

THE EFFECTS OF TIME MANAGEMENT ON
THE ACADEMIC PERFORMANCE OF SENIOR
SECONDARY SCHOOL STUDENTS IN
LAGOS STATE

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ABSTRACT

This study had two main purposes. The first was to determine the present level of students' use of time. The second was to examine the effect of a Time Management Improvement Training Programme manual on the academic performance, attitude to learning and level of creativity of secondary school students who were exposed to training in time management.

A quasi-experimental design was employed for the study conducted among 201 students randomly selected from senior secondary year II, from four secondary schools in Eti-Osa and Lagos Island Local Government Area in Lagos Metropolis. These students were randomly divided into experimental and control groups.

Five major instruments were used out of which the researcher developed four. The first instrument was "Ratings on use of Time," the second was Attitudinal Scale to Learning and Use of Time, the third was "TMITP manual", the fourth was "Measures of Creativity Test" while the fifth instrument was the academic records of the students in their various school subjects as rated by their school teachers. These instruments were subjected to validation by the members of the committee of supervision, and thirty "expert judges" who consisted of school principals, school teachers and seminary instructors. The instruments were also trial-tested in a pilot study at Isolo Senior High School, Isolo Local Government Area, Lagos Mainland.

The reliabilities were determined in test-retest method. The reliability coefficient for Ratings on Use of Time is 0.78; Attitudinal Scale to Learning and Use of Time is 0.83 and TMITP manual is 0.80. The measures of creativity test were adapted from "Creativity and Intelligence" of Raw and Marjoribanks (1991). The

result from the pilot study proved the instruments were reliable for use for the main study. The findings showed that:

1. Secondary school students spend 58% of their time in watching TV programmes. They spend an average of about five hours per day in home/religious/social and other recreation activities other than their studies. It was found that students spend more time on other activities than their studies.
2. The rating of the “expert judges” on relevance, coverage, creativity and usability of the TMITP manual revealed the manual is highly usable and suitable (87%) to train secondary school students in time management.
3. There was a significant improvement in the academic performance (F-ratio = 148.225, $P < 0.000$); in attitude to learning, (F-ratio = 144.13, $P < 0.000$); creativity level (F-ratio=22.50, $P < 0.000$) between students exposed to TMITP manual and those who were not
4. Gender, parental educational qualifications and levels of students’ intelligence do not significantly moderate on the use of TMITP on the experimental group.

Based on these findings, the researcher concludes that TMITP manual is effective to improve students’ use of time and to train the students irrespective of gender, family background and level of intelligence in time management. Parents and all stakeholders in education need to take it as their primary duty to find time to train students in time management.

The Ministry of Education in particular and the church may consider the necessity to design programmes which will give attention to monitor students’ use of time. This will require educational administrators, educational psychologists and curriculum experts to come together and discuss viable ways to offer remedy to the alarming situation of students’ mis-use of time. The content of the TMITP used by

this researcher could be reviewed as guidelines for what may constitute time management training for students.

Conclusions

The students' misuse of time is a threatening challenge in educational sector. Many secondary school students engage in various time-wasting activities such as too much sleep, play, jisting, watching different television programmes and home video films. Others include attending parties, browsing at cyber cafe, reading love magazine, novels and visiting friends and amusement parks that compete with their studies. In addition to earlier findings, this research has also found out that students' misuse of time is at an alarming stage. In fact, some students see no danger in it since they get through by other dubious means such as cheating in examinations and seeking examination leakages.

The effort put into this research is to test an educative response to student's misuse of time through specific training of students in time management. With the TMITP manual designed and used among senior secondary school II students in Lagos, the results from the study revealed that secondary school students could gain tremendously from training in time management. The experimental groups exposed to TMITP manual performed significantly higher than the control groups who were not given the same treatment in their academic performances, attitude to learning and level of creativity. Students made academic gains from the TMITP manual that focuses on redirecting students' priorities to spending of quality time in their studies at school and at home for excellent outcomes. The TMITP manual provided secondary school students the opportunity to set goal with time, plan to avoid

procrastination, be very active when they are in the class with full concentration and regular and punctual attendance in school.

The findings also revealed that gender, parental educational qualification and level of students' intelligence are not moderating variables on the effectiveness and use of TMITP manual among secondary school students. Time management scheme improves both boys and girls academic, attitude and creativity potentials. Girls who were found to spend more time on Television have their attitude changed arising from the training. The students post-academic performances also improved based on the training the students received in time management. All categories of students across different intelligent levels gained significantly from the TMITP manual. These findings showed that training secondary school students in time management could be very educative and helpful. The use of TMITP could be an educative response to students' various tempting time wasters. The response with training in time management could help secondary school students imbibe self-discipline in their attitude to learning, use of time and as they spend more time in their studies.

Recommendations

Based on the findings from this research work, the following recommendations are made.

1. Parents should serve as mentors for their children particularly in the wise use of their time. This research study reveals that most of the secondary school students in Lagos spend more than 50% of the hours of the day on trivial and less important things. Hence, it is hereby recommended that parents should schedule the activities of the day for their children in order to reduce the number of wastage hours and to have improvement in their academic performance. The use of their time will require budgeting about 33% (an approximate of 8 hours) of the hours of

