
Good Time Management: An Asset for Students and National Development

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Abstract

This paper x-rays time management as an asset for student and national development, and it has to be utilized wisely by students, leaders, individual and so on. It adds that in contemporary Nigeria, time is being wasted by citizens of all grades and this trend has greatly affected national development. In this regard, the paper is of the view that Nigerian citizen must brace up and be alive to their responsibilities through purposeful utilization of time so as to discard organized falsehood from their consciousness. It further suicide that Nigeria as a nation is wasting her time especially through problematic sensitive areas of the economy like electricity power, pipe-borne water, airport services, sea ports services, turn around maintenance of oil refineries, poor education facilities and so on. All these are happening because Nigerian leaders and followers tie leadership to positions; hence, it easily lends itself to organized falsehood and has become a curse to the general good of Citizens instead of a blissful living. The paper recommended, among others, that Nigerian leaders, followers and students, should shun all forms of time-wasting activities through sincerity, honesty and accountability in every responsibility in every responsible activity so as make things work for the general good of citizens.

Introduction

In nature, time is the most precious factor in the lives of the mineral, vegetable, animal and human kingdoms including the solar system which embraces moons, stars, planets, galaxies and beyond. It is also used to calculate and manage the payment of wages and salaries to all categories of workers throughout the world. Therefore, students are enjoined to tune themselves into their academic time frame; hence, an attempt is made in this paper to manage it in their sojourns through campus life beginning from the various training programmes to when they would become useful to themselves after graduation. It mainly concerns the elimination of unnecessary campus life activities and imbibing a new culture of correct ethical time values that are known to encourage reading, studying, writing skills and laboratory practices. In this regard, every student must be up and doing to allot, spread and manage time as per priorities and need so as to fit into frame for classroom activities and laboratory competencies. Any wastage of time would definite have adverse effect on their overall academic performance and work effectiveness.

National development refers to the process of advancing, moving upward or evolving form the state of backwardness, primitiveness, stupidity, foolishness or self-centeredness towards an improved and more desirable state of that would benefit both the people and their economic environment. Individuals, communities, societies, and nations throughout the world are always striving to develop. When Nigerian student, leaders and followers are able to shun the negative culture of organized falsehood and all forms of corruption, they would be better off to manage time wisely on the road to advanced living where all basic things work for the common good of citizens.

The paper is of the view that many Nigerian leaders and followers take leadership form the wrong end, that is, by tying it to achieving positions only. When this is the case, such leaders always want to serve themselves first through organized falsehood and other forms of corruption (including money laundering), they are known to promote time-wasting activities on the ladder to advanced living. When they are checked, the sensitive area of the economy will translate into good living activities to all aspect of our national development

Definition and Meaning of Time Management

Time is not very easy to define with just one sentence. Many authors have defined it either from the way they perceived it or from the way they have gained from it. In a nutshell, Encyclopedia Americana (2001) explained that “time is a one-way flow at a pace that is slow enough to be perceptible. People feel, think and act in the time flow.” Therefore, time gives the impression of flowing or passing; hence, people seem to grow and develop through it. This is why time is described only in the language of material phenomenon and takes a measure Hornby (2006) define as a measure which concern how long it takes for something to happen or for somebody to do something; like carrying out a task either for the production of goods and services or for leisure and pleasure. Bardi and Bardi (2008) opined that time is one of the precious

things which an individual, entrepreneur or country would have to manage. The authors further explained that time can neither be stored nor hired. This is the reason why time is perishable and irreplaceable commodity which must be given an extraordinary care and attention by everybody including students. Every student is expected to abandon all manners of mediocrity by utilizing time beautifully and wisely so as to be free from unnecessary failures and weak passes in their various test and examinations. Time management, therefore, is the ability of somebody to control himself or herself by eliminating unnecessary life-wasting activities or time wasters and assimilate a new culture of correct ethical time values which contribute to gaining a blessing by way of passing tests and examination on campus. Failure and carry-overs indicate that they are curses. In this connection, the so-called 'African time' or 'Afro time' should not be allowed to grow in people's consciousness because it is a time-wasting one. The student is expected to eliminate unnecessary campus life activities and replace them with reading, studying and writing skills including laboratory competencies.

On time skill, Ekpenyong (1995) is an "organized and coordinated pattern of mental and /or physical activities in relation to an object or other display of information, usually involving both receptor and effectors processes." It means that a skill is normally built up gradually in the course of repeated training or working experience. This is the reason why Lawal (2008) opined that time skill means any skill that has time as its critical element, and the learners are subjected to the pressure of working against the clock without a breakdown in their muscular relaxation or in their mental attitude of the struggle to attain success. Also, time skills have some basic features that are very common to all programme of vocational and technical education as follows:

- (a) They have time as an absolutely unique element.
- (b) They require the acquisition of some practical sub-skills in learning a module or a cluster of modules.
- (c) They work through using appropriate technical language or words in a particular practical learning environment.

In addition to this, Lawal (2008) stressed that time skill is very important for proper acquisition of knowledge to take place because the learner must possess the following:

- (a) A good knowledge of English
- (b) General intelligence must be above average.
- (c) A good ability to coordinate the brain, mind, hand and a simultaneous general body movement where necessary.
- (d) There must be a proper blend in with the use of hands and fingers continuously for a long time.
- (e) There should be an effective sound discrimination in the laboratory from human beings, radios, television, telephone, GSM handsets, computer system and different equipment e.t.c.

In this regard, Bardi and Bardi (2009) summarized that time is money and also a perishable resources or commodity which every human being must learn to master and utilize to the greatest advantage. Therefore, students should Endeavour at all costs, to maintain a sense of serenity in all their activities while on campus so as to fit themselves properly into the gear of managing time wisely.

Principles and Methods of Time Management: Saraydarian (2005) explained that many entrepreneurs are more successful than others due to their better ability to prioritize time invested in their factory floor and work schedules. While some other leaders and managers, as a result of crowded duties, are good at delegating lesser important activities to staff under their control. Also, only few students plan their time than many other for studies; hence, they excel in their tests and examinations. Here are some principles and methods for guidance:

- A. ***To the Students:*** the following principles and methods should be imbibed:
1. Students should try to quickly adjust to departmental classes and laboratory activities as outlined in the relevant time table.
 2. All students should quickly settle down to schedule their time tables for everyday study from Monday to Sunday. This ensures effective private study habits.
 3. Students should Endeavour to cultivate good habits of listening to teachers during classes. Many students do not exhibit good listening skills in the class although they are not deaf. The reason is that some of them would be involved in doing other things that prevent them from listening to their teachers, e.g. answering telephone calls when lectures are in progress.
 4. Students should try to learn how to ask questions in the class. Many of them find it difficult to ask questions no matter how many times a lecturer pleads to students to ask questions on areas they do not understand.
 5. Not only asking of questions, many students do not know how to tell lecturer or instructor to explain in detail how to perform task or job in laboratory, Field trip or farming environment. Students should correct this type of deficiency because it does not encourage competency or work effectiveness in the laboratory.
 6. Students should attend their departmental, educational and general studies classes as allotted in their time tables.
 - g. Students should obey any change in the time table by any lecturer so as not to miss lecture(s) or laboratory practical(s)
 7. Student should develop a strong will power and self-discipline regarding time value while attending lectures or practical's. Late- coming should be extremely abhorred.
 8. Student should Endeavour to develop a good focus on important rules and regulation concerning the use of laboratory or field trip materials like: pieces of equipment, gadgets, tools, instruments, machines, computer system, and so on.

9. Student should switch off their GSM hand-sets whenever they are in the classrooms and laboratories. It is counter-productive because the mind, brain and heart coordination for listening to instructions will be divided, thereby resulting in a heavy loss of time.
10. Every student should try to complete each assignment or job in allotted time. Thereby, avoiding delay or doing it all over again.
11. Students should ensure that both quality and quantity should go together in the allotted time. One part should not be sacrificed for the other.
12. Try to allot time for each piece of work and start from the simple to the complex.
13. Students should abhor irrelevant discussions when a task or job is going on. Otherwise, they will be encouraging wastage of time and poor job performance.

Time Management in the Classroom, Laboratory and Study Activities

This concerns managing classroom activity time-table, laboratory practical time-table and personal study time-table as explained below:

- (a) ***Classroom Activity Time-Table:*** The student should copy a classroom activity time-table from his or her department notice board. While education and general studies activity time-table should be copied from the faculty or school notice board. He or she should make sure that the time-table is copied personally and should never rely on the ones copied by any classmate. Every Student should be responsible for his or her own work on campus.
- (b) ***Laboratory Practical Time-Table:*** This is another important aspect of school life. It is the practical sections, especially in science, technology (including vocational and technical areas) that are used to blend what has been studied theoretically, and students should avail themselves of the rare opportunity which they can never get outside the schools. This segment enables a student to use his hands and legs including body movement in carrying out different tasks or jobs. Example of different laboratories is common in the following areas:
 - (i) Counseling laboratory
 - (ii) Computer, Typing and Shorthand Skills.
 - (iii) Agricultural Farm projects/field trips.
 - (iv) Home Economics, practical section
 - (v) Fine and Applied Arts Studios and galleries
 - (vi) Technical Drawing room
 - (vii) Metal technology,
 - (viii) Automobile/ Mechanical workshops,
 - (ix) Wood work technology
 - (x) Electrical/Electronic Design/ Research workshops.
 - (xi) Medical/Para-medical activities e.t.c
 - (xii) Biology, chemistry and physics laboratory

- (c) **Personal Study Time-Table:** A personal study time-table helps a student to study on his or her own so as to progress from one level to another in the school system.

According to Ipaye (1986) and Saraydarian (2005), a time scheduled for studying is also called planner or a study time-table, it is very essential for every student to prepare an effective study plan on campus. Any student, whether young or old, can always schedules his or her time for purposes of improving the effectiveness of his or her own knowledge and blend with laboratory practical. What is needed is the will to have a personal time-table and stick to it.

Advantages of Personal Study Time-Table: Some of the advantages of having a personal study time-table are as follows:

1. Student are able to study all the subject they offer on a relatively equal time-basis, thus leaving none of the subject to suffer.
2. Students are able to distribute their study properly and wisely, thereby, avoiding massed practice that leads to confusion.
3. As students have targets to aim at, they should practice on their own what they have learnt in the laboratories.
4. Students save time and settle down to their studies.
5. Students are able to study and cover enough grounds confidently before any class test or examination takes place.
6. They are able to derive a regular personal satisfaction of studying and writing systematically, such a habit will, in future, have a positive transfer to other aspect s of life skills and living culture.
7. It will assist students to minimize unnecessary petty noise-making, jealousies, answering unbeneficial telephone calls, attending parties and church night vigils during tensed up test and examination periods. Students should remember that there are no 'miracles' to passing examinations except through an organized reading culture.
8. Students are able to minimize weekend travelling and other unprofitable journeys.

Benefits of Time Management to Students

1. **Increased Reading, Writing and Studying SKILLS:** As the student is able to discipline him or herself with regular attendance at lectures, and blending it with private study programmed, time is efficiently utilized as he or she is able to adjust to school or campus life.
2. **Increased Usage of the Library:** The student is able to use time wisely by consulting books and sourcing for relevant materials regularly concerning assignments and other information.
3. **Gaining of Self-Confidence:** Regular reading and writing by students are a good guarantee to gaining self-confidence in studies. Such students are always

helpful to other weaker ones by organizing tutorial classes for them either after regular classes or when examinations are approaching.

4. ***Increased Laboratory Tasks:*** when students are able to manage time in the laboratory floor plus a good blend of theoretical knowledge, they are sure to gain quick mastery and work competences. Invariably they are the ones that can easily set up their own small-scale business after graduation. Student should know that an efficient laboratory worker is the one that is likely to attract good customers when the time comes.
5. ***Attitude of Giving Priorities as Per- Need:*** This is another benefit of time management as it will aid students to prioritize their classroom assignment and individual reading over unnecessary weekend travelling out of campus environment. Many students are guilty of this because it is the cheapest way to waste time during campus life. One heavy penalty is that many of the student fall within the carryover brackets.
6. ***No Time is Left to Join Secret Cult Groups:*** Naturally, when students busy themselves throughout the week by attending classes, laboratory sections and private reading exercise. They will hardly have time to join secret cults. Such groups are known all over the world for their time and life wasting activities. It is the idle mind and the lazy students that look for masqueraded arenas for artificial help which fizzles out easily. Such students would always hide under crime throughout their life time.
8. ***Reduction of Abuse of Drug and Sex Abuse on:***
Campus: Good student can never allow themselves to be open to abuse of drug and sexual abuse. Such behaviors do not support good academic achievement. Students should know that many hazards are associated with drug abuse like madness or insanity while six abuses could lead to complications of the internal body mechanism in future.

Definition and Meaning of National Development

Dickson (2009) explained that national Development refers to the process of advancing, moving upward or evolving from the state of backwardness, primitiveness, stupidity, foolishness or self-centeredness towards an improved and more desirable state that would benefit both the people and their economic environment. Hence, individuals, communities, societies, and nations throughout the world are always striving to develop. This is the reason why Ehiamentor (1991) opined that there are three basic attributes of development and they are:

1. Meeting the basic Necessities of Life.
2. Industrialization, e.g.: small-scale, medium and large-scale enterprises and manufacturing industries, etc.
3. Law and order

In this regard, the above holistic view of development (including right human relationships) to solve the problems of the people are always considered by economists,

planners and politicians (through various democratic institutions, instruments and documents) in solving endemic problems that are fundamental to the united and corporate existence of a nation. Where they are absent, it means that there will be a lot of problems confronting the country like Nigeria, where nothing works for the majority of the people as a result of the acceptance of corruption at all levels of economic development.

Basic Necessitates of Life: brings out the ability of the nation to provide for the existence of the population like: abundant food supply, household goods, clothing, shelter, educational needs and recreation centers, etc.

Industrialization like: small-scale, medium –scale and large-scale industries and, enterprises and manufacturing ones are seen a means to achieving the basic necessities of life. In well-cultured industrialized nations like: Japan, USA, Canada, Britain, Italy, Germany, France, Netherlands and so on, household goods and clothing are produced to meet the cultural values of the homes and climatic conditions. Even shelter is developed to reflect the various needs and culture of the people.

Law and Order: form the nucleus of an orderly society, where things are arranged in respect of the dignity of the individual, irrespective of his or her family, tribe or societal affiliations. In this respect, law and order are not obeyed in Nigeria to achieve a common goal.

The above-named three basic characteristics of development separate the developed nations from the developing ones. When the values available like Nigeria and Kenya, under-development is the order of the day, hence the cause of multiple problems like: corruption, unemployment, disease, and decay of infrastructural facilities (electricity power, pipe-bone water, roads and railways) and so on. As a result of this, education is still a predominant force in helping the man and woman in society to meet the survival needs.

In this vein, the development of a nation rest on the opportunity of the majority of the people to have access to the essential requirement of life which strengthen good standard of living such as: food and nutrition, shelter, good health, education and gainful employment.

Tying Leadership to the Achievement of Position Instead of Welfare and Service-Oriented Activities and Programmes

Dickson (2009) opined that leadership profile in Nigeria is very low because leaders and citizens tie it to positions instead of welfare and service-oriented activities and programmes that have direct impact to citizen ant their respective environments. There is a dare need for youths, adults and leaders to have accountability, truth, honesty, trust, and above all, to be selfless. They ought to be leaders who should stand against all forms of falsehood and all levels of corruption (including money laundering), ignorance disease and disorderliness. In short, many Nigerians tie leadership to positions instead of responsible welfare and service-oriented activities that

cater for the common good. Leadership that is tied to any position, in all circumstances, makes the people and resources entrusted in its care to suffer and degenerate into their tiny and lowest ebbs. Where there are persistent problems of basic infrastructural and educational facilities, it means that leaders and other sartorial heads tie leadership to position. This is the particular reason why Dickson (2009) maintained that any society or country that ties leadership to any position easily lends itself to organized falsehood which is known to be the greatest killer of any economy. Such leaders do not have the sense of serving the common goal, no love of truth, and no sense of justice and possess poor spirit of cooperation to achieve a progressive workforce in an economy. Selfless leadership is a typical example of tying leadership to responsible welfare and service-oriented activities for the benefit of the general good through the sacrifice of greediness. Waywardness and foolishness in this vein, one can ask the following questions:

- (a) Why do particular person become leaders?
- (b) What kind of situation would enable a person to become leaders?
- (c) What type of a person should become a leader?

One good way of becoming a leader is by being appointed by an appreciating authority. Another way of becoming a leader is in authority, he or she should serve selflessly by trying by all means to allocate monetary budgets to prosecute basic programmes of education such as the Universal Basic Education (UBE), and such a leader should also see to it that the right implementation is done through planning, supervising and monitoring. Overtime, this has not been done. Also, leadership is still one of the major problems of many entrepreneurs, managers of organization including public ministry and parastatals plus followership. Even among students in Nigeria tertiary institutions, problems of leadership abound; hence we have cases of cultism and other clandestine activities, gansterims, hooliganism, examination malpractices, poor reading culture, poor dressing code/manners, organized falsehood, corruption and so on. They can be corrected when students have fully cultivated and imbibed leadership skills

Execution of Sub-Standard Work

This is very common in road construction, public school buildings, hospitals, health centers, electricity power transformers, pipe- born water reservoirs, e.t.c. Enormous time is being wasted to poor service delivery system of the basic amenities of life to the people.

Frequent Factory Breakdowns

This is due to poor factory designs purchase of poor functional spare-parts, and so on.

Assimilating Time Management as a Positive Transfer of Good Living Measure to All Aspects of National Development

Saraydarian (2009) explained that when men and nations are able to manage time wisely, they will become prosperous and full of joy. This will not happen unless

everyone is committed to “eliminate time-wasting activities” from his or her consciousness. In this regard, it is at the school, colleges, polytechnic and university levels that students are “caught young” to cultivate the living culture of managing time wisely. Saraydarian (2009) further maintained that a man’s or woman’s time wasting activities include: all forms of corruption, armed robbery, prostitution, kidnapping, drug abuse, sex abuse (including raping), hooliganism, religions/tribal riots, examination malpractice, certificate racketeering, membership of clandestine groups (popularly known as secret cults), child – trafficking, sale/trading in adulterated and counterfeit goods, and so on.

Most importantly, for a nation to progress and live in abundance economically, it must utilize time wisely so as to manage all the human, material and natural resources available for the benefit of the general good. This cannot be achieved when the education of many youths is not intertwined with time management. Bailey (1986) and Saraydarian(2009) opined that every man or woman should use the best talents to choose goodness instead of choosing evil. It is evil-doing that attracts time-wasting activities while goodness brings abundance and progress to the general good of citizens. In this regard, when Nigerian youths, adults and leader are able to abandon “time-wasting:” activities, the following problems will be heavily transformed for the general good.

Deliberate Serving of Personalities (Self-Interests) by Nigerians

Dickson (2009) explained that many Nigerians serve their own personalities in preference to serving the common good of citizens. This is the reason why nothing is working for the common good as many opportunity Nigerians are more inclined to serving their own personalities. Such Nigerians do not take pride to serve their people until they are satisfied in the first instance. This is the real evil that negates the growth of building a nation in all its ramifications.

From the above examples, Nigeria is fast wasting time on her road to a virile economic abundance. Therefore, students as well as leaders of the various tiers in Nigerian government should begin to cultivate the use of time to manage human, material and natural resources so that they could become a source of blessing and joy rather than a curse to the general good.

Conclusion/Recommendations

This paper has x-rayed time management as a challenge to Nigeria students and national development, and it has become very important in every aspect of national life. It further elicits that time-wasting activities are a menace to development like: all forms of corruption. The following recommendations were made:

1. As time is very important to every living thing in the universe, students, leaders and followers should utilize time wisely through enthronement of honesty and accountability in every responsible activity they undertake. When it is lost, it will never be regained.

2. Students should be advised by appropriate units of tertiary institutions to use time wisely while on campus, and that time-wasting activities like: membership of secret cults, hooliganisms and unprofitable journeys are inimical to the cultivation of reading, studying and writing skills. It is the anxiety to go to school that attracts the interest to learn effectively.
3. Nigerian citizens should Endeavour to stop tying leadership to positions. It early lends itself to organized falsehood which is the mother of all levels of corruption. Otherwise, the worst of corruption is yet to arrive.
4. Nigeria leaders and followers should learn the modern culture of tying leadership to welfare and service-oriented activities and programmes. This is what evokes the culture of wealth creation and advanced living.
5. All tiers of Nigerian government should embark on campaigns to sensitize citizens on the benefits of tying leadership to selfless service as it is the only viable way of progressing from waywardness, foolishness and self-centeredness to fair share of resources to the people.

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