart shows distribution of respondents on the basis of their course of post-graduation studies:

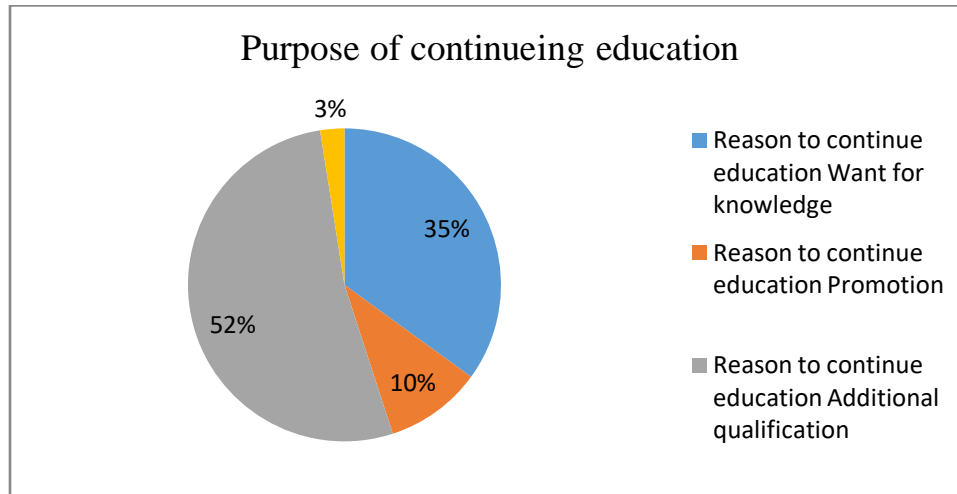
Chart 3: Showing distribution of respondents on the basis of their course of post-graduation



Above chart shows that out of 80 respondents, 72 respondents (90%) were studying M.Com and only 8 respondents (10%) were studying M.B.A.

Purpose of continuing education: The students continue their higher studies in evening colleges for various purposes. Following chart along with table shows distribution of respondents on the basis of their purposes of continuing education:

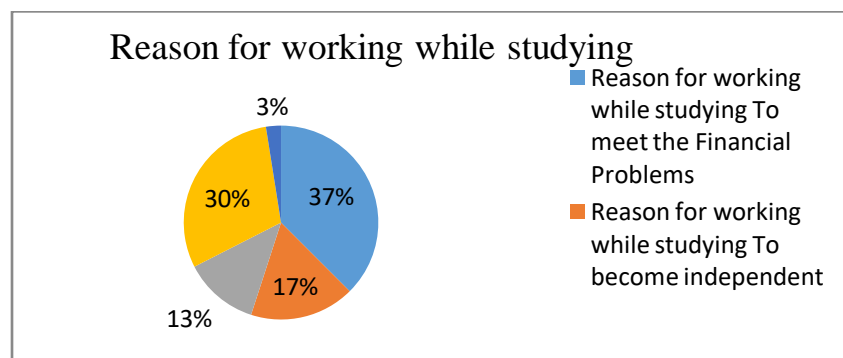
Chart 4: Showing distribution of respondents on the basis of their purpose of continuing education



From the above chart it is clear that 35% of respondents were continuing their study along with work for the purpose of want for knowledge, 10% of respondents for Promotion, 52% of respondents for additional qualification and only 3% of respondents for time pass.

Reason for working while studying: There are many reasons for people for working while studying. Following chart and table shows the distribution of respondents on the basis of reason for working while studying:

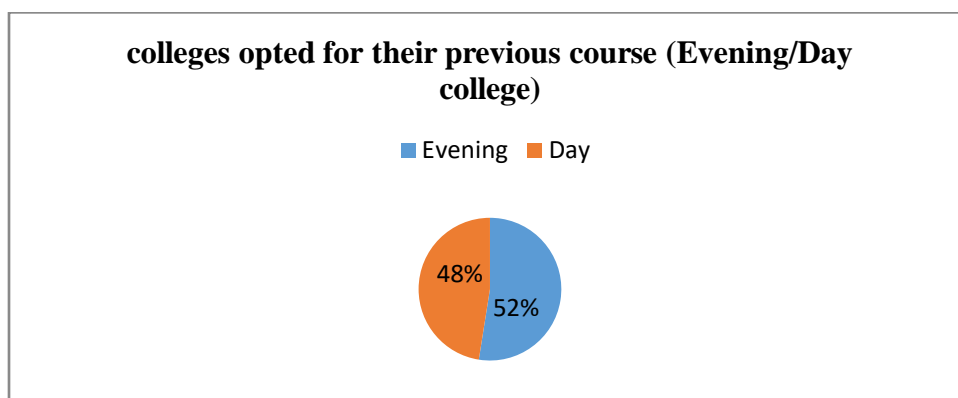
Chart 5: Showing distribution of respondents on the basis of reason for working while studying



Above chart shows that 37% of respondents work while studying for meeting the financial problems, 17% of respondents to become independent, 13% of respondents to help their family 30% of respondents to get work experience and only 3% of respondents to keep themselves busy.

College of previous course studied: There are opportunities to study in day colleges or in evening colleges. The following chart shows the distribution of respondents on the basis of college they opted.

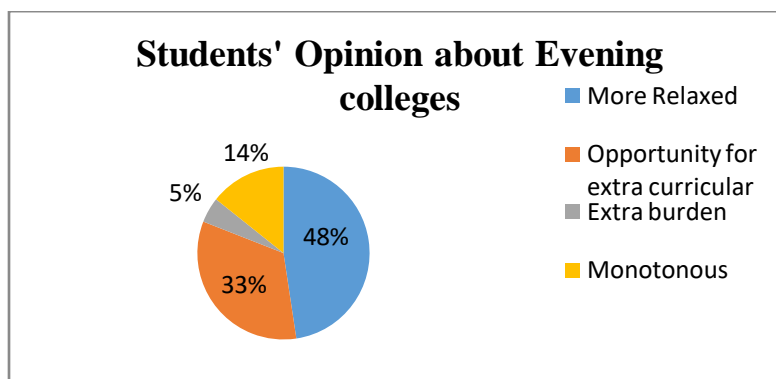
Chart 6: Showing colleges opted for their previous course (Evening/Day)



From the above chart it is clear that 52% of the respondents were studied their previous course in evening colleges and 48% in day colleges.

Opinion of the respondents towards Evening colleges: Students are having different opinions regarding the environment of day colleges and evening colleges. The following table and chart shows the distribution of respondents on the basis of their opinion regarding evening colleges:

Chart 7: Students' Opinion about Evening Colleges

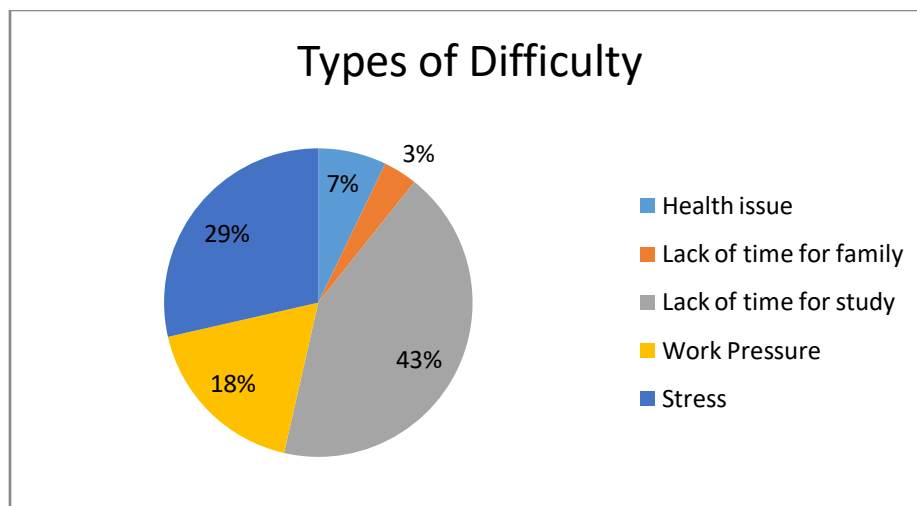


From the study it was found that 48% of respondents opined that studying in evening college after working felt more relaxed, 33% of respondents opined that there is also opportunity for co and extra- curricular activities, 5% of respondents opined that it is extra burden and 14% of respondents opined that it is monotonous.

Found it difficult to study along with work: From the study it was found that 45 respondents found it difficult to study along with work and 35 respondents not found it difficult.

Types of difficulty found in studying along with work: Respondents found different types of difficulty in studying along with work. Following chart shows distribution of respondents on the basis of types of difficulty found in studying along with work:

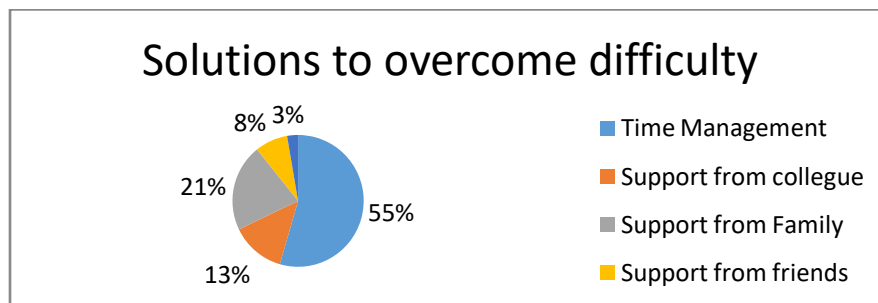
Chart 8: Types of difficulty



Above chart shows that 7% of respondents found health issue, 3% respondents found lack of time for family, 43% of respondents found lack of time for study, 18% of respondents found work pressure and 29% of respondents found stress during studying along with work.

Solutions to overcome difficulties of studying along with work: there were many solutions to overcome the difficulties of studying along with work. The following table and chart shows the distribution of respondents on the basis of solutions found to overcome the difficulties.

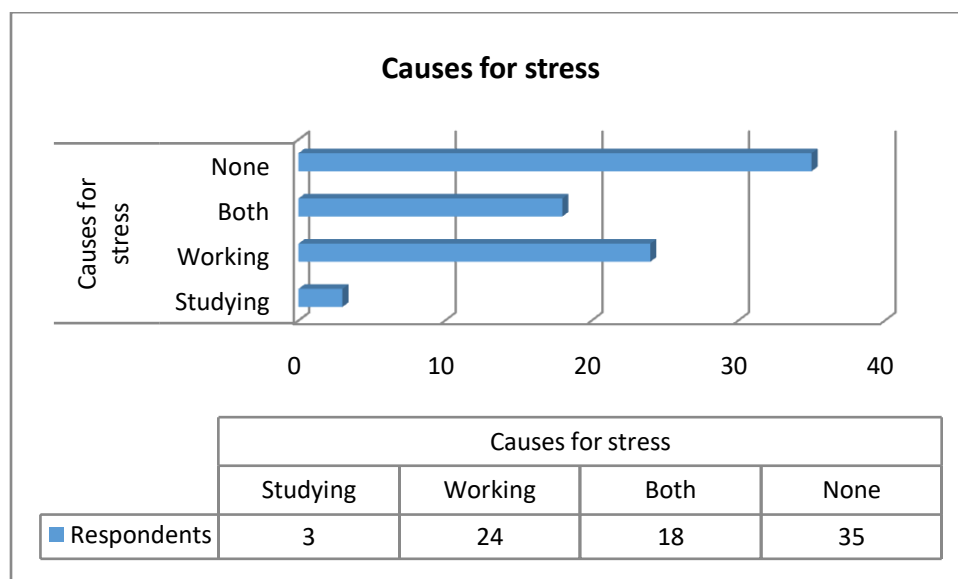
Chart 9: Solutions found to overcome the difficulties of studying along with work



From the above table it is clear that 55% of Respondents solve their problems of studying along with work by time management, 13% by getting support from colleague, 21% by getting support from family, 8% by getting support from friends and only 3% by getting self motivation.

Causes for Stressful situation: Some of the respondents found working or studying or both as causes for stressful situations. Following table and chart shows distribution of respondents on the basis of their causes for stress:

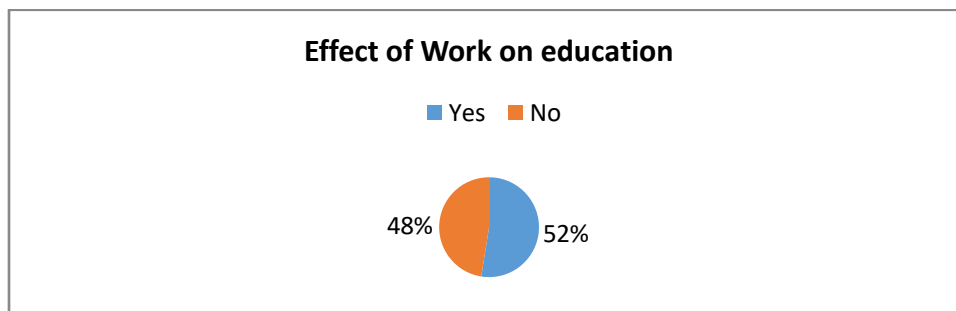
Table & Chart 1: Showing Causes for stress



From the above table it is clear that 3 respondents found studying is the cause for their stress, 24 respondents found working was the cause, 18 respondents found both the causes studying and working and 35 respondents found none of the above reasons for their stress.

Effect of Work on education of respondents: Respondents are working along with continuing their education and that work affects their study. Following chart shows distribution of respondents on the basis of effects of work on their study:

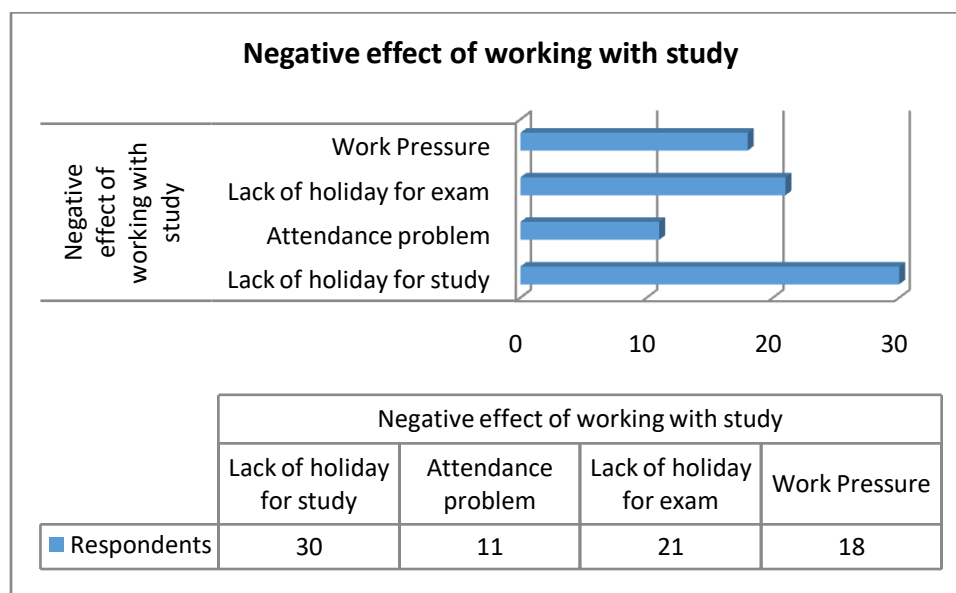
Chart 10: Effect of work on education of respondents



From the above chart it is found that 52% of the respondents said that yes work is affecting their education and 48% said no.

Negative effects of working with studying: Respondents found some of the negative effects because of working along with studying. Following table and chart shows distribution of respondents on the basis of negative effects of working with studying:

Table & Chart 2: Showing negative effects of working on education

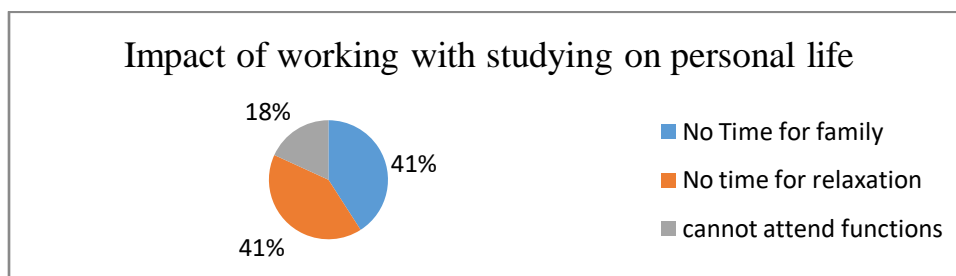


From the above table it is found that 30 (37.5%) respondents found lack of holiday for studying, 11 (14%) respondents found attendance problem, 21 (26%) respondents found lack of holiday for exams and 18 (22.5%) respondents found work pressure.

Effect of working with studying on personal life of respondents: From the study it was found that 38 (47.5%) respondents said yes working with studying is affecting their personal life and 42 (52.5%) respondents said no.

Impact of working with studying on personal life: Following table and chart shows the impact of working with studying on personal life of the respondents:

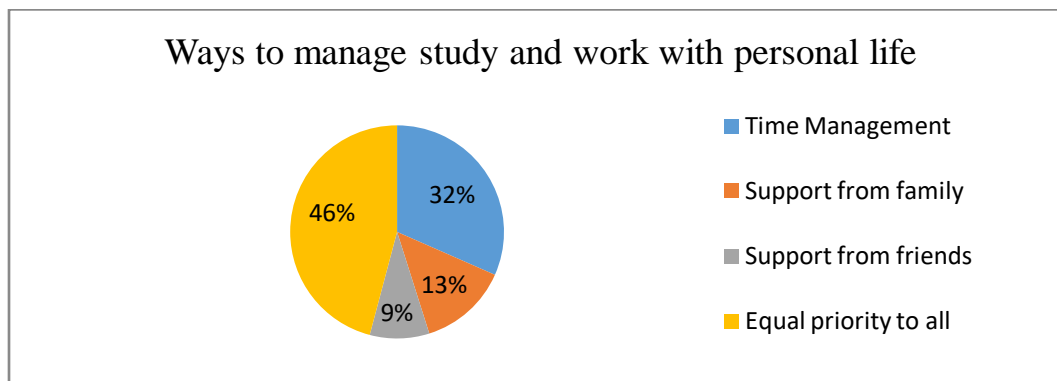
Chart 11: Showing impact of working with studying on personal life



From the study it was found that 41% of respondents had no time for family, another 41% of respondents had no time for relaxation and 18% of respondents could not attend functions because of working along with studying which affect their personal life.

Ways to manage study and work with personal life: Respondents found several ways to balance their study, work and personal life. The following table and chart shows the distribution of respondents on the basis of ways that they found to balance their study, work and personal life:

Chart 12: Showing ways to manage study and work with personal life



From the study it was found that 32% of respondents balance their study, work and personal life by time management, 13% of respondents by getting support from their family members, 9% of respondents by getting support from their friends and 46% of respondents by giving equal priority to all.

Major Findings of the study

The following are the findings which are found from the study undertaken:

- As regards to gender of the respondents, it was found that out of 80 respondents, 78% were female and 22% were male respondents.
- From the study it is found that out of 80 respondents, 82.5% were of the age group 18-23 and only 17.5% were of the age group 24-30.
- It was found from the study that out of 80 respondents, 75 (94%) of the respondents were unmarried and only 6% were married.
- As regards to course of study, it was found from the study that 72 respondents (90%) were studying M.Com and only 8 respondents (10%) were studying M.B.A.
- From the study it is found that majority that is 52% of respondents were continuing their study along with work for the purpose of additional qualification and only 3% of respondents for time pass.
- It was found from the study that majority 37% of the respondents work while studying for meeting the financial problems and only 3% of respondents to keep themselves busy.

- From the study it was found that 52% of the respondents were studied their previous course in evening colleges and 48% in day colleges.
- It was found from the study that majority of 48% of respondents felt more relaxed because of studying in evening college after working and only 3% of respondents felt it as extra burden.
- From the study it was found that 45 respondents found it difficult to study along with work and 35 respondents not found it difficult.
- 43% of respondents found lack of time for study and only 3% respondents found lack of time for family during studying along with work.
- Majority that is 55% of Respondents solve their problems of studying along with work by time management and only 3% by getting self motivation.
- It was found that 52% of the respondents said that yes work is affecting their education and out of which majority (37.5%) of respondents found lack of holiday for their study.
- From the study it was found that 47.5% of respondents said yes working with studying is affecting their personal life out of which 41% of respondents had no time for family and for relaxation.
- From the study it was found that majority of 46% of respondents manage their time for study, work and personal life by giving equal priority.

Conclusion

Effective time management is associated with greater academic performance which decreases the anxiety level in students. Work-life balance is something that is often spoken about in the education sector, but is often difficult to achieve. From the study it was found that majority of the respondents fulfilled their urge for studies by joining evening college. They are able to manage their life by giving equal importance to both study and work. Among the various stages of life, student life in the evening colleges needs proper time management to get academic excellence and maintain work and personal life

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