



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2023; 9(3): 27-30
www.allresearchjournal.com
Received: 05-01-2023
Accepted: 10-02-2023

Rohit Sharma
Research Scholar, Department
of Physical Education, Shri
Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

Time management competence of sports and non-sports person of Jammu and Kashmir

Rohit Sharma

Abstract

Present study was intended to explore the level of time management competence of sports and non-sports person. The data for the present study consists of 800 respondents selected from delimited institutions of Jammu division. For measuring the time management competence of the respondents, the investigator employed the Time management competence Inventory developed by Sansanwal and Meennakshi P. (2012). The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. Whole data was selected with the help of Purposive Sampling Technique (PST). Keeping in view, no significant difference was reported between sports and non-sports person on their time management competence.

Keywords: Time management competence, sports person, non-sports person

Introduction

An individual alone cannot perform all the necessary activities. Therefore, human beings join or co-operate together in the form of groups and organizations. Every organization (e.g. a family, a college, a business enterprise, an army, a government and a church) is basically a group of people seeking to attain some common objectives. A central organ or agency is required to coordinate the activities and efforts of various individuals working together in an organization so that they can work collectively as a team such an organ is called management (Gupta, 1990) ^[17]. The only thing, which cannot be changed by man, is time. Whatever the position the man holds, one cannot stop time, cannot slow it down, nor can he speed it up. One cannot get back the time. Nothing can be substituted for time. Leaders have numerous demands that are to be completed within a limited time. Yet, to be effective a leader manages time. The ability to schedule time to complete the task is known as time management. If we analyze how we are spending our time, we can find the time wasted. If we implement some time saving methods, we will gain valuable time (Bhrathi, T *et al.*, 2004) ^[18]. The term time management should not be misunderstood as time can be managed. In fact, time can't be managed. By time management what we mean is we need to manage ourselves according to the time. Time management is actually self-management. The skills that we need to manage others are the same skills that are required to manage ourselves. Namely, the ability to plan, organize, direct and controls Time management can be very useful in a student's hectic schedule. It ensures that students are well prepared, organized and focused to manage their daily lives and complete academic assignments on time. It can lead to improved success, however, this is a skill that students have to learn and practice. Students must change their habits in order to have good time management skills. This can only happen if students take the first steps in identifying their problems. Good time management skills stems from the issue of prioritizing one's time effectively. This can be done by setting new personal goals and striving to accomplish them with a new and improved attitude in mind. Another bad habit that students need to change is procrastination. Students should learn how to work smart by not working too hard and not retaining anything. Sometimes students need to study for a couple of hours and take a break to clear their minds. It is a good idea to take breaks when feelings of frustration come on. Too much information leads to an information overload that the brain can't deal with at one time. If students are motivated and disciplined, their time management skills will improve with practice. Academic achievement.

Corresponding Author:
Rohit Sharma
Research Scholar, Department
of Physical Education, Shri
Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

Problem in hand: Keeping the above-mentioned observations under consideration the research problem for the present study is reported as under:

Time management competence of Sports and Non-Sports Person of Jammu and Kashmir

Objectives of the study: The present study consists of below mentioned objectives:

1. To explore the level of time management competence of sports and non-sports person.

Hypothesis: Based on the richness background of the knowledge, the investigator speculates the below mentioned hypothesis:

1. There exists no significant difference between sports and non-sports person on their level of time management competence.

Operationalization of the variable: The operational definitions of terms and variable involved in the study are briefly itemised as under:

- a) Time management competence:** Time management competence in the presents study refers the set of score obtained by the respondents on time management competence inventory developed by Sansanwal and Meennakshi P. (2012) ^[19].
- b) Sports persons:** Sports persons refers Bachelor of

physical education (B. A) Aspirants with having sports experience of volleyball cricket more than three years.

- c) Non-sports person:** Non-sports persons Sports persons refers Bachelor of physical education (B.A) Aspirants with having no nay kind sports experience of volleyball cricket more than three years.

Methodology: The present study has been operated through Descriptive Research Method (DRM). Further, design of the study is based on below mentioned parameters.

- **Sample:** A representative sample of 800 sports and non-sports person was selected for the present investigation. The whole sample has been selected from the different colleges of the Jammu Division.
- **Sampling technique:** Initially a list of all students was made and these lists were treated as sampling farms. The required sample has been selected with the purposive sampling technique.
- **Tools used:** For measuring the time management competence of the respondents, the investigator employed the time management competence inventory developed by Sansanwal and Meennakshi P. (2012) ^[19].

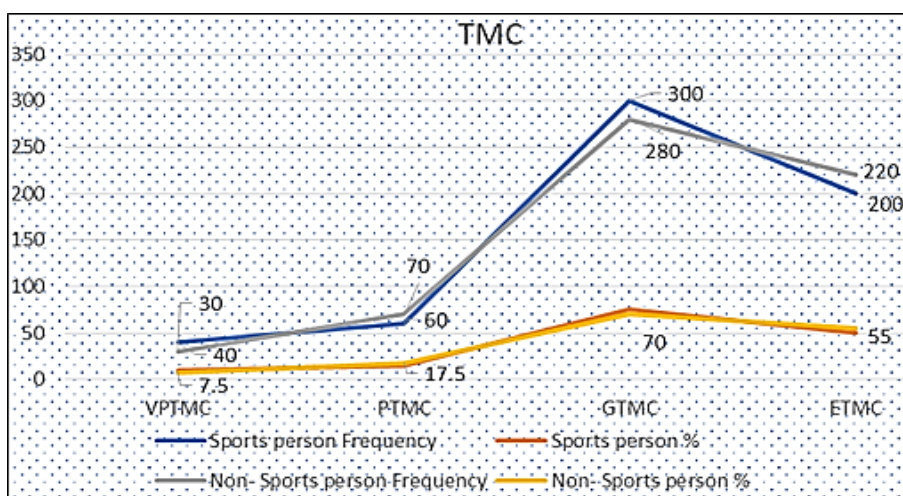
Analysis and Interpretation of the Data: The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation are reported as under:

Table 1: Showing the frequency and % wise distribution of sports person and non-sports person on various levels of time management. (N=200 each)

Norms	Sports person		Non-Sports person	
	Frequency	%	Frequency	%
VPTMC	40.00	10	30.00	7.50
PTMC	60.00	15	70.00	17.50
GTMC	300.00	75	280.00	70.00
ETMC	200.00	50	220.00	55.00
Total	200	100	200	100

Index:

- VPTMC= Very poor time management competence.
- PTMC= Poor time management competence.
- GTMC= Good time management competence.
- EMC= Excellent time management competence.



Index:

- VPTMC= Very poor time management competence.
- PTMC= Poor time management competence.
- GTMC= Good time management competence.
- EMC= Excellent time management competence.

Fig 1: Showing the graphical illustration of sports person and non-sports person on various levels of time management competence

While pondering on the above reported table (Please see table, 1 Fig. 1) stretches information about the frequency and % wise analysis of sports person and non-sports person on various levels of time management competence. The results indicate that 10% (F=40.00) sports person were detected with very poor level of time supervision. Besides, the results indicate that 1% (F=60.00) were seen with poor level of time management. Meanwhile the obtained results specify that 75% (F=300.00) students were seen with good level of time management. The good time management competence has been seen dominant among all the ratings of the time management competence. In calculation to this it was found that 50% (F=200.00) respondents were seen with excellent level of time management. Coming towards their counterparts, it was seen that 7.5% (F=30.00) non-sports person were seen with very poor level of time management. Besides, the consequences indicate that 17.50% (F=70.00) non-sports person were seen with poor level of time

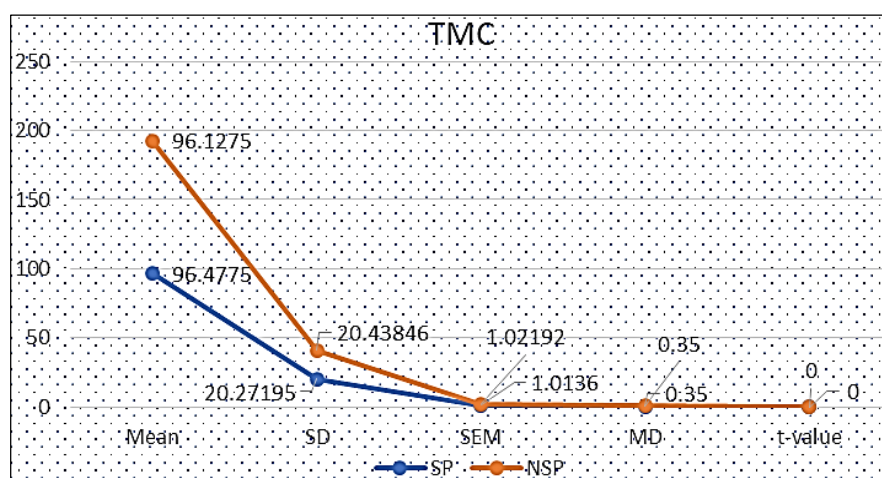
management. Meanwhile, the gotten results specify that 70.00% (F=240.00) non-sports individual were seen with good level of time management. In addition to this it was found that 55% (F=220.00) non-sports person were seen with excellent level of time organization.

Table 2: Displaying the mean significant difference of the sports and non-sports respondents (students) in consonance to their time management competence. (N=800)

TMC	Category	N	Mean	SD	SEM	MD	t-value
OS	SP	400	96.4775	20.27195	1.01360	.35000	.243**
	NSP	400	96.1275	20.43846	1.02192	.35000	.243**

Index:

- TMC = Time Management Competence.
- SP = Sports person.
- NSP = Non-sports person.
- OS = Overall score.
- *** = Not significant at 0.5 level of confidence.



Index:

- TMC = Time management Competence.
- SP = Sports person.
- NSP = Non-sports person.
- OS = Overall score.

Fig 2: Exhibiting the graphical representation mean significant difference of the sports and non-sports respondents (students) in consonance to their time management competence. (N=800)

The statistical assessment gained in the above listed table (kindly consult table and graph) gives us the comprehensive assessment in connection to the mean significant difference emerged between the sports and non-sports respondents on the basis of all the factors of the time management including the composite score. Captivating the transitory look of the composite score of the volleyball and cricket players in consonance to their time management competence, it has been seen the mean attainment made by volleyball respondents is 96.4775 and the mean achievement made by the cricket players has been detected as 96.1275. Additionally, the comparative valuation on the basis of the independent 't' test designates that the attained 't' value 0.4200 is not over and above the table value at 0.5 level of probability. Consequently, it can be supposed that there is statistically no significant difference between sports and non-sports on the basis of their time management competence. The similar approach of planning, organising, leading and evaluation of time has been perceived by sports and non-sports respondents. Meanwhile. Taking the above results in deliberation, it can be stated that the null hypothesis which reads as there is no significant difference

between the sports and non-sports person on the basis of their time management skill competence stand accepted. Apart from this the same results are carried out by the number of the rescuer like;

“Bhat, A. K. (2010) [20], Yawer, A. L. (2015) [21], Sharma, A. R. (2002) [22], Rant, A. G. (2005) [23]”

Conclusion

The present study was intended to explore the level of time management competence of sports and non-sports person. Keeping in view, no significant difference was reported between sports and non-sports person on various dimensions of time management competence.

Conflict of Interest: During the entire research process no any conflict of interest was declared.

References

1. Khanam N, Sahu T, Rao E, Kar S, Quazi S. A study on university student's time management and academic achievement. *International Journal of Community Medicine and Public Health*. 2017;4(12):4761-4765.

2. Kharadze N, Gulua E, Davit D. Free-time management among master's degree students of Georgia. *European Journal of Social Science Education and Research*. 2017;4(12):24-33.
3. Khatib AS. Time management and its relation to students' stress, gender and academic achievement among sample of students at Al Ain University of Science and Technology, UAE. *International Journal of Business and Social Research*. 2014;4(5):47-58.
4. Kim JK, Green AL, Unchal UT. Mental health of physical and academic sports person working in selected schools of Poland. *International Journal of Creatively Research*. 2020;25(10):26-24.
5. Lay CH, Schouwenburg HC. Trait procrastination, time management and academic behaviour. *Journal of Social Behaviour and Personality*. 1993;8(13):647-662.
6. Lee CD. Cardio respiratory fitness, body composition, and all cause and cardiovascular disease mortality in men. *American Journal of Clinical Nutrition*. 1999;69(3):373-80.
7. Lee FH, Nemzek CL. Relation between certain physical defects and school achievement. *Journal of Social Psychology*. 1941;13(16):385-394.
8. Lefcourt H Humor. In Snyder C & Lopez S (Eds.), *Handbook of positive psychology*. New York, NY: Oxford University Press; c2002. p. 619-631.
9. Lehre AC, Hansen A, Laake P. Gender and the 2003 quality reform in higher education in Norway. *Higher Education*. 2009;58(60):585-597.
10. Lekholm AK, Cliffordson C. Discrepancies between school grades and test scores at individual and school level: Effects of gender and family background. *Educational Research and Evaluation*. 2008;14(21):181-199.
11. Lester S, Russell W. *Play for a change: Play, policy and practice: A review of contemporary perspectives*. London, England: National Children's Bureau; c2008.
12. Liao YL. Understanding the physical and social contexts of children's non-school sedentary behaviour: an ecological momentary assessment study. *Journal of Physical Health*. 2013;11(3):88-95.
13. Lin PY, Su KP. A meta-analytic review of double-blind, placebo-controlled trials of antidepressant efficacy of omega-3 fatty acids. *Journal of Clinical Psychiatry*. 2007;68:1056-1061.
14. Lindsted K. Body mass index and patterns of mortality among Seventh-day Adventist men. *Int. Journal of Obesity*. 1991;15(6):397-406.
15. Lipton L. Using yoga to treat disease: An evidence-based review. *Journal of the American Academy of Physician Assistants*. 2008;21:34-38, 41.
16. Long BJ, Calfas KJ, Wooten W, Sallis JF, Patrick K, Goldstein M, *et al.* A multisite field test of the acceptability of physical activity counselling in primary care: Project PACE. *American Journal of Preventive Medicine*. 1996;12:73-81.
17. Gupta VK, Waymire E. Multiscaling properties of spatial rainfall and river flow distributions. *Journal of Geophysical Research: Atmospheres*. 1990 Feb 28;95(D3):1999-2009.
18. Bharathi R, Vivekananthan R, Harish S, Ramanathan A, Samiyappan R. Rhizobacteria-based bio-formulations for the management of fruit rot infection in chillies. *Crop Protection*. 2004 Sep 1;23(9):835-43.
19. Sansanwal P, Sarwal MM. p62/SQSTM1 prominently accumulates in renal proximal tubules in nephropathic cystinosis. *Pediatric nephrology*. 2012 Nov;27:2137-44.
20. Vaisla KS, Bhat AK. An analysis of the performance of artificial neural network technique for stock market forecasting. *International Journal on Computer Science and Engineering*. 2010;2(6):2104-9.
21. Sharma S, Yawer M, Kariem M, Singh R, Sheikh HN. Synthesis, crystal structure, and porosity of 1D coordination polymer of neodymium (III) with isonicotinic acid and dimeric complex of neodymium (III) with nicotinic acid. *Russian Journal of Coordination Chemistry*. 2015 Jul;41:469-80.
22. Oldenburg O, Qin Q, Sharma AR, Cohen MV, Downey JM, Benoit JN. Acetylcholine leads to free radical production dependent on KATP channels, Gi proteins, phosphatidylinositol 3-kinase and tyrosine kinase. *Cardiovascular research*. 2002 Aug 15;55(3):544-52.
23. Rant JJ, Miškec A, Učman F, Jačimović R, Lengar I. Inspection of the roman treasure find by gamma and neutron radiography and i-naa. In *Proceedings of the 8th International conference of the Slovenian Society for Non-Destructive Testing, Portoroz/Slovenia; c2005 Sep*, p. 1-3.