

## Assessing the Proportion of Time Student Spend in Different Daily Life Routines

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### Abstract

Management of the time plays a vital role in academic success, health, and daily life of the students. Every student has the same time in a day but everyone uses it differently according to their interests, habits, and their responsibilities.

They spend their time differently. Some students spend their maximum time on studies and complete their tasks or assignments on time but some students spend more time on their phones, playing games, watching movies or dramas on television, scrolling different apps, sleeping and engaging themselves in different activities. In some recent years students use smart phones, social media, and different apps increase fastly between students. These things affect them the way they manage their time daily. Inappropriate the use of time affects negatively on studies of the students, sleep schedule, physical health, immersion and their comprehensive behavior.

The aim of this study is to assess the proportion of the time students spend their time differently from their life routines and nearly understand how they manage their whole time in daily activities. The focus of the study is on identifying the activities of the students which perform daily and decide how much time students spend on their study, sleep, use of mobile phone, social media, television, household activities, and their physical activities. The purpose of this study to compare how much time spent students on their academic and non academic activities and to identify which activities take more and less time of the students. This study is looking to increase students' awareness regarding proper time management and stable use of daily time.

This research is descriptive design because its purpose is to define or describe students' daily activities routines and patterns of using the time. The population of this study is from secondary school students. A sample of 20 to 30 students will be selected.

Data is collected through questionnaires and a daily time diary which is prepared by researchers. Questionnaire will include questions according to study time sleeping schedules, using of mobile phones and internet, watching the television, using social media, physical activities, games and their responsibilities of the household. Students will record how much the quantity they spend on different activities during the day.

Data is taken from the permission of the school administration. Students will be informed of the aim of the study before the research gets started. They will be assured by the researcher their data is confidential. Students attempt their questionnaire and sheet of daily record with willingly and honestly. Ethical considerations like privacy, confidentiality, and voluntary take part with full attention throughout the research process.

Findings of the studies are mainly expected from the help of the students to understand how they spend their daily life routines and which things encourage them to maintain routine or spend better management habits. Study is helpful overall for teachers, students and also for parents. It also gives information to students in daily life and provides guidance for useful and balanced time. More research

helps schools promote awareness about effective and useful time management and their healthy daily life routines between students.

**Keywords:** Effective time management, Daily routine, use of smart phone, students, sleeping routines, Students of secondary school, descriptive research, different activities.

### **1:Introduction**

Time is one of the most important resources in students' lives. Every student has the same 24 hours daily. But how they use this whole time in different ways. Some students spend more time in study, while using mobiles watching television, playing games, or sleeping. Daily life routines such as study, rest, entertainment, and household work play an important role in shaping students academic success, health, and behavior.

In recent years, the use of smartphones, social media, apps, and online games has increased promptly among students. Because of this, multiple students are useless to manage their time correctly. They may give less time to studies and more time to non academic activities. Poor time management can lead to low academic performance, stress, poor sleep, and lack of physical activity.

Understanding how students spend their time in daily life is very important for teachers, parents, and students themselves. When we know which activities take most of the students' time, we can help them plan their day better. Therefore, this study objectives to evaluate the amount of the time students spend on different daily life routines.

### **2: Statement of the Problem**

Students do so manifold different activities in their daily life. They study, sleep, use mobile phones, watch TV, play games, and support at home. All students have the same 24 hours in a day, but many students don't use their time correctly.

Most students spend too much time on mobile phones and entertainment. They give less time to study, exercise, and rest. Because of this, their studies can become weak. They may feel tired, stressed, and unable to focus in class.

Students commonly do not recognize how much time they spend on different activities. Teachers and parents also do not clearly know how students use their daily time. Without this information, it is difficult to help students manage their time better.

Therefore, this study aims to find out how students spend their time in daily life and which activities take most of their time.

### **3: Objectives**

- 1: To find out the daily activities of students.
- 2: To know how much time students spend on each daily activity.
- 3: To identify which activity takes most of the students' time.
- 4: To compare time spent on study and non-study activities
- 5: To help students understand better use of their daily time.

### **4: Research Question**

- 1: How do students usually spend their day?
- 2: How much time do students give to study each day?
- 3: How much time do students spend using mobile phones?
- 4: Which daily activity takes the most time of students?
- 5: Which activity takes the least time?
- 6: How much time is spent sleeping each day?
- 7: How much time do students spend watching TV or using social media?

8:How much time do students spend playing or doing physical activities?

9:Do students spend more time on study or on entertainment?

10:Is students' daily time used in a balanced way?

11:Do students feel they waste time during the day?

12:Are students aware of how they use their daily time?

### **5:Significance of the Study**

This study is important because it shows how students spend their time every day. Many students do not know where their time goes. This study helps students understand how much time they spend on study, mobile phone, TV, sleep, and play.

The study is helpful for teachers. Teachers can understand students' daily routines and guide them to use their time better.

Parents can also benefit from this study. Parents will know how their children spend time at home and can help them make good daily habits.

Schools can use this study to teach students about time management.

It can help students improve their study and daily life.

This study is also useful for future research.

### **7:Literature Review**

Many researchers have studied how students spend their whole time daily. These studies show that students do different activities such as studying, sleeping using mobile phones, watching TV, and playing.

Research shows that students who spend more time on studying usually do better in school. They understand their lessons better and get good results.

Further studies show that many students spend their whole time on mobiles and on social media too.This reduces their study time and affects their sleep and focus.

Some researchers also found that students who plan their time better. These students feel less stress and manage their work easily.

Overall, previous studies show that proper use of time is important for students. This study is related to earlier research and aims to understand how students spend their daily time.

### **9:Research Methodology**

This study will use a descriptive research method. The Purpose of this method is to find out how students spent their time in daily life.

**Research Design:** descriptive research or action research.

**Population:** Secondary school students.

**Sample Size:**20-30 students

**Sample Technique:** convenient sampling.

### **10:Research Tool**

A self-developed questionnaire and a daily diary will be used. The tool will include question related to:

- Study time
- Sleep
- Mobile phone and internet usequestionsocial media
- Playing and physical activities
- Household work

### 11:Data Collection Procedure

Firstly, we will take permission from the school to conduct the research. Then students will be informed about the purpose of the study in simple words. They will be told that the study is only for learning and their answers will be kept private.

A questionnaire or daily time record sheet will be given to the students. The researcher will explain how to fill in the form and how to write the time spent on different daily activities. Students will be given enough time to complete the form honestly. After completion the filled forms will be collected by the researcher.

### 12:Ethical Considerations

Ethical rules will be followed during the study. Students will take part in the study willingly. No student will be forced to participate.

Students names and personal information will not be written on the forms. All information will be kept confidential and will be used only for research purposes.

### 13:Conclusion

This study will provide a clear picture of students' daily life routines. It will help to identify activities that take most of students time.

The results of this study can help students understand better time use. Teachers and parents can also use the findings to guide students in managing their daily time more effectively.

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