

TIME MANAGEMENT PROBLEMS IN STUDENTS' LIFE

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Abstract: Time management is a critical skill for students, affecting their academic performance, personal well-being, and ability to handle multiple responsibilities. Many students struggle to organize their time effectively, leading to procrastination, stress, and decreased productivity. This study explores the challenges students face in managing their time, the impact of poor time management on academic and personal life, and strategies that can improve time management skills. By examining the relationship between time management and academic procrastination, this research highlights the importance of planning, prioritization, and focus in achieving academic success. The findings suggest that developing strong time management habits not only enhances productivity but also reduces stress and promotes a balanced lifestyle, ultimately supporting both personal growth and academic achievement.

Key words: Time management, Academic procrastination, Student productivity, Stress reduction, Study habits, Task prioritization.

Аннотация: Управление временем является критически важным навыком для студентов, влияющим на их успеваемость, личное благополучие и способность справляться с несколькими обязанностями одновременно. Многие студенты испытывают трудности с эффективной организацией своего времени, что приводит к прокрастинации, стрессу и снижению продуктивности. В данном исследовании рассматриваются проблемы, с которыми сталкиваются студенты при управлении временем, влияние плохого тайм-менеджмента на учебную и личную жизнь, а также стратегии, способствующие развитию навыков управления временем. Анализируя взаимосвязь между управлением временем и академической прокрастинацией, исследование подчеркивает важность планирования, расстановки приоритетов и концентрации внимания для достижения академического успеха. Результаты показывают, что формирование сильных привычек управления временем не только повышает продуктивность, но и снижает уровень стресса, способствует сбалансированному образу жизни и поддерживает личностное развитие и академические достижения.

Ключевые слова: Управление временем, академическая прокрастинация, продуктивность студентов, снижение стресса, учебные привычки, расстановка приоритетов задач.

Annotatsiya: Vaqtni boshqarish talabalarning akademik natijalari, shaxsiy farovonligi va bir nechta vazifalarni bajarish qobiliyatiga ta'sir qiluvchi muhim ko'nikmadir. Ko'plab talabalar vaqtini samarali tashkil qilishda qiyinchiliklarga duch keladi, bu esa kechiktirish, stress va samaradorlikning pasayishiga olib keladi. Ushbu tadqiqot talabalar vaqtini boshqarishda duch keladigan muammolarni, yomon vaqt boshqarishning o'quv va shaxsiy hayotga ta'sirini, shuningdek, vaqtini boshqarish ko'nikmalarini rivojlantirishga yordam beradigan strategiyalarni o'rganadi. Vaqtini boshqarish va akademik kechiktirish o'rtasidagi bog'liqlikni tahlil qilgan holda, tadqiqot rejalashtirish, ustuvorliklarni belgilash va diqqatni jamlashning akademik muvaffaqiyatga erishishda muhimligini ta'kidlaydi. Natijalar shuni ko'rsatadiki, kuchli vaqtini boshqarish odatlarini shakllantirish nafaqat samaradorlikni oshiradi, balki stress darajasini kamaytiradi, muvozanatli hayot tarzini qo'llab-quvvatlaydi va shaxsiy rivojlanish hamda akademik yutuqlarni rag'batlantiradi.

Kalit so'zlar: Vaqtni boshqarish, akademik kechiktirish, talaba samaradorligi, stressni kamaytirish, o'quv odatlari, vazifalarni ustuvorlik bo'yicha tartiblash.

INTRODUCTION

Every student has the same twenty-four hours in a day, yet some seem to accomplish so much while others constantly feel behind. The difference often comes down to how time is managed. For students, life is a constant balancing act between attending classes, completing assignments, preparing for exams, participating in activities, and maintaining a social life. With so many demands competing for attention, it is easy to feel overwhelmed, stressed, or unsure where to start. One of the most common challenges students face is procrastination—the habit of delaying tasks even when they know it could create problems later. It might be putting off an assignment, postponing studying, or choosing entertainment over responsibilities. These delays may seem small at first, but they often snowball into stress, anxiety, and last-minute rushes. Distractions are everywhere—phones, social media, friends—and they can quietly steal time that could have been spent productively.

Learning to manage time well goes beyond making a schedule. It means setting priorities, planning ahead, and treating time as a valuable resource. When students manage their time effectively, they can balance studies with personal interests, reduce stress, and approach their responsibilities with confidence. Planning ahead can prevent last-minute pressure, create a sense of control, and make learning feel less like a race against the clock.

Time management is not something that comes naturally to everyone, but it is a skill that can be developed. Students who practice it can stay focused, complete tasks efficiently, and maintain a healthier, more balanced life. On the other hand, poor time

management can leave students feeling constantly behind, struggling to meet deadlines, and unable to enjoy other aspects of life.

This study focuses on the time management challenges that students face and how these challenges contribute to procrastination. By understanding the habits and struggles that make managing time difficult, this research aims to highlight strategies that can help students take control of their days, reduce stress, and achieve both academic success and personal growth.

Problems Students Face Related to Poor Time Management

One of the most common problems students face is procrastination—the habit of delaying tasks even when they know the consequences. Many students put off assignments, postpone studying for exams, or delay completing projects until the last minute. This often leads to a cycle of stress, rushed work, and lower academic performance. Procrastination prevents students from using their time effectively and can create unnecessary pressure as deadlines approach.

Distractions are another major challenge affecting students' ability to manage time. Students can be easily sidetracked by social media, friends, family, or even environmental noise. Without proper focus, they spend valuable hours on unproductive activities, leaving less time for important academic responsibilities. Poor organization and unclear priorities often make students even more susceptible to these distractions, increasing the risk of incomplete work and falling behind in their studies. Many students struggle with organizing their day or prioritizing tasks effectively. Without a clear plan, it becomes difficult to know which tasks should be tackled first and how to allocate time efficiently. This lack of planning often results in missed deadlines, overlapping tasks, and a constant feeling of being overwhelmed. Students may attempt to multitask or handle everything at once, but without proper prioritization, productivity suffers and stress levels rise.

Researches and discoveries

Gilberto Oroz Galaviz (2025) studied students in Mexico during the pandemic, when learning was fully online. The research focused on how self-regulation skills—especially time management and planning—relate to academic performance. Students completed questionnaires measuring their ability to plan tasks, manage time, and use learning strategies. Their academic performance was measured using their grades. The study found that students who manage their time well usually perform better academically. However, time management alone was not enough to fully explain success. Other factors, like motivation and learning strategies, also played an important role. In simple terms, managing your time helps, but it works best when combined with discipline and clear goals. Research on time management demonstrates its significant role in academic performance, although its impact depends on multiple factors. For example, Galaviz analyzed university students in a distance-learning context and found

that those who planned their tasks and organized their time effectively tended to achieve higher academic results. A practical case of this can be seen in a student who divides assignments across several days instead of completing them at the last minute, which leads to better understanding and improved grades. However, the study also shows that time management alone is not sufficient, as motivation and learning strategies also influence outcomes.

Adams and Blair (2019) reviewed many previous studies from Latin America to understand how school time is used and how it affects education quality. Instead of collecting new data, they analyzed existing research from different countries and educational systems. They found that how time is organized in schools—like lesson duration, scheduling, and use of class time—has a strong impact on students' learning. But they also emphasized that time management is not only about school. Factors like family environment, travel time, and extracurricular activities also influence how effectively students use their time. This means that improving education requires looking at the whole system, not just what happens in the classroom. Similarly, Adams and Blair (2019) emphasize that time management must be understood within a broader context, since external factors such as family environment or commuting time can affect how students use their time. For instance, a student with fewer external responsibilities may perform better than another who has limited time due to long travel or household duties, even if both attempt to organize their schedules.

Mukwevho (2018) researcher analyzed different definitions and studies about time management to find a common idea. Mukwevho focused on how students use time to complete tasks and what skills are needed to do it effectively. Resercher concluded that time management is basically about matching your tasks with the time you have, while still producing good results. Students who are good at this tend to be more organized, less stressed, and more successful in their studies. The important point is that time management is a skill you can learn—through planning, setting priorities, and avoiding procrastination. So, students are not “born” with it; they can develop it over time.

In addition, Mukwevho (2018) highlight that effective time management involves prioritizing tasks and allocating time efficiently. This can be illustrated by a student who, when faced with multiple assignments and limited time, focuses first on the most important tasks and avoids distractions, thereby completing work more productively. Overall, these studies show that time management is a crucial but multifaceted skill that requires both individual effort and supportive conditions to positively influence academic performance.

Solutions

To combat procrastination, students can start by breaking tasks into smaller, manageable steps. Setting specific deadlines for each step makes large assignments

less overwhelming and easier to complete. Using tools like “to-do lists” or digital planners can help track progress and create a sense of accomplishment as each task is completed. Additionally, adopting techniques such as the Pomodoro method—working in focused intervals followed by short breaks—can motivate students to start tasks promptly and maintain concentration.

Reducing distractions requires creating a dedicated, organized study environment. Students should turn off notifications on phones and other devices, limit social media use during study hours, and communicate boundaries with friends and family. Time-blocking is another effective strategy, where students allocate specific periods for focused study and separate periods for relaxation or social activities. By controlling their environment and setting clear boundaries, students can maintain focus and complete tasks more efficiently.

Effective planning and prioritization involve organizing tasks according to their importance and deadlines. Students can start each day by listing tasks in order of priority and estimating the time needed for each. Weekly or monthly planning can help manage longer-term projects and prevent last-minute rushes. Additionally, using planners, calendars, or digital apps can help visualize tasks and deadlines, making it easier to stay on track and avoid overlapping commitments. Regularly reviewing and adjusting plans ensures flexibility and improves time management skills over time.

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