

Time management and emotional stability

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Abstract:

The effect of time management training is something created. A central group of employs who were awaiting training also take part in the study to control something good impact. The results help in time management training also helpful in lessening worry and doing some work there. Emotional stability has the main role in the personality studies .This study part will develop an emotional study scale.

Key words: Time management and emotional stability

Introduction:

The concept of time management and emotional stability is given in psychology. There are many studies on this subject and the psychology field forced on the study of emotional symptoms. The importance of emotional stability includes criteria as job satisfaction etc. There is different relation in emotional stability to job satisfaction. The time management is necessary to

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achieve goals. How to calculate your working hour, period of time, that are not benefits for us and satisfied from type of the study.

Jadhav and Havalappanavar (2009) investigated the level of emotional stability among female and male. Males spent most of their time in city and also in their homes while female spent a lot of their time in their house since their childhood. Tatawad (2009) studied emotional stability among men and women students studying in management department. Generally females have more strength than males. Females are also stronger in other activities.

This topic has a lot of significance in our daily life. Present study would open new avenue of research for students and also for other researchers in the same field of study. Time management is now one of the basic needs for every organization and also for every field of life. Nowadays time is considered as money. Regarding petroleum industry preference is given to the time because they have to explore and produce a lot in limited period of time. With time management also we have to consider emotional stability. If we have strong emotional stability then we can manage everything on time. We have greatly control our emotions in every time which may be good or bad. So no one can deny from their relationships. Human being faces good or bad time. Human have to control their emotions and to adjust them according to the situation. Overall world now-a-days is in the state of war. Therefore, all these come in the range of emotions. So a lot of research has been made on the link between time management and emotional stability. Present research is also a part of this study. The study through tables shows the link between time management and emotional stability. It also show the correlation between time management and emotional stability whether these are significance or not.

Literature Review:

Time Management:

Time management is one of the key aspects in our life. Now-a-days, time management has become one of the important factors in one's life. Time management process has now given so much preference in almost every field of life. Several authors have defined time management in different forms. Landes (1983) said about time management that during the last few centuries time management awareness has become important. Time management awareness increases with the passage of time. According to Wildemann et al. (1987), time management is very important in logistics. Logistics is the distribution and maintenance of the materials and personnel. Generally it is used for security purpose. Zibell (1990) said that it is necessary to transport the required stuff to the market in time until its cost reduced. Daniel et al. (1992) emphasized on planning the time management to achieve the goals. According to them, good time planner can achieve the goal better rather than poor time planner.

Emotional stability:

According to Levis et al. (1995) there is difference in emotions between the individuals in the organizations. They express their emotions in different ways. Keyes (2000) studied emotions of the spouse, parents and children etc. The main aim of study is the effect of positive and negative emotions when the individuals are in homeostasis. Karim and Shah (2013) worked together on the effect of emotions in order to control suicide among human-beings. According to Larson et al. (1990) high level of variable sadness is associated with negative emotions. Shiffman et al. (2008) said that emotional experience minimizes to recall bias and increase ecological validity. According to Eisenberg et al. (2001) children's are different from one another due to their emotions.

Link between time management and emotional stability:

According to Daniel et al. (1992) time management is important to achieve the goals. It means that you have to put your emotions on positive track in order to achieve the goal with good results. So you have to take care of time management in order to get the goal which gives you positive emotions. According to author time management and emotional stability has a link with one another directly.

Methodology:

In ongoing research, Ten (10) questions about time management and emotional stability were prepared. Time management is represented by “tm” and emotional stability by “es”. Questionnaires (table 1) were filled by both genders (males and females) from Baluchistan University of Information Technology, Engineering and Management Sciences (BUIEMS) Quetta, Pakistan.

Model of the study

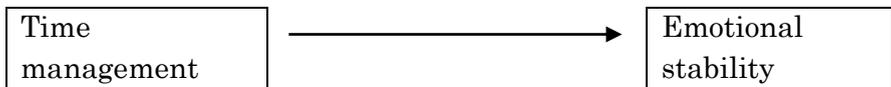


Table 1: Questionnaire demographics results

		Frequency	%age
Gender	Male	85	85
	Female	15	15
Age	17-20	23	23
	21-25	77	77
Education	Bachelors	100	100
Experience	1-4	14	14

Results and discussions:

1. Correlation Analysis:

Results shown in the following correlation table 2 has significance of 0.05 and 0.01 which shows that the variables are highly correlated. The correlation between the items is also significant.

Correlations

Correlation was established between time management “tm” and emotional stability “es” (Table 3). In the study two variables were correlated. The time management and emotional stability was tested the results of these are represented in correlation table 3. Both two variables were highly correlated with each other. In the analysis the time management was denoted by “tm” and Emotional stability by “es”.

Table: 3 show the correlation results of two variables the “time management” and “Emotional stability”. As the result show that time management Pearson correlation in emotional stability is 0.504** and significant (2-tailed) is .001 and the emotional stability Pearson correlation in time management is 0.504** and significant (2-tailed) is 0.01 and the number of questionnaires are N= 100.

Table 2. Correlations Analysis

		tm1	tm2	tm3	tm4	tm5	es1	es2	es3	es4	es5
tm1	Pearson Correlation	1	.253*	.271**	.363**	.214*	.263**	.144	.059	.144	.255*
	Sig. (2-tailed)		.011	.006	.000	.032	.008	.153	.561	.154	.010
	N	100	100	100	100	100	100	100	100	100	100
tm2	Pearson Correlation	.253*	1	.203*	.253*	.259**	.409**	.229*	.077	.217*	.090
	Sig. (2-tailed)	.011		.043	.011	.009	.000	.022	.444	.030	.374
	N	100	100	100	100	100	100	100	100	100	100
tm3	Pearson Correlation	.271**	.203*	1	.272**	.202*	.330**	.117	.340**	.005	-.054

	Sig. (2-tailed)	.006	.043		.006	.044	.001	.246	.001	.957	.592
	N	100	100	100	100	100	100	100	100	100	100
tm4	Pearson Correlation	.363**	.253*	.272**	1	.021	.424**	.136	-.044	.139	.071
	Sig. (2-tailed)	.000	.011	.006		.834	.000	.176	.664	.167	.484
	N	100	100	100	100	100	100	100	100	100	100
tm5	Pearson Correlation	.214*	.259**	.202*	.021	1	.221*	.306**	.031	.201*	.252*
	Sig. (2-tailed)	.032	.009	.044	.834		.027	.002	.757	.045	.011
	N	100	100	100	100	100	100	100	100	100	100
es1	Pearson Correlation	.263**	.409**	.330**	.424**	.221*	1	.187	.062	.061	.139
	Sig. (2-tailed)	.008	.000	.001	.000	.027		.062	.538	.547	.166
	N	100	100	100	100	100	100	100	100	100	100
es2	Pearson Correlation	.144	.229*	.117	.136	.306**	.187	1	.133	.190	.271**
	Sig. (2-tailed)	.153	.022	.246	.176	.002	.062		.186	.058	.006
	N	100	100	100	100	100	100	100	100	100	100
es3	Pearson Correlation	.059	.077	.340**	-.044	.031	.062	.133	1	.009	.262**
	Sig. (2-tailed)	.561	.444	.001	.664	.757	.538	.186		.926	.008
	N	100	100	100	100	100	100	100	100	100	100
es4	Pearson Correlation	.144	.217*	-.005	.139	.201*	-.061	.190	.009	1	.063
	Sig. (2-tailed)	.154	.030	.957	.167	.045	.547	.058	.926		.533
	N	100	100	100	100	100	100	100	100	100	100
es5	Pearson Correlation	.255*	.090	-.054	.071	.252*	.139	.271**	.262**	.063	1
	Sig. (2-tailed)	.010	.374	.592	.484	.011	.166	.006	.008	.533	
	N	100	100	100	100	100	100	100	100	100	100

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3 Correlations between time management “tm” and emotional stability “es”

		tm	es
tm	Pearson Correlation	1	.504**
	Sig. (2-tailed)		.000
	N	100	100

es	Pearson Correlation	.504**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

2. Regression analysis:

In the study the regression analysis (Table 4) performed show that time management is dependent variable and Emotional stability (“es”) is independent variable. It is observed that β value of emotional stability is 0.504 and t-stat is 5.769 with significant of 0.000. R square value in the analysis is 25.4% with average R square value is 24.6%.

Table 4 Regression analysis

Variable	B	t-stat	significance
es	.504	5.769	.000
R square = 25.4 %		adjusted r square = 24.6%	

Recommendation and practical implication:

Present research work will help the policy makers and other organization to manage emotions with the time. Now-a-day time is considered as money, so time has great importance. The researchers should do more research to introduce the link between time management and emotional stability. As there is significance between these two variables so the policy makers should give a great focus to time. Also teacher should concentrate on students’ emotional stability and should introduce to students link between the time management and emotional stability. Practically all the organizations should focus on time management among peoples of the organization and try to stable their emotions.

Limitations and future research:

Present research conducted on time management and emotional stability. Due to financial hurdles the research was not continued further. The author recommends more research on these two variables. Such research will open new avenues for the whole organization. International research on various institutions is recommended, which was not possible in present research due to inadequate facilities.

Conclusion:

Overall research was based on emotional stability and its link with time management. It was concluded that there is significance between the time management and emotional stability. All correlations along with the regression analysis are shown in the tables.

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