



## THE ANALYSIS OF THE USE OF TIME BY THE STUDENTS OF THE FACULTY OF TEXTILE AND PRINTING

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**Abstract:** *The main purpose of this study is to analyze how generally the students use time, how rationally they use their free time, what kinds of extracurricular activities they have and how much time they devote to individual study. The study covers the students from the Faculty of Textile and Printing of the Technical University of Moldova. The method of unassisted investigation of a sample of students consisting of 50 people was used to carry out the study. Following data processing, 31 questionnaires have been validated, based on which the results and interpretations have been analyzed and presented. Having analyzed the study results, it is observed that each person spends his/her time depending on his/her: biological rhythm; state of health; personality and skills; the number of tasks/activities he/she must fulfill etc. Since each individual is different as personality, the results on time spent for the same activity is as different in many people. For example, it has been found that in order to fulfill individual tasks a person can spend an average of about 3 hours per day, while the other one, who is at the same faculty of the same group, is spending about an hour and a half. According to the chart, a student, on average, is in class 242 minutes per day, that is 4 hours; to prepare for individual tasks he/she spends about 160 minutes per day, or 2 hours and 40 minutes. According to the data from the study we can establish that a lot of time is spent for housework, physiological needs, sleep and rest. The time used for these activities by participants in the study is about 12 hours of the 24. The other 12 hours include the remaining activities they are carrying out.*

**Key words:** *time management, planning, effective leadership, student, free time.*

### 1. INTRODUCTION

Nearly one hundred years ago, the author who laid the ground for scientific management, Frederick Taylor postulated the principle „Accurate management of working hours and standardization of job”, which is a huge step towards increasing efficiency in the organization [1].

Time is an effective tool to guide the implementation of many activities. It is actually perceived and used differently from person to person. It seems that there is never enough time in the day. But, since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in Good time management [2].

Management means effective and efficient management of an activity. From this perspective, the manager is not able to do profitable business for the company of which he/she is in charge, if he/she cannot manage resources efficiently. Time is a precious, demanding and irreversible economic resource: it is the rarest resource as it is irreplaceable, but yet „unlimited”; it is expensive but it cannot be bought, stored or multiplied; loss of time cannot be ensured even by the

largest insurance company in the world, so it cannot be „compensated”; it is highly perishable and inelastic. Nevertheless, time is not anyone’s property, it is impersonal, it is not everybody’s and it is cannot be stopped by physical things [1].

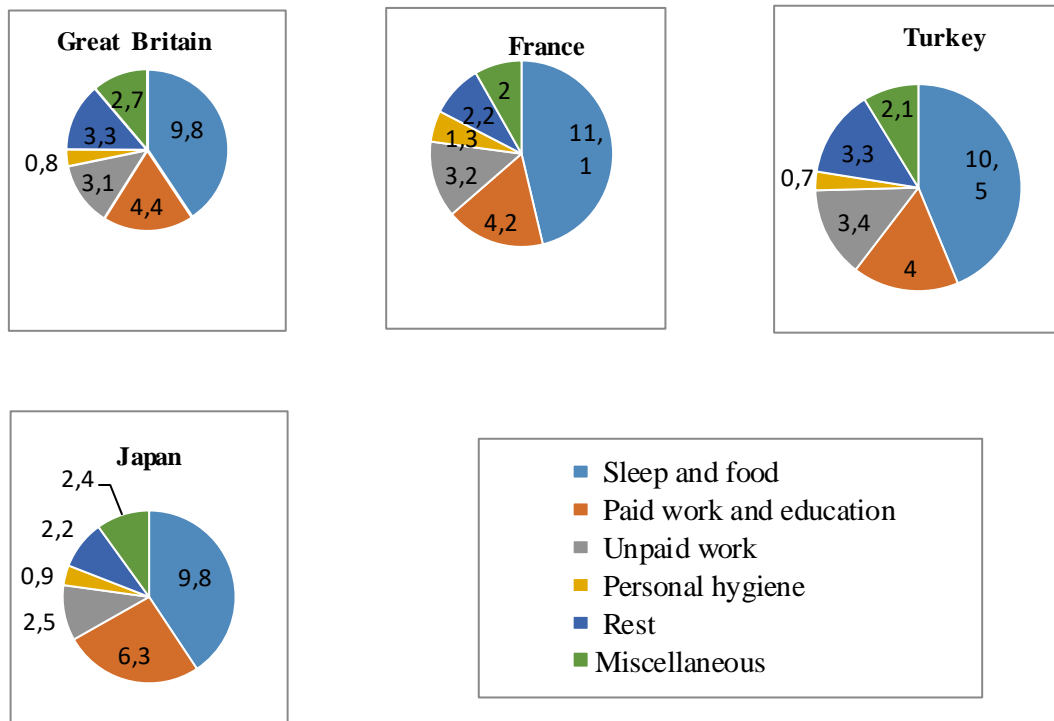
Paul R. Godin proposes a suggestive and succinct definition of the concept of time management: „A personal process to program, anticipate and react in a planned, predictive, efficient and effective manner” (cited by Armstrong, 1999) [2].

The main factors affecting the time management are [2]:

- the nature of the activity;
- personality/skills of the individual that carries out the activity;
- the influence of people surrounding the individual;
- the influence of the environment in which the individual works;
- culture.

So the way how to manage time depends on each person. As Dumitru Moldovan says „Ancient mystics reminded our hearts, and modern experiments demonstrated to our minds that the only force that is the strongest in the Universe is living in each of us” [3].

There are increasingly more studies conducted on this subject, as it has been realized that the time mismanagement is the main obstacle in achieving success, especially in business, but it has also been generally realized by people that proper time management can help live a more organized and balanced life. A global study was conducted by the Organization for Economic Co-operation and Development (OECD), which included people aged 15-64. In order to have relevant results, the study was conducted throughout 11 years (1998-2009) [4]; its results can be seen in the figure 1 and 2.



*Fig. 1: Time spent for various activities in some countries of the world*

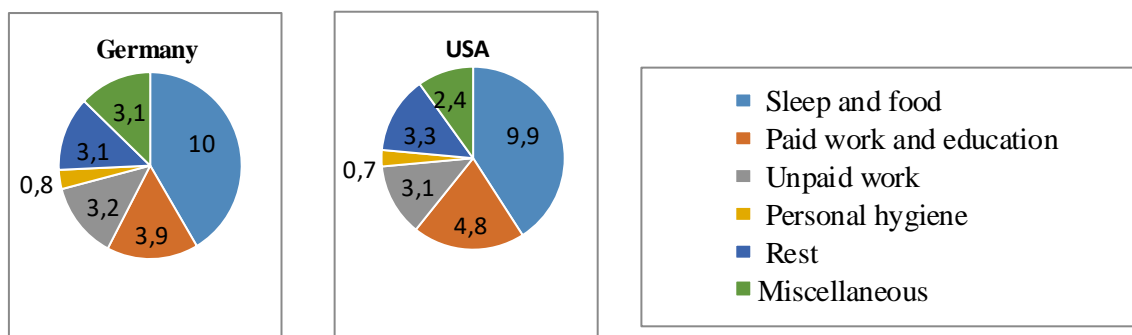


Fig. 2: Time spent for various activities in some countries of the world

The results of the above study show that time is spent differently in each country. This is due to the culture and customs of each nationality individually. Time management related approaches differ from author to author. In this paper we propose the time management principles put forward by Stephen Covey and Gleb Arhangheliskii, well known in the time management field, as comparative analysis, clearly outlining the priorities, table 1 [4; 5].

Table 1: Comparative analysis of the time management approach by specialists

Criteria	Stephen Covey	Gleb Arhangheliski
<b>Quotes</b>	Dealing with not urgent but important items – this is the core of efficient management.	The money lost can be won, but lost time is lost for good. Time is the material from which our lives are made.
<b>Planning basis</b>	Weekly planning	Daily planning
<b>Method</b>	Eisenhower Matrix: „Important and urgent”, „Important but not urgent”, „Not important but urgent”, „Not important and not urgent”.	Chronometry, Prioritization, Time planning by „Swiss Cheese model”, etc.
<b>Main principles</b>	Be proactive (do not be a slave to circumstances, create your own fate).	Think of the problems in writing. Create an image of it – and you will solve it.
	Begin with the end in mind.	Highlight one thing – on what you are working and a few moments to reflect what is envisaged. Forget the rest.
	Put first things first (important things are the first to do).	Control your concentration.
	Think Win-Win. Strive for mutual benefit.	Make a decision. Do not play too much a double game.
	Seek first to understand, then to be understood.	If it is to be done – do it. If it is not to be done – do not do it.
	Synergize.	Get rid of your fear and it will disappear. Thereafter, begin to solve the problem.
	Sharpen the saw.	5-minute rest per hour. Try not to think of anything at that time.
<b>Type of people</b>	Linear	Parallel
<b>Type of culture</b>	Monoactive	Polyactive



We see obvious distinctions in the approach cited in the table. The concepts are recognized and applied for teaching purposes among large companies, which continuously intensify the problem of the efficiency of the human factor's activity. For the purpose of an activity to be responsible for a higher efficiency, with better results each time, various tools that have a recognized contribution in time management, such as questionnaires, matrices and agendas are developed [3].

## **2. EXPERIMENTAL RESEARCH RESULTS**

The main purpose of this study is to analyze how generally the students use time, how rationally they use their free time, what kinds of extracurricular activities they have and how much time they devote to individual study. The study covers the students from the Faculty of Textile and Printing of the Technical University of Moldova. The method of unassisted investigation of a sample of students consisting of 50 people was used to carry out the study. Following data processing, 31 questionnaires have been validated, based on which the results and interpretations have been analyzed and presented. The structure of the validated sample is based on sex (female – 22 persons, male – 9 persons), years of study (first year – 11 persons, second year – 7 persons, third year – 13 persons), place of residence (dormitory – 29 persons, other - 9 persons).

In order for data processing to be possible and rational, categorization of time was performed as follows: time for attending classes; time for completing the tasks; time for housework such as: household, food preparation, etc.; time for physiological needs such as: food, bathroom, etc.; time for sleep; time for rest during the day; idle time can be: computer games, movies, online serials, social media etc.; time for recreational activities: meetings with friends; music; walks; information (news), etc.; time for sports; time for other important activities such as: shopping, visits to doctor, etc.; time for non-university activities, these can be diverse, for example: training courses, work, etc; travel time to the educational institution; other travel time.

Further, a classification of activities, recorded by the students according to previously established times, was established. This classification will show how much time people spend to carry out certain activities. The records collected from the students have been processed by the rank-ordering method. Thus, average data have been obtained on efficiency of time use by students for each category of activity. The results obtained are presented in graphical form in the figure 3.

Having analyzed the study results, it is observed that each person spends his/her time depending on his/her:

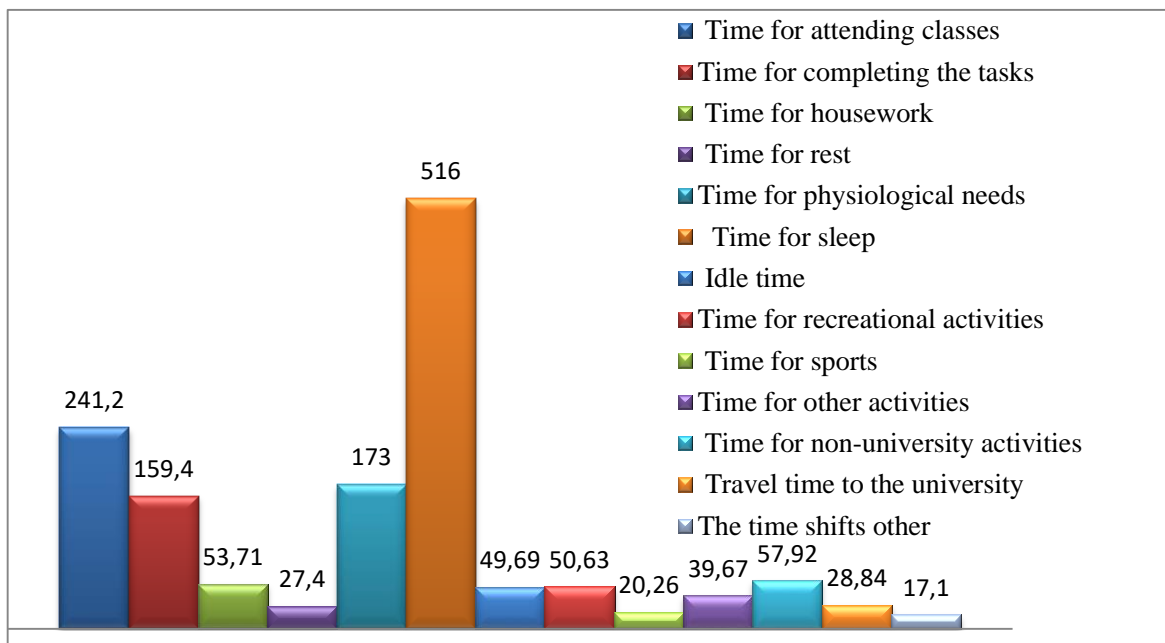
- biological rhythm;
- state of health;
- personality and skills;
- the number of tasks/activities he/she must fulfill etc.

Since each individual is different as personality, the results on time spent for the same activity is as different in many people. For example, it has been found that in order to fulfill individual tasks a person can spend an average of about 3 hours per day, while the other one, who is at the same faculty of the same group, is spending about an hour and a half. There are also other factors that influence the duration, for example:

- the importance that the individual attaches to this activity;
- a dose of subjectivity implied by selfies.

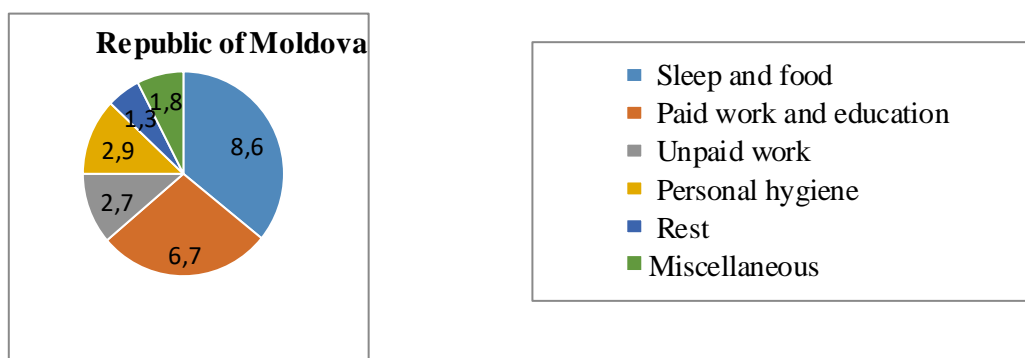
According to the chart, a student, on average, is in class 242 minutes per day, that is 4 hours; to prepare for individual tasks he/she spends about 160 minutes per day, or 2 hours and 40 minutes. According to the data from the study we can establish that a lot of time is spent for housework, physiological needs, sleep and rest. The time used for these activities by participants in the study is about 12 hours of the 24. It follows that students devote a half of their life to take a bath, to eat, to

maintain cleanliness and to sleep. The other 12 hours include the remaining activities they are carrying out.



*Fig. 3: Time in minutes spent by students for daily activities*

These data are presented graphically in the figure 4.



*Fig. 4: Time used by students of the Faculty Textile and Printing*

### 3. CONCLUSIONS AND RECOMMENDATIONS

The results of the study conducted are close to those from the Figure 1 and 2. People from these countries spend on average 10 hours for sleep and food, as the participants in the study. People from these countries spend 4.6 hours for paid work and education, while students of our study – 4.2



hours. Time spent by participants of the study for recreational activities is 27.4 min. If we focus on the principle of time management according to Gleb Arhanghelski's model from the table 1, saying it is important to rest 5 minutes every hour, we can say that this time is not enough – it should be 80 minutes. Night's sleep is especially important for students, since brain is constantly thinking during the day. The effects of sleep deprivation are well known. The analysis of the chart from the figure 3 shows that students dedicate sufficient time for sleep.

Following this study we can conclude that the results obtained are quite good. However, the students were not totally objective since it is known that they are wasting much more time to watch movies, to communicate over social media and generally to browse the Internet. A factor that greatly influenced the results obtained is that the data were collected on the eve of the session, when all the students are actively involved in individual tasks, trying to complete them to avoid academic arrears. As mentioned earlier, time management refers to the each person's personal approach, and the individual can be self-disciplined. In order to establish meetings „with oneself”, thus liberating from the grip of others, to go to bed an hour earlier and to wake up an hour earlier to plan the working day, to reward when obtaining the goal or to search for a balance by practicing sports or a recreational activity are the signal of a „healthy” concern for time management. According to Patrick Forsyth, the principles of good time management are not complicated. Overall, they may be summarized as follows [6]:

- establish a list of tasks you have to fulfill;
- sort them by priority;
- fulfill the plan that you've made.

„The number one lesson” recommended by this researcher is: never and never believe in the statement „it only takes a minute”.

These principles may provide support and recommendations for the participants of the study to improve the scenarios of their individual activities in relation to those planned, in order to obtain the greater efficiency.

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