



## **Psychology**

**Explore—Journal of Research for UG and PG Students**

**ISSN 2278 – 0297 (Print)**

**ISSN 2278 – 6414 (Online)**

© Patna Women's College, Patna, India

<http://www.patnawomenscollege.in/journal>

---

### **A study of relationship between time management and anxiety level among College students**

**Shabana Bano • Aakanksha • Sukanya Priyadarshini  
• Meena Kishore**

Received : December 2010  
Accepted : February 2011  
Corresponding Author : Meena Kishore

**Abstract :** *The present research “A study of relationship between time management and anxiety level among College students” was taken up with a purpose to see the relationship between time management and anxiety level among College students and, to see the effect of sex variable on time management and anxiety level. To verify this four hypothesis were formulated. (1) “There will be significant difference in time management and anxiety level”. (2) “There will be negative correlation between time management and anxiety level”. (3) “Time management in female students will be better than male students”. (4) “The anxiety level in male students will be higher than female students.” A sample of*

*100 students were selected on the basis of incidental cum purposive sampling method, age ranging from 18 - 25 years from two Colleges in Patna - 50 each from Patna Women's College and Patna College. The tools used were: 1) Sansanswal, D.N: Time management competency scale. 2) Sharma R.L.: and Bhargava M: Comprehensive anxiety scale. The result was interpreted on the basis of measures of central tendency, coefficient of correlation, and graphical representations. The first and second hypotheses were proved. A significant difference ( $t=24.63$ , sig. at 0.01) was found between time management and anxiety level (Hypothesis 1) and there was significant negative correlation between the two variables ( $r= -0.46$ , sig at 0.01) (Hypothesis 2) respectively. The third hypothesis was not proved as the scores of time management of male was greater than female and this difference was significant at 0.01 level ( $t=2.84$ ) whereas according to hypothesis time management will be better in female students. The fourth hypothesis also did not get support, as on anxiety level score of male students were lower ( $m=16.07$ ) than female students (18.91). The difference was significant at 0.01 level of significance whereas according to hypothesis male students must score high on anxiety. The researchers were of opinion that internal variations in response and small sample may be treated as the cause of hypothesis not getting support. Finally they suggested that the work should be carried on larger sample to get more accurate data. They also suggested that one should follow proper routine in daily life which will help to manage time more efficiently and will reduce anxiety.*

**Key words :** *Time management, Anxiety level.*