

IMPACT OF TIME MANAGEMENT PRACTICE ON ACADEMIC AND WORK PERFORMANCE OF WORKING STUDENTS

ABSTRACT

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Effectively managing time is a significant challenge for students who balance academic commitments with employment. Poor time management can lead to heightened stress, decreased productivity, and diminished performance in both school and work environments. This study investigated the relationship between time management strategies and the academic performance, productivity, and stress levels of working students at Bestlink College of the Philippines. The study used a descriptive quantitative method, targeting 80 employed second-year Psychology students. A survey questionnaire was used to gather data, focusing on demographic profiles, time management difficulties, prioritization techniques, and their perceived effectiveness. The responses were analyzed using statistical tools such as frequency distribution, weighted mean, and ranking to interpret patterns and draw conclusions. The study found that the majority of respondents struggled with time management, largely due to overlapping academic and work responsibilities. Common challenges included long working hours, heavy academic workloads, and inflexible schedules. Although some students applied prioritization strategies and emphasized punctuality, these practices had a limited impact on enhancing their academic or job performance. Additionally, financial pressures, emotional fatigue, and the lack of support from both the institution and employers further contributed to difficulties in managing time effectively. The findings emphasize that effective time management, although important, is not enough on its own to ensure success for working students. External influences—such as academic demands, job expectations, and limited support—significantly affect students' ability to apply time management strategies. To address this, the study recommends a coordinated support system between schools and employers. Educational institutions should implement flexible learning options and provide access to mentorship, while workplaces should adopt more student-friendly schedules. Future studies are encouraged to investigate the psychological toll of time-related stress and evaluate targeted intervention programs that promote both academic achievement and career growth among student workers.

RECOMMENDED CITATION

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