FACTORS AFFECTING STUDENTS' STUDY TIME MANAGEMENT OF CLASS B SEMESTER V OF ENGLISH EDUCATION STUDY PROGRAM AT UNIVERSITY OF NIAS

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ABSTRACT

Effective study time management is crucial for academic success, particularly for students who must balance coursework, assignments, and extracurricular activities. However, many students struggle with managing their time efficiently, leading to increased stress and lower academic performance. This study aims to analyze the factors influencing study time management among Semester V Class B students of the English Education Study Program at the University of Nias. Using a qualitative approach with a descriptive-analytical method, this research explores factors affecting students' ability to organize and manage their study time effectively. The findings indicate that motivation and self-discipline are the dominant factors, while the learning environment and support from lecturers and peers serve as significant influences. Additionally, challenges such as technological distractions, heavy academic loads, and extracurricular commitments hinder students' time management. To address these issues, students commonly use scheduling and prioritization techniques. The study concludes that universities should provide targeted guidance and training on effective time management strategies to enhance students' academic performance and overall well-being.

Keywords: *Academic load, Learning Motivation, Self-discipline, Study schedule, Time management*

INTRODUCTION

Students in higher education need to be proficient in time management since it has a direct impact on their academic performance, stress levels, and general quality of life (Kumar & Aithal, 2019). Students who practice effective time management are able to schedule their time wisely for studying, finishing assignments, going to class, and engaging in extracurricular activities. Due to the considerable demands of language acquisition, lesson planning, and teaching techniques that prepare them for their future employment as educators. Effective

time management is crucial in both the professional and academic spheres of life. Individuals are also impacted by time management; therefore, students typically struggle to manage their study time.

Time management is very necessary in the academic world. Students who have difficulty in managing time can had an unfavorable effect on them. Time management based on its understanding is a form of action that is carried out by individuals in a detailed and structured manner so that individuals can take advantage of their time, time management creates a sense of responsibility in individuals (Kholisa, 2012). The goal is for individuals to be consistent with the schedule that has been made. Time Management is planned by making schedules; so that individuals know how to use time effectively so as to increase effectiveness and efficiency with timely investments (Haynes & Hillman, 2010).

Ideally, students are expected to develop strong time management skills by their fifth semester. They should be able to plan, allocate, and utilize their study time efficiently, balancing coursework, assignments, preparation for exams, and practical teaching experiences. This would result in academic success, reduced stress, and an improved learning experience.

Being a rural island, Nias has unique socioeconomic and cultural characteristics that could impact students' capacity to manage their time, get resources, and sustain steady academic achievement. These difficulties can affect students' capacity to prioritize their academic obligations and include restricted internet access, differing degrees of familial assistance, and community commitments. As a result, these outside variables might exacerbate their academic difficulties by causing them to manage their time poorly.

In addition to being a personal problem, time management issues can also be an institutional one since they may indicate the need for improved student development initiatives and academic support systems. Students who struggle with time management may procrastinate, miss deadlines, perform less academically, and experience more anxiety (Rasyid et al., 2023). Early detection and resolution of these problems can greatly enhance students' wellbeing and productivity, setting them up for success in both their academic and professional

endeavors. Examining the variables influencing study time management among University of Nias Semester V Class B students is therefore pertinent and urgent.

Although existing research has extensively highlighted the significance of time management in academic achievement, it predominantly concentrates on general university populations, often overlooking the unique challenges faced by students in rural or under-resourced areas. For example, while studies frequently examine factors such as self-regulation, motivation, and technological distractions, they seldom address the interaction between socio-cultural and environmental influences. This gap in the literature underscores the need for localized research to investigate how these broader factors operate within specific contexts, such as at the University of Nias.

By addressing these gaps and highlighting the specific factors influencing study time management in this context, this research aims to provide actionable insights for educators, policymakers, and administrators at the University of Nias. It will contribute to developing tailored interventions and support programs that not only improve time management skills but also foster academic success and personal growth among English Education students.

LITERATURE REVIEW
Time Management

Time management is a good thing if done in the learning process. Time management in the learning process if developed optimally and efficiently can have a positive impact on the individual himself, especially in planning study time (Hervi, 2022). Study time management is very necessary to achieve student learning success at school and improve student learning achievement. Learning is an ongoing activity with the aim of achieving the desired success (Kurniawan & SD, 2019; Nurfajari et al., 2019). The desired success and achievement of the learning process requires an effort to make it happen and needs to involve planning, organized scheduling so that success in the learning process is achieved.

Effective time management is a key component of this learning success (Bajec, 2019). Students who can properly manage their study time and increase

their motivation to learn are ideally the ones who can attain good learning results. In addition, this can also enhance student learning outcomes.

In summary, the process of planning and organizing how to efficiently allocate time among tasks in order to accomplish desired outcomes is known as time management. Prioritizing assignments and making structured timetables are important steps in the learning process that increase output, boost learning results, and ignite a love of learning. People who are good at managing their time maximize their efforts and succeed in reaching their academic goals.

The Importance of Time Management

Time management is a critical skill for achieving success (Chaudhari & Porwal, 2022). Its significance can be understood through several key aspects:

Effective Planning

Individuals face numerous obligations, and it is unnecessary to complete all tasks simultaneously. Assigning priorities to tasks is essential. High-priority tasks should be addressed first, followed by those of lesser importance. Tasks should be completed in alignment with their designated priorities.

Establishing Goals and Objectives

Clearly defined goals and objectives are fundamental to effective time management. They provide a framework for focusing actions toward achieving desired outcomes, minimizing distractions. However, it is important to ensure that these goals are realistic and achievable within the given timeframe.

Setting Deadlines

Deadlines are crucial as they define the time frame for accomplishing goals and objectives, thereby enhancing time management. Goals accompanied by specific deadlines promote efficiency. Conversely, the absence of sufficient time planning for achieving goals often results in time wastage.

Delegating Responsibilities

Delegation is an essential strategy in time management. Attempting to complete every task individually is counterproductive. Knowing when to decline certain tasks or responsibilities can save significant time. Individuals should focus

on responsibilities that align with their interests and bring satisfaction. Delegation of tasks can prevent unnecessary time expenditure.

Prioritizing Tasks

Prioritization involves distinguishing between urgent and important tasks. While addressing urgent matters is necessary, significant tasks should not be neglected. Prioritizing tasks ensures that urgent ones are completed promptly, while important tasks are also managed effectively, contributing to overall efficiency.

Allocating Time Appropriately

Spending the right amount of time on the right activities is essential. Time should not be exclusively devoted to work; personal time for family, friends, and leisure is equally important. Such balance promotes relaxation and enhances productivity. Ultimately, effective time management involves allocating sufficient time to various aspects of life.

The Factors that Affect Students to Manage Time Properly

There are three factors that affect students to manage time properly (Chaudhari & Porwal, 2022) namely:

Lack of Self-Discipline

A significant factor influencing students' time management is the lack of self-discipline. Many students struggle with maintaining discipline, which adversely affects their adherence to schedules and academic performance. This often leads to missed deadlines and incomplete assignments. Additionally, students may prioritize immediate gratification, such as engaging with their cell phones, over academic responsibilities. This behavior contributes to the accumulation of unfinished tasks and heightened stress. Furthermore, a lack of motivation plays a role, as students may not believe that their efforts will lead to improved academic outcomes (Carnegie Mellon University, n.d.). Initially, students may be motivated by external influences, such as successful individuals or bloggers, to create a schedule. However, over time, their motivation tends to decrease, causing them to abandon the schedule and revert to disorganized habits.

The initial enthusiasm often fades, leading to the failure to maintain consistent time management practices.

Influence of Electronic Devices

The widespread use of electronic devices also significantly hinders students' ability to manage their time effectively. In the 21st century, technologies such as smartphones, computers, and gaming consoles have become omnipresent, offering both convenience and distraction. The pervasive influence of social media and the internet has made smartphones an integral part of daily life, particularly for college students, who are particularly vulnerable to developing internet addiction (Yeap et al., 2015). This constant connectivity leads to frequent distractions from social media, messaging applications, and video games, making it difficult for students to remain focused on their academic tasks (Kim et al., 2019, as cited in Sifat, 2021). The resulting interruptions disrupt students' ability to adhere to their schedules and manage time effectively. Additionally, excessive use of electronic devices fosters procrastination, which can negatively impact academic performance. Studies by Oswal, Pal, Patel, Doshi, and Gandhi suggest that entertainment apps and social media contribute to procrastination, hindering learning and task completion (as cited in Faimau et al., 2022). This habit leads to missed deadlines and incomplete assignments, ultimately affecting students' academic outcomes.

Late Sleep

The third factor that affects students' time management is insufficient sleep. Chronic sleep deprivation is associated with poor academic performance, as it impairs attention, cognitive function, and overall mental clarity (Hershner & Chervin, 2014). Students who sleep late often experience difficulties focusing during the day, which diminishes their ability to absorb information and complete tasks effectively. Despite understanding the importance of adequate rest, many students struggle to resist the urge to stay up late, leading to fatigue and reduced productivity. Additionally, late sleep can impair decision-making, making it harder for students to prioritize tasks and manage their time efficiently. This lack

of proper decision-making further exacerbates challenges in maintaining a productive schedule (Salfi et al., 2020).

Student Time Management

Organizing student life requires careful planning. Schedule enough time to do the task while taking future obligations into account. This makes it possible to accomplish the goal (Sultonmurodovna, 2022). The planning process consists of five steps.

- Preparing in advance.
- Conditions for completing this
- Think about what you should do.
- The deadline for finishing this
- The amount of time needed to finish activities

Every time, the student should go over the plan again and add any new information they discover. You must break up your time into manageable chunks. Some of these suggestions for weekly time planning should be implemented. (Sultonmurodovna, 2022)

RESEARCH METHOD

This study employed a qualitative approach with a descriptive-analytical research method. The qualitative methodology allowed the researchers to obtain in-depth information regarding students' time management behaviors and strategies. This approach was chosen because the research aimed to identify how students in the English Education Study Program managed their study time. Qualitative research is particularly suited for exploring variables that are not easily quantifiable but need to be studied in a natural setting (Creswell, 2018).

The research was conducted at the University of Nias, specifically within the English Education Study Program, Semester V, Class B. Data collection was carried out through primary and secondary sources. Primary data were obtained directly from the research participants, including students who shared their experiences, challenges, and strategies related to study time management. Direct

observations were also conducted to understand how students managed their study time in practice, including potential distractions and environmental influences. Secondary data, such as academic records, institutional policies, and relevant literature, were used to support and contextualize the findings.

The instruments used in this study included semi-structured interviews, an observation checklist, and field notes. The semi-structured interviews consisted of open-ended questions designed to uncover students' perspectives and difficulties in managing their time. Observation checklists were used to document time management-related behaviors, while field notes recorded non-verbal cues, environmental conditions, and spontaneous insights during data collection.

Data collection techniques involved both observations and interviews. Observations enabled researchers to gather real-time data on students' time management habits, while interviews provided a deeper understanding of students' subjective experiences. The collected data were analyzed using descriptive analysis. The process included organizing and transcribing data, familiarizing with the information, coding, categorizing, summarizing key findings, and interpreting the results. The findings were then reported to provide a clear and comprehensive understanding of the factors influencing students' study time management..

FINDINGS AND DISCUSSION

The results of this study indicate that the study time management of Semester V Class B students in the English Education Study Program at Nias University is influenced by a combination of internal and external factors. The dominant internal factors are learning motivation and self-discipline. Students who have clear academic goals and high discipline are more able to manage their study schedule effectively. On the other hand, external factors such as learning environment and support from lecturers and peers also play an important role in students' study time management. Supportive environmental conditions as well as guidance and feedback from lecturers help students to be more focused and organized in studying. In addition, support from classmates also contributes

positively to study time management.

The main challenge that students often face in study time management is technological distraction. The use of social media and smartphones often interferes with their study time. In addition, heavy academic loads and involvement in extracurricular activities also make it difficult for students to manage their study time. However, students who are successful in their study time management generally use a daily or weekly schedule to organize their study time and free time, and use task prioritization techniques based on the urgency and importance of the task.

Table 1 shows which factors are more influential on students' study time management and the number of students who mentioned these factors:

Table 1. The Factors more Influential on Students' Study Time Management

No.	Factors affecting student time management	The total number of students who mentioned
1	Learning Motivation	15
2	Self-Discipline	12
3	Learning Environment	10
4	Support from Lecturers	8
5	Support from Peers	7
6	Technology Distraction	16
7	Academic Load	14
8	Extracurricular activities	11
9	Making a study schedule	13
10	Prioritization technique	9

Based on the results of this study, it can be concluded that students' study time management is influenced by various factors both internal and external. To overcome challenges in study time management, students need to use effective strategies such as making study schedules and prioritization techniques. In addition, support from lecturers and educational institutions in the form of guidance and feedback is also very important to help students develop better time management skills.

This study provides a deeper understanding of the factors that influence students' study time management and suggests that lecturers and educational

institutions pay more attention to the development of students' time management skills through more intensive support.

CONCLUSION

The conclusion of this study is that study time management of Semester V Class B students of English Education Study Program at Nias University is influenced by internal and external factors. The dominant internal factors are learning motivation and self-discipline, while external factors include the learning environment and support from lecturers and peers. The main challenges in students' study time management are technological distractions, high academic load, and involvement in extracurricular activities. Students who successfully manage their study time generally use daily or weekly schedules and prioritization techniques in doing assignments. Improving students' time management skills requires effective strategies such as the creation of study schedules and prioritization techniques, as well as support from lecturers and educational institutions in the form of guidance and feedback. The results of this study highlight the important role of institutions in helping students develop better time management skills to achieve academic and personal success.

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