

TIME-MANAGEMENT CHALLENGES AND ACADEMIC PERFORMANCE AMONG SENIOR HIGH SCHOOL STUDENT-ATHLETES

ABSTRACT

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Student-athletes may experience difficulty balancing academic, athletic, personal, and social responsibilities. This study identified time-management challenges encountered by senior high school student-athletes and considered strategies for balancing their multiple responsibilities. The study used a descriptive research design and involved 20 senior high school student-athletes selected through purposive sampling. Data were collected using survey questionnaires and were examined in relation to time-management practices and academic performance. Respondents were described as having generally adequate time management across academic, athletic, personal, and social responsibilities, although they continued to experience difficulty managing simultaneous obligations. The source reports that 17 student-athletes, stated as 16.50%, struggled to balance their responsibilities. An action plan was proposed to provide support and guidance. The findings indicate a need to strengthen long-term time-management skills, balance competing responsibilities, and support personal commitment and development among senior high school student-athletes.

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