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Research Article

Assessment of Time Management Scale of Science, Technology and Engineering Learners

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ABSTRACT

This study aims to assess the time management strategies of Science, Technology, and Engineering (STE) students in one of the public secondary high schools in Cluster 1 Division of Pampanga, Philippines. It aims to understand their challenges, techniques, and the role of technology in their daily academic routines. Effective time management is important for balancing schoolwork, extracurricular activities, and personal responsibilities, yet many students struggle with prioritization and planning. A sequential explanatory approach is employed, combining quantitative and qualitative data. The study first collected responses from a standardized questionnaire to evaluate students' time management habits. Qualitative interviews with selected participants followed this to gain deeper insights into their experiences. The results showed that some students have good habits, like learning from mistakes, while many rely too much on their phones to keep track of time instead of using planners or calendars. Technology also causes distractions, leading to procrastination and stress. Students often struggled with last-minute cramming and lack of sleep. To improve time management, students should plan their tasks, break significant assignments into smaller steps, and limit their time on non-school-related apps. This study showed that better time management could help students feel less stressed and perform better in school.

Keywords: *Time management, Science, Technology and Engineering*

Introduction

The students balance homework, extracurricular activities, and events—

Sometimes, all at once, they frequently find it challenging to manage their time correctly. Workloads, both personal and academic, can

cause exhaustion. Practice, self-awareness, and adaptability are necessary when choosing the best strategies for effective time management. Time management is challenging to understand because of several obstacles to learning and setting priorities, even if it can enhance

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daily planning and relieve strain. However, students can improve their well-being by acknowledging their achievements and managing their time.

On the other hand, Time management for Science, Technology, and Engineering students is about making limited time each day. It means making important choices regarding what should come first, either personal time, family obligations, or schoolwork. It helps to lessen stress and feel in control. They manage their time daily by balancing academic demands and actual projects, prioritizing tasks based on deadlines and complexity. By setting a clear goal, last-minute stress or procrastination can be avoided, and progress on a task can be maintained steadily. This study aims to provide insights into improving student well-being and academic achievement by recognizing these needs.

Time Management

Timeliness is crucial in personal relationships, career success, and overall well-being. (Bhattacharya et al., 2022). Nothing can be taken back, not even time (Ghafar, 2023). How a person manages their time influences their future success and happiness. Punctuality and respect for others' time contribute to the development of trust and good relationships. Timeliness can lead to improved job possibilities, given that it indicates reliability and commitment (Aeon, Faber, & Panaccio, 2021). Students who manage their time well perform better academically and experience less concern (Adams & Blair, 2019).

On the other hand, with increased academic demands, extracurricular activities, part-time employment, and personal responsibilities, students frequently struggle to manage their commitments effectively. Good time management allows students to use their limited time more productively, reduces stress, and improves academic performance. An example of a time management model is the Time Management Matrix or the Eisenhower Matrix, a powerful tool for organizing your work based on importance and urgency. It helps you focus on the tasks that matter most and avoid the ones that do not help you achieve your goals (Dennis, 2023). According to Borbon (2021), time

management is allocating time to ensure the completion date and time needed to complete the task. This scheduling process also uses calendars, weekly timetables, and reminders (Parsons, 2022). However, many students struggle to manage their time well, leading to missed deadlines, poor academic performance, and feeling overwhelmed

Students in developing countries frequently face many administrative and academic obstacles (Igweh, Egbule & Agbor, 2020), which can produce intriguing stories and important insights for scholars (Ahmad, Batool, & Choudhry, 2019). For students, time management skills must be precise. It enables them to manage their time between social and personal interests and their academic workload (Ephraim, 2024). Students can schedule time for socializing and leisure activities and dedicate particular periods for attending classes, studying, and finishing homework. A fulfilling educational experience depends on this balance since it prevents burnout and improves mental wellness in students. Students often have a heavy workload, juggling multiple assignments from various teachers. A similar study by Paguio (2020) stated that many students have recently struggled with their academics, primarily due to difficulties in time management. A common complaint among these students is feeling overwhelmed by the assignments and insufficient time to complete them.

Effective time management that is well-organized has several favorable and helpful outcomes for the children. Apart from completing the assignment on schedule, they will have more time to do other than their academic assignments (Ignacio, 2024). According to Peters et al. (2021), keeping a harmony between work and studies is challenging for these pupils. In order to manage, priorities must be determined to use time efficiently—in addition, Fulgencio et. Al. (2020) stated that many skills, assets, and techniques that assist in completing particular jobs, projects, and objectives by the deadline can be used alongside effective time management strategies. Similarly, Camangyan (2023) stated that students must change their routines to develop good time management

abilities. For this change to occur, they must actively identify their challenges.

To wrap up, the difference between this study and the previous one is that they conducted the study to determine if there is a relationship between time management and students' academic performance. Meanwhile, this study aimed to assess the time management scale and strategies of the Science, Technology, and Engineering students. The primary goal of this research is to identify any challenges that may impede students from utilizing optimal time management strategies while also examining the specific time management techniques they employ. This research, Endeavor, will provide insights into how STE students organize their time effectively, prioritize their tasks, and balance their commitments using a comprehensive time management approach.

Statement of the Problem

The researchers aim to Assess the Time Management scale of Science, Technology, and Engineering Learners in one of the Public Secondary High Schools in Cluster 1 Division of Pampanga, Philippines, during the curricular year 2024-2025.

Specifically, this study seeks to answer the following question:

1. How may the time management scale of the respondents be described?
2. How do the participants rely on Technology for timekeeping to navigate daily academic demands, and how does this reliance influence their proactive time management strategies, stress levels, task prioritization, and academic performance?

Significance of the Study

Students: This study will provide insights into the different time management techniques they can use to manage their time correctly. Learning about the various time management strategies can enhance the students' productivity and work-life balance.

Teachers: The teachers will benefit from understanding how students manage their time and how time management impacts student learning.

Future Researchers. This study will serve as a reference for future researchers who will

also conduct a study on student time management.

Scope and Delimitation

The scope of the study looked into the time management strategies that the learners use to manage the tasks given by the subject teachers. This study's respondents will be the Science, Technology, and Engineering students. They will be conducted in one of the Public Secondary High School Cluster 1 Division of Pampanga, Philippines, attempting to comprehend how these students choose priorities and manage their time during the academic year of 2024-2025.

Methods

Research Design

This study used a sequential explanatory method, combining quantitative and qualitative data. It is a two-phase research study, where qualitative data will be examined with the help of the quantitative findings after gathering and analyzing quantitative data. The qualitative information will explain the quantitative data (Creswell & Creswell, 2018). Combining the two stages gives the study a deeper, more complex grasp of time management techniques, which can help develop more effective support systems for Science, Technology, and Engineering students.

Respondents/ Participants

The study's respondents consist of 50% of Science, Technology, and Engineering (STE) students from grades 7 to 10 enrolled in one of the Public Secondary Schools within Cluster 1 of the Division of Pampanga during the 2024-25 school year. Selecting 50% of the population instead of using a fully randomized method was intended to improve statistical reliability and ensure representation across different grade levels. Including half of the students helped balance the sample, reducing the likelihood of certain groups being overrepresented or underrepresented while keeping data collection manageable. The researchers used a systematic sampling technique, ensuring that science, Technology, and engineering students have an equal opportunity to participate.

Furthermore, using this technique, the population's n th member is guaranteed to be included in the sample, providing a good subgroup of the general population (Makwana et al., 2023). Similarly, Elfil and Negida (2017) stated that when using a set interval and a systematic approach, the researchers choose which participants to include in the sample. Additionally, systematic sampling will ensure a balanced and unbiased sample and enhance the validity and generalizability of the study's outcomes.

In this phase, participants identified as outliers or those with high scores in the quantitative data are chosen. Outliers are suspicious observations or measures because they are much smaller or larger than the vast majority of the observations (Cousineau & Chartier, 2010). In addition, qualitative methods confirm and deepen the findings, offering greater insight into participants' time management skills. The researchers utilized a homogeneous sampling approach to ensure the selection of participants with shared characteristics relevant to the study.

According to Nikolopoulou (2022), homogeneous sampling consists of units with specific features or comparable traits, such as jobs, cultures, or life experiences. The goal is to concentrate on this resemblance and examine its relevance to your research quest. Focus group participants tend to be selected via homogeneous sampling. Homogeneous sampling seeks to minimize variance in streamlined analysis and provide a detailed description of a specific subgroup.

Instrument

The researchers adopted a standardized questionnaire cited in the study of White, Riley, and Flom (2013) to gather information on how science, Technology, and engineering students use time management strategies to manage and complete their subject requirements. The questionnaire has an internal consistency of .86 Cronbach alpha, which is used to test the reliability of the questionnaire. In addition, test-retest reliability for the score revealed a Pearson Coefficients of Correlation (PCC) $r=0.9$. The result shows that the questionnaire has the potential to give a quantitative assessment of

skills in time management and may be relevant for intervention and outcome measurement.

The interview protocol guide question of the qualitative phase, which includes an interpretation of the participants' extreme or outlier responses, served as the basis for the tool used for the qualitative section of the study. The participants will be free to explore and express their views independently, and they will be able to concentrate their answers on topics they believe are significant. This will give the researcher new and crucial information that enhances the current study.

Data Collection

To collect data, the researchers submitted a consent letter to conduct a study in one of the public secondary schools in the Cluster 1 Division of Pampanga. The collection of data started after the approval of the study was obtained. Primary data is the study's source. An original or first-hand source of information the researchers obtained from the respondents is "primary data." The data is gathered through a printed form of the survey questionnaire

In this phase, the researchers obtained approval through a letter request to conduct an interview. Homogeneous sampling ensures that all participants share similar academic backgrounds. Afterward, the researchers will conduct an interview in person or virtually, depending on the participants' preferences and availability. Interviews will be recorded with the participant's consent to capture data accurately. Subsequently, verbatim transcriptions of the recorded conversations will be made, and the transcripts will be anonymous to protect the participants' identities throughout the research procedure. After gathering the data, I familiarized myself by carefully reviewing the transcripts several times to comprehend the information and learn more about the participants' time management techniques. Then, systematically code the data. Followed by grouping relevant codes into more general themes. The researcher will check the initial themes to ensure they appropriately reflect the data. The next stage is to identify and define the topics. Lastly, the researcher will use direct quotes from participants to illustrate each topic in an organized and understandable manner.

Ethical Consideration

This study acknowledged and implemented ethical principles; the researchers submitted a letter of consent to conduct a study to the school principal. After obtaining the approval of the principal, the study will be conducted. The questionnaires used in this study are adopted from existing research with permission from the original author. In addition, participants were informed about how their data would be used, and we obtained their consent before they took part, helping to build trust and ensure honest responses. By securely preserving the respondents' personal information and granting only authorized people access, the researchers guarantee the confidentiality and privacy of the respondents.

Statistical Treatment of Data / Data Analysis

The data gathered from students is analyzed using standard deviation to evaluate their time management skills. The study aimed to better understand the range of students'

responses around the mean using standard deviation, which will show how different and successful their time management techniques may be. Standard deviation (SD) measures the extent of scattering in a set of values, typically compared to the mean value of the set. (Omda & Sergent, 2024)

The researchers employed thematic analysis in the qualitative phase, a type of qualitative analysis used to analyze classifications and present themes or patterns related to the data (Braun & Clarke, 2006). It is a type of pattern recognition that entails identifying core themes (in this case, "theories" or "approaches") through the mindful reading and rereading of the material. Interview transcripts will primarily be used to convert quantitative data into qualitative interpretations. After identifying and coding key points, they will be categorized into thematic concepts according to common meanings. These themes enhanced the study as a whole and offered a better comprehension.

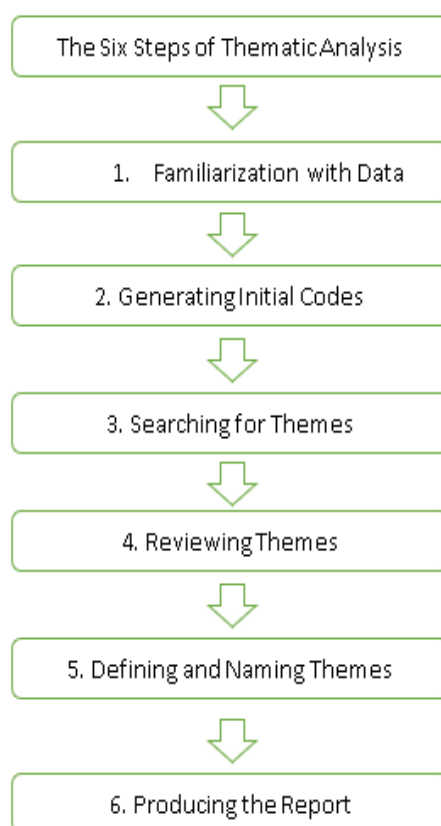


Figure 1. Thematic analysis steps adapted from Braun and Clarke (Aghdam, et. Al, 2020)

Result and Discussion

Table 1. time management scale of the respondents

Indicators	Mean	Verbal Description
1. I feel I manage my time well.	2.18	Low
2. I use a calendar or an appointment book as a way of remembering my daily tasks.	1.86	Low
3. I look at the calendar or appointment book during the day to keep track of my daily schedule.	1.96	Low
4. I carry an appointment book.	1.35	Very Low
5. I stop and plan out the steps before I start something new.	2.54	Moderately High
6. I plan my daily activities.	2.45	Low
7. I rush while completing my work.	3.15	Moderately High
8. I do my most difficult work at the time of day when I have the most energy.	3.01	Moderately High
9. I find that I am overwhelmed by my daily routine.	2.37	Low
10. I find that even though I want to be on time, I am often late.	2.82	Moderately High
11. Even if I do not like to do something, I still complete it on time.	3.03	Moderately High
12. I am <u>not</u> organized in my tasks.	2.04	Low
13. I clear my work-space before beginning a task.	2.92	Moderately High
14. I complete the tasks on my schedule or appointment book to my satisfaction.	2.25	Low
15. I make to-do lists.	2.39	Low
16. I wait until I feel better before taking on important tasks.	2.71	Moderately High
17. I reward myself for doing a good job.	2.54	Moderately High
18. I put off things I do not like to do until the very last minute.	2.53	Moderately High
19. I can correctly estimate the time I need to complete my tasks.	2.48	Low
20. I learn from my mistakes.	3.04	Moderately High
21. I make sure I have a good night's sleep.	2.12	Low
22. I feel competent about managing my time when I write down my appointments.	2.26	Low
23. My mood affects my ability to manage my time.	3.07	Moderately High
24. I feel confident that I can complete my daily routine.	2.54	Moderately High
25. I put in more effort to follow my schedule when I see others keeping up with their schedule.	2.65	Moderately High
26. I run out of time before I finish important things.	2.46	Low
27. I carry a pen or pencil daily.	3.06	Moderately High
28. I wear a watch or carry a cell phone to keep track of the time.	3.37	Moderately High
29. I put my things back where they belong or where I got them from.	3.01	Moderately High
30. I feel that I do not manage my time well.	2.43	Low
Total:	2.55	Moderately High

Table 1 shows that the highest computed mean is 3.37, which means that the respondents wear a watch or carry a cell phone to keep track of time with a verbal description of **"High."** This is in contrast to the study of Roshanay et al. (2022), which states that there was a large misfit on item 28 (they wear a watch or carry a cell phone to keep track of it). Followed by the rush while completing their work got a mean value of 3.15, described as **"Moderately High."** Then, their mood affects their ability to manage their time with a 3.07 mean value accompanied by a description of **"Moderately High."** While they carry a pen or pencil daily, they obtained a mean value of 3.06, featuring a description of **"Moderately High."** Lastly, they learned from my mistakes, which garnered a 3.04 mean value, accompanied by an explanation of **"Moderately High."**

On the other hand, the statement "They carry an appointment book" accumulated the lowest mean of 1.35, annotated with **"Very Low."** The same goes for "They use a calendar or an appointment book as a way of remembering their daily tasks," which got the mean of 1.86, outlined as **"Low."** The statement "They look at the calendar or appointment book during the day to keep track of their daily schedule." obtained the mean value of 1.96, which is linked to a description of **"Low."**

This shows that the respondents rely on watching or using cell phones to set the time rather than using structured tools like calendars or appointment boards. This leads to the idea that people prioritize instant awareness of their time rather than organizing to carry out daily tasks effectively. Additionally, rushing to complete the schoolwork shows a likely lack of time or poor time management, which can be caused by poor planning or procrastination. The results also show how emotional emotions affect time management. According to the result, their moods significantly influence how well they manage their time. For instance, stress or a lack of motivation may affect concentration and make it more challenging to finish tasks.

On the other hand, daily carrying a pen or pencil shows that most respondents are prepared for tasks like notetaking or writing whenever needed. Meanwhile, learning from

mistakes means some respondents recognize their mistakes and try to improve themselves. These results show that many participants have simple, practical habits and try to learn and grow from their experiences.

Sequential explanatory data on time management of learners

The results and discussions in this chapter were organized under the sequence of the research problems listed. The sequence follows: Technology as a Time Management Tool, A Tool for Learning, Prioritization, Gaming as a distraction, Struggling with Time Management Makes life more manageable and Stressful.

Technology as a Time Management Tool

The responses provided are based on the opinions of the Science, Technology, and Engineering students. In order to organize their daily schedules and ensure they finish their schoolwork on time, many students use digital tools like notepad programs, calendar apps, and alarm clocks. Also, according to Vorecol (2024), Technology tools such as calendar apps, project management software, and time-tracking tools have proven to boost efficiency levels in individuals and organizations. They can evaluate their productivity and modify their schedules by the time spent on different activities due to being able to track it.

According to the participants' narrative, even with the benefits of Technology in terms of organization and time management, they still have trouble properly managing their time. They state that prolonged social media usage could sometimes outweigh learning, lowering productivity. However, they claimed that calendar reminders and alarm clocks offer a structured way of handling obligations, particularly in the face of a rigorous academic schedule. Similarly, Research by the Harvard Business Review found that incorporating Technology into time management can lead to a 13% increase in productivity levels, enabling individuals to complete tasks in less time.

My phone has parang yung pag track po ng time kung how long, and then sometimes po I check it and I see that I use my one more on for social media than learn g.

(My phone has a feature that tracks how long I use it, and sometimes I check it and see that I spend more time on social media than on learning.) -P A1

Ginagamit ko po ang technology as track of my time po especially di lang sa academic schedule sa mga activity namin. I am using po alarm clock (I use Technology to track my time, not just for my academic schedule and activities but also as an alarm clock.) -P A2

I think pagaralan pa po pano pa po imanage yung time (I think I will start learning how to manage my time efficiently. -P E2

Based on their narratives, the participants rely on their mobile phones to finish their tasks faster and to wake up early with the help of an alarm clock. Waking up early helps them organize their day when they have multiple tasks, complete activities on time, and avoid being late. In addition, it states that mobile phones help them track how long they spend on a subject.

Nakatulong po kase may isang time po na ang dami pong activities na ginawa then like mga 7 activities po then gumising po ako ng maaga para mabalanse yung oras ko dahil marami nga po ginagawa. Nakatulong po siya saakin dahil maaga din po ako natapos. (It helps me because there are times when we have too many school activities—sometimes up to seven. I wake up early to balance my time since we have a lot to do, and technology helps me finish tasks faster) -P C3

Gumising po ng maaga para hnd po ma late (I plan to wake up early to avoid being late) -P E3

Sa cellphone ko lang po like ano...every single time that I am doing something to know, like how much time I consume every single subject or whatever I do. I usually look at the time on my phone and then when I finish the task, I look at the current time and subtract it from the time when I started it (On my phone, I check the time every time I do something to see how much

time I spend on each subject or t k. I usually look at the time before starting a task, and when I finish, I check the current time and subtract it from when I started) -P A4

The participants have different approaches to managing time effectively. One of them is setting alarms early in the morning to ensure their tasks, like homework or activities, are completed. This prevents them from spending too much time on one task and sacrificing others. Also, the participants use a notepad to create a to-do list to be aware of what should be prioritized. By organizing their tasks, they can focus on what needs to be done and manage their time effectively.

It helps me because...like I would usually be doing one thing, then I do not have enough time for others, so having an alarm around early in the morning helps me do my homework or assignments faster. (It helps me because I often get caught up doing one thing and lack time for both. Having an alarm early in the morning helps me complete my homework or assignments faster.) -P C4

Gaya nung last na CSP mag s-set ako ng schedule ko or to do this para-aware ako sa mga dapat kong gawin at hindi dapat gawin. (Just like in the last CSP, I make schedules or to-do lists to stay aware of what I need to do and what I should avoid) -P E5

Magagamit ko po yung teknolohiya para ma subaybayan po ang aking oras... ano po like track ko po yung time management ko kagaya po yung sa note pad ko susulat ko po yung mga ano oras ko po dapat gawin. (I can use technology to track my time management. For example, I can use a notepad to write down what I need to do and when I should do it.) -P A7

As stated by the participants, calendar apps and alarms help them organize tasks, set reminders, and allocate time per task. Using these helps them stay on track and avoid missing deadlines. Aside from calendars and alarms, there are different applications on

mobile phones that support studying and managing time.

Makakatulong nga po yung teknolohiya sa pag schedule, kase po dun sa calendar meron po kayong appointment or may kaylangn kayong gawin sa date na yun or sa oras na yun puwede niyo pong I set yung alarm para po organize po oras nyo yung gagawin nyo (Technology is really helpful for making a schedule. The calendar app allows you to set appointments or reminders for tasks that need to be done on a specific day. You can also set alarms to help organize your time.) -P B7

Yung mabibigay ko po na pangyayari yung nung nag patong po yung activities na... kaylangan at mga deadline. Yun nga po nagamit ko po I alarm at I set po ang mga oras na gagawin yun mga activities na tapos ko naman po sila on time sa tulong po ng teknolohiya (I can give an example where I had a lot of workloads and activities that needed to be submitted by a deadline. I used technology to set alarms and manage my time. I can say it was effective because I was able to complete my tasks on time with its help.) -P C7

Yung maari ko pa pong paraan is yung makakatulong po kase po yung dun po sa sinabi ko nung una yun lang po kase yung ginagawa ko. Pero meron pa po yung mga ibang... may iba pong apps sa may sa cell-phone or laptop na mas magagamit niyo (Another way it helps me is similar to what I mentioned in number 1. However, there are also apps on mobile phones and laptops that can be used for studying.) -P E7

According to the participants, knowing what to do next can be hard when schoolwork piles up. That is why some students use alarms to remind them of their tasks, while others plan their schedules by setting a specific amount of time for each activity.

nakakatulong po siya samin Para po ma track po yung time ko sa mga activities na gagawin and nakakatulong po siya sa Research and mga activities po na need ng search ganon (It helps us to track my time

on activities that needs to be done, and it helps in research or activities that might need searching.) -P A8

Yung teknolohiya po yung kakatulong ko mag manage ng schedule ko.... like pag po tambak na po yung mga need naming gawin ganon.... Meron din po alarm para po lumitaw po kung ano na po yung dapat kong gawin (Technology helps me to manage my schedule like when I have plenty of task. It also has an alarm that shows what I need to do) -P B8

Nung patong na po yung activities naming Hindi ko po nun alam ano ang next step kaya po nag decide po ako na mag plan po na mag schedule po ng tig 1 hour para po sa mga kanya kanyang activities un po (When we have plenty of activities, I don't know what to do next so I decided to plan a schedule of 1 hour per activities, that's it) -P C8

The participants' narrative participants narrative shows that calendars are helpful, especially when their schedules are packed with activities, and they highlight dates to track deadlines and activities properly. An alarm serves as a reminder and sets a time limit for each activity.

Tulad nga po ng sinabi ko kanina na nag create po ako ng alarm na may kasama pong schedule para po mas clear pa po ang ginagawa ko. It helps me po para mas mapadali po ang...pag gawa ko ng activities at home. (Just like what I've said earlier, I created an alarm that includes my schedule so I'll have a clearer view of my task. It helps me to finish my homeworks faster.) -P E8

Siguro po nung nag karoon po kame ng schedule pin po.... Sa sobrang dami po nun ginawa ko po nilagay ko po sa calendar.... kase po yung calendar ko po nun may highlight din po siya para po mas ma track ko po yung schedule po.... Yun po. (I think, when we had a packed schedule, I used the calendar to keep track of everything. Since my calendar had a highlighting feature, it helped me monitor my schedule better.) -P A9

Just like what I said nga po... guide po for schedule planning po and meron din po siya alarm para nalilimit po ako. (Just like I said, it serves as a guide for schedule planning, and it also has an alarm feature to help me manage my time.) -P B9

The participants stated that they usually get distracted by online games, which causes them to pile up tasks. On the other hand, using a calendar with an alarm feature helps them to stay track of their time and manage it better.

Tulad nga po kanina yung marami po kame ginagawa. Ano po kase.... Kauwi ko po nun sa bahay nag laro po ako ng online games bago po gawin lahat kaya po sobrang natambakan ako. Tapos po....na try ko po yung calendar na may alarm po. (Like I mentioned earlier, we had a lot of tasks to do. When I got home, I played online games before doing my schoolwork, which caused me to fall behind. After that, I tried using the calendar with an alarm feature to stay on track.) -P C9

Technology can help us to make our schedule more organize.... maaadd ko po siguro na strategy is yung sa bawat po gagawin ko I make sure po na naka alarm po talaga and naka notes. Ofcourse po wag po puro online games (Technology can help us organize our schedules better. One strategy I would add is to set alarms and take notes for each task I need to complete. Of course, we should also avoid spending too much time on online games -P E9

As a student you know naman po na marami talaga kame activities and talaga pong nakakapressure siya... and for me po nakakatulong po siya saakin nung nag set po ako ng alarm para po gumising ng maaga para gawin yung activities and assignment that due today. (As an STE student, you know that we have a lot of activities, and it can be really stressful. For me, technology helps by allowing me to set an alarm to wake up early and complete my activities and assignments that are due that day.) -P A10

According to their narratives, one of the advantages of Technology is its ability to enhance time organization and task management. One of the participants states that using a notepad helps them to list everything that needs to be done to make sure that it will not be forgotten, while another states that setting an alarm helps them to stay on track time and do activities on time.

It helps me to schedule myself... I think po dahil meron po akong note pad nun na app dun po nakalagay lahat ng dapat kong gawin. (It helps me manage my schedule. I think it's because I have a notepad app where I list everything I need to do.)-P B10

I think my challenge is that.... ako po kase I am sleeping when I get home because I am so tired po after school. Nakatulong po siya saakin kase pag po nag alarm ako nagiging ako at nagagawa ko yung mga dapat kong gawin.... So that.... I can pass my activities on time (I think my biggest challenge is that I tend to sleep when I get home because I am so tired after school. Technology helps me because when my alarm goes off, I wake up and get my tasks done—so that I can submit my activities on time) -P C10.

For me, the only strategy is discipline... because Technology can help you po.... However, it may be the reason to distract you din po.... Use a calendar and especially notes and alarms to track your schedule. (For me, the most important strategy is discipline. Technology can help, but it can also be a distraction. Using the calendar, notes, and alarms can help track your schedule effectively.) -P E10

Technology as a Tool for Learning

Technology has become an essential part of modern education and daily life. While some students may not be highly proficient in using it, they still know its value in completing school activities, especially in Science, Technology, and Engineering (STE).

Based on their stories, one of the most significant benefits of Technology is its ability to

help students monitor their progress and organize their school work. Digital tools allow them to track assignments, deadlines, and study materials, making it easier for them to manage their academic responsibilities. Even though some individuals may struggle with using certain applications or software, Technology enhances efficiency and helps them stay on top of their tasks.

Technology opens up new avenues for exploration and self-directed learning. The Internet serves as a vast repository of information, allowing students to delve into subjects beyond the confines of traditional textbooks (Ascione, 2023). It fosters curiosity and independence, enabling students to seek knowledge at their own pace and based on their interests.

My reliance on Technology helps me with my assignments because I can research certain topics from what we are studying, and that makes it faster, and I am able to pass my assignments on time. -P C1

As I said nakakatulong po sa research po natin. Sa oras namn po nasaatin namn po kung pano. (As I said, it helps with our research. In terms of time management, it depends on us.) -P B2

Yung nakasira po saakin is yung gaming po. Ang nakatulong namn po is yung pag-aaral ko. (Gaming distracts me, but on the other hand, it also helps me with my studies.) -P C2

Technology helps the respondents handle a lot of school activities and finish them quickly. It also helps them gain knowledge about their studies. However, their lack of proficiency makes it hard for them to use Technology.

Yung teknolohiya ay nagagamit ko po siya sa mga activities naming, especially ste. Medjo nahihirapan po ako especially hnd po ako marunong gumamit ng ganon. Nakakatulong din po siya saakin kase nasusubaybayan nya po ako sa mga problems or something sa school po namin and sa mga activities. (I can use technology in our activities, especially in STE. However, I struggle a little since I am not very

proficient. It helps me by monitoring my progress and tasks related to school and activities.) -P A3

Nakatulong po kase may isang time po na ang dami pong activities na ginawa then like mga 7 activities po then gumising po ako ng maaga para mabalansang oras ko dahil marami nga po ginagawa. Nakatulong po siya saakin dahil maaga din po ako natapos. (It helps me because there are times when we have too many school activities—sometimes up to seven. I wake up early to balance my time since we have a lot to do, and technology helps me finish tasks faster) -P C3

Nakakatulong ito saakin sa araw-araw sa normal na araw na makapag-enjoy saaking pahinga. Sa pag-aaral naman nakakatulong ito upang mas lalo akong maka gain ng knowledge about sa mga studies. (It helps me every day in my normal routine by allowing me to enjoy my rest time. In terms of school, it helps me gain knowledge about our studies.) -P A5

The participants stated in their narratives that Technology assist them in their research, it helps with different types of activities that requires searching online. This helps them to meet their said deadline.

Ginagamit ko yung technology pag kinakailangan ko talaga ito. Kung hnd ko naman siya kaylangan hindi ko siya ginagamit at ... pag oras na ng pag-aaral dun ko lang siya ginagamit at pag namam hindi, like gingawa ko nalang yung mga personal ko na Gawain sa buhay. (I use technology only when I really need it. If I don't need it, I don't use it. I mainly use it for school and for managing my personal tasks.) -P B5

One-time na research naming nakatulong yung technology... dahil malapit na yung deadline naka tulong yung technology sa akin na makapag search ng maraming topic at naka gawa ako agad ng study namin at maipas un. Nakasira nmn ito nung one-time na (conquem) naming sinabi ni ma'am na mag review kame pero ginawa lang naming nag ml

lang kame. (One time, during our research, technology helped a lot, especially when the deadline was near. It allowed me to search for various topics, and I quickly finished our paper and submitted it on time. However, it also became a distraction when Ma'am asked us to review for an exam, but instead, we played Mobile Legends.) -P C5

Prioritization

The participants show the importance of prioritization and time management in their daily routines. They know that completing academic responsibilities before engaging in leisure activities, such as using Technology for entertainment, helps them meet deadlines and submit assignments on time. This mindset emphasizes discipline by ensuring that schoolwork is done first before using Technology for non-academic purposes. This mindset shows their awareness of the potential distractions Technology can bring and their effort to stay responsible.

Furthermore, multiple students believe that prioritizing essential tasks, such as assignments and studying, is key to staying organized and productive. Task prioritization (TP) is the ability to organize, assess, and handle tasks based on their level of urgency and importance. It is a critical non-technical skill that helps individuals manage time effectively, reduce stress, and improve productivity. (Middleton, et. Al., 2018) Prioritizing tasks ensures that essential responsibilities are completed first, preventing delays and inefficiencies. By managing their time effectively, they can avoid procrastination, reduce academic stress, and maintain a balanced routine.

So that I do not that I do not go past deadlines, and I can pass my assignment on time. -P B1

Kunwari po pag may assignment kame gagawin ko muna bago ako gumamit ng technology. (For example, if I have an assignment, I'll finish it before using technology) -P A6

Kamukha lang po sa number 1 na dapat ay unahin ko muna po ang mga

dapat gawin. (Just like in number 1, I'll prioritize the tasks that need to be done first.) -P B6

Yung same po sa 1 nd 2 na dapat po unahin muna po ang mga dapat na ginagawa. (The same as in numbers 1 and 2—I should finish what needs to be done first.) -P E6

Gaming as Distraction

As the participants' stories show, they struggle with time management due to distractions like gaming, which can interfere with their studies. In some cases, even when they have set study schedules, they are tempted to play instead of reviewing for exams, negatively affecting their academic performance. Technology can also contribute to procrastination and reduced focus. Students reported that while they intend to use digital tools for organization, they often get sidetracked by social media, online gaming, and entertainment apps. Excessive screen time results in lowered concentration, last-minute cramming, and disrupted sleep patterns, all of which negatively impact time management.

In addition, the inability to resist gaming can cause an imbalance in their daily routine. Some participants admit that once they start playing, they lose track of time and neglect their school responsibilities. This results in overwhelming workloads, stress, and difficulty keeping up with less s. Others experience piling tasks because they choose to relax before tackling their assignments, only to realize later that they are running out of time. One possible reason is that gaming might take up a significant portion of their time, leaving them with fewer opportunities to absorb school materials during regular study hours. As a result, they may have to dedicate additional time to reviewing their lessons to keep up with their academic requirements. (Weaver, et. Al., 2013)

Yung nakasira po saakin is yung gaming po. Ang nakatulong namn po is yung pagaaral ko. (Gaming distracts me, but on the other hand, it also helps me with my studies.) -P C2

\One-time na research naming nakatulong yung technology... dahil malapit

na yung deadline naka tulong yung technology sa akin na makapag search ng maraming topic at naka gawa ako agad ng study namin at maipas un. Nakasira nm nito nung one-time na (conquem) naming sinabi ni ma'am na mag review kame pero ginawa lang naming nag ml lang kame. (One time, during our research, technology helped a lot, especially when the deadline was near. It allowed me to search for various topics, and I quickly finished our paper and submitted it on time. However, it also became a distraction when Ma'am asked us to review for an exam, but instead, we played Mobile Legends.) -P C5

One-time po hindi po naging balance yung, time ko po... nun kase hindi ko po maresists hindi mag laro. (One time, my schedule became unbalanced because I could not resist playing.) -P C6

Tulad nga po kanina yung marami po kame ginagawa. Ano po kase.... Kauwi ko po nun sa bahay nag laro po ako ng online games bago po gawin lahat kaya po sobrang natambakan ako. Tapos po....na try ko po yung calendar na may alarm po. (Like I mentioned earlier, we had a lot of tasks to do. When I got home, I played online games before doing my schoolwork, which caused me to fall behind. After that, I tried using the calendar with an alarm feature to stay on track.) -P C9

Struggle with Time Management

As mentioned by the students, one of the main challenges in time management is being unable to manage responsibilities effectively. The unfamiliarity with structured scheduling makes it difficult for students to plan their tasks efficiently. While technology allows faster research and easier access to information; it does not naturally teach time management skills. Instead, it can sometimes lead to procrastination or distractions, making it harder for students to focus on completing their work promptly. The use of digital tools for scheduling can help students manage their time more efficiently by providing reminders and helping them plan. However, some students might be unfamiliar with using these tools effectively. (Mei, 2016).

Additionally, irregular sleep patterns further contribute to time management struggles. According to their stories, they are exhausted after school, choose to sleep in the afternoon and then wake up at midnight to complete their tasks. This cycle disrupts their natural sleep schedule, leading to decreased concentration and increased stress.

Actually, hnd ko po siya nababalanse ng maayos, as I said po mahirap po lalo na kung hindi po ako mahilig sa mga yun. Nakakatulong po siya saakin kse sa mga oldtimes po gumagamit pa sila ng books. Pero ngayon nakakagamit para mapabilis yung Gawain ko po (Actually, I can't properly balance it. As I said, it is hard, especially since I am not very familiar with it. It helps me because, in the past, people relied on books, but now I can use technology to complete my tasks more quickly -P B3

Technology I just use it in research and stuff. For time management.... Sira po siya, like I cannot manage my time properly. Like I would say this personally, I would like wake up 12 in the morning just to do my task because I would be sleeping after school, because it's very tiring and then, yuh...Making alarm and stuff, I would usually have 30 alarms over.... Separating 5 minutes or 10 minutes. I'll use it every single time. Like it's always around early morning 12 to 3 AM (Technology? I mostly use it for research and other school-related tasks. But when it comes to time management... it's broken. I can't manage my time properly. Personally, I would wake up at 12 midnight just to do my tasks because I sleep after school since it's very tiring. I also set multiple alarms—sometimes 30 alarms spaced 5 to 10 minutes apart—to wake myself up between 12 and 3 AM.) -P B4

Makes life Easier

Participants find that Technology helps them complete assignments more quickly, allowing them to work efficiently and meet deadlines without excessive stress. Additionally, digital tools like PowerPoint presentations and

alarm reminders support academic organization and study habits. These resources enable students to access learning materials conveniently and stay on top of their schedules, ensuring they allocate time for studying effectively.

Moreover, rather than adding to their challenges, Technology serves as an aid that simplifies daily routines. It helps students manage their responsibilities better, making learning more accessible and structured. Features such as phone-based scheduling tools enhance productivity, allowing students to organize their tasks and commitments effortlessly. Comparably, Students who intentionally schedule their courses can better manage their work, school, and other obligations. This guarantees that they keep their workload under control and stay stress-free, which improves engagement, boosts academic performance, and increases student satisfaction. (Cooley, 2024)

Opo, kase nakakatulong pos iya saakin napapabilis po yung mga gawain ko and na lessen po hard ng isang work or something saakin and mas mapapabilis po. (Yes, it helps me complete my tasks more quickly, reduces the difficulty of work, and allows me to finish immediately) -P D3

Minsan hindi naman po e kase nakakatulong din siya sa pag-aaral. Like nung mga powerpoint nandun, pati yung mga alarm para malaman mo kung Kaylan ka mag-aaral. (Sometimes no, because technology helps with my studies. For example, I can access PowerPoint presentations and set alarms to remind me when to study) -P D6

Sa tingin ko po hindi po siya nakakadagdag problema, parang mas napapadali nya pa po yung buhay. (I don't think technology adds to my problems; instead, it makes my life easier.) -P D7

For me no, because its help me nga po in an easier way. Like..... setting my schedule in my phone. (For me, no, because it actually helps make things easier, like setting my schedule on my phone) -P D10

Stressful

In accordance to the statements of the participants, they experience difficulties balancing

their reliance on Technology, managing their workload, and maintaining their overall well-being.

One significant issue is overdependence on Technology. Some students struggle when they cannot use digital tools, making it difficult to answer questions or complete assignments. This reliance can limit their ability to think critically or solve problems without technological assistance. When students become too accustomed to use technology for every task, they may feel lost in situations where digital tools are unavailable. In addition, academic workload also contributes to stress. The participants stated that they stay up late—sometimes even until midnight just to finish assignments due the next day. This lack of sleep can severely affect their energy levels, making them feel exhausted and unmotivated throughout the day. Sleep deprivation caused by academic pressure not only reduces productivity but also negatively impacts mental and physical health.

Students often become overly reliant on digital tools for completing assignments, which can hinder their ability to think critically and solve problems independently. A research study by Sappaile (2024) indicates that dependency can have an impact on students' academic achievement, such as decreasing test scores and poor learning quality and achievement.

Sometimes it does because...sometimes I reliance to technology to much. When we are not allowed to use technology, I have a hard time figuring out what to do or answer -P D1

Yes, it does. Because like imagine waking up to 12 or even 1 in the morning just to do your assignment that is due today. And of course, it would be like decreasing your energy and then it would make you more tired throughout the day. (Yes, it does. Imagine waking up at 12 or even 1 AM just to finish an assignment due that day. Of course, that would drain your energy and make you feel even more tired throughout the day.) -P D4

I would say partially. Being tired can reduce your focus, and you might not be able to concentrate fully on the lesson. Your mind could feel foggy or sleepy. It can

help in some ways, but I wouldn't recommend it because it affects both your body and mind. That's all -P E4

When it comes to academic po both po nakakadagdag po siya problema at the same time po siya rin po nakakatulong ko. And to be honest, it is more stressful when it comes to that po. (When it comes to academics, technology can both add to my problems and help me at the same time. To be honest, it can be more stressful in that regard.) -P D9

Conclusion

1. Learners exhibit certain positive time management practices, such as carrying a pen daily and learning from mistakes. Their heavy reliance on their phones hinders most students' ability to make long-term plans or watches for timekeeping instead of calendars or planners. Furthermore, this tendency to complete activities quickly points to problems with stress and procrastination, emphasizing the need for better time management techniques. Similar to the study of Liu et al. (2022), excessive usage of smartphones may lead to adverse outcomes such as academic procrastination.
2. Technology plays a dual role in time management. Even though technology offers valuable tools like calendar apps, alarms, and research materials to help students manage their time and finish their projects, it is also a significant source of distraction. Excessive social media usage and online gaming adversely affect students' academic performance and general well-being, leading to procrastination and sleep deprivation. The results highlight the significance of cultivating organized time management practices to optimize the advantages of technology while reducing distractions.

Recommendation

1. Schools should provide structured workshops focusing on effective time management strategies. These programs should cover prioritization, goal setting, and the use of both traditional and digital

scheduling tools, such as planners or productivity apps.

2. Technology offers time management benefits and can also be a source of distraction. Schools should implement digital literacy programs to guide students on using technology effectively for academic productivity while minimizing distractions such as social media and gaming.
3. Future researchers should conduct further statistical tests, such as correlation or regression analysis, to establish a stronger connection between time management practices and academic outcomes. This will help quantify the impact of effective time management strategies.

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