

The Analysis of the Time Management and Learning Satisfaction of College Students

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Abstract. Personal satisfaction evaluation of their living environment, not only will affect his Panadol, but also affect their immediate actions and the level of effort for the future. College students are the hope of the motherland future, affect the future direction of their college career is very profound. In college, the individual to decide their own learning arrangements, amateur life and circle of friends, and everyone's time is the same, how in the limited time to make me sound more comprehensive growth needs a strong time management skills, It is a time management tendency of individual personality characteristics in time management exhibited.

Introduction

Time management tendency is the tendency of one individual's personality, specifically the individual's behavior and psychological characteristics in the use of time expressions. Time management skills of a person Grow immeasurable role. Many studies have proven, time management ability of the individual to their mental health, stress coping, subjective well-being and other aspects of performance will be better in the future are more likely to achieve greater success. And the particular college students are on the rise in life, a good time to use them is particularly important. Students learn expertise is to prepare for their future career, only to master the expertise to skillfully use in a future career in order to be better in the workplace, work hard and create their own beautiful life. In this study, Huaiyin Institute of college students do is try to analyze the relationship between Time Management Disposition and Learning Satisfaction and among aims to guide students to better manage, use of time, and constantly improve their learning satisfaction.

The Overview of Time Management

Time is a limited resource and time management is to improve the effective use of time is the degree methods or techniques. Moreover, in their definition also reflects the needs of time management, including decisions, setting goals, setting priorities and other acts of holding sign. These all our time management study provides a theoretical tendency reference.

Study time management primarily using a self-report questionnaire, as well as a small number of diary research and experimentation. There are about 10 kinds of self-report questionnaires were used to measure time management practices, including three kinds of more common are: Time Management Behavior Scale (TMBS), time structure Questionnaire (TSQ) and Time Management Questionnaire (TMQ). The common denominators among these clever management measurements are that each questionnaire contains "Planned Behavior," the entries are related to the tasks and activities of the juice program. For example, "set goals and priorities" is the time management behavior scale in a subscale, the temporal structure of the questionnaire in an element "structured programming" and time management questionnaire in the "short-term plan," and "long-term plan" of these two subscale, time management measure in other ways also includes day juice program and plan, using activity records, set goals and prioritize more.

Time management has a personality tendency, in the study of time management training program for time management and related variables found in individual time management skills are enhanced through training W. And, in time management and stress research, academic performance and

work-related variables were found and time management affect the academic achievement of university students, workers also affects job satisfaction and health.

The Theory about Time Management

How time management operation, so why run? This question has not been fully answered. Macan proposed a time-management model, namely process model theory, perceived sense of time control plays an intermediary role in the behavior and work time management and personal-related dependent variables. This model includes the independent variable, mediating variables and the dependent variable on time management behavior, she concluded from time management training program in the three types of time management behavior, namely: to set goals and priorities of Time Management System organizational preference, as the independent variable time management behavior, and assuming transportation behavior may cause some sense of control or time to time there is a feeling of control. In addition, this perceived sense of control at the time management behavior and physical stress caused by the work, there is an intermediary role between job satisfaction and performance. The results show that the time management training and time management behavior scale only in one of the positive correlation between the scale, which set goals and priorities scale; setting goals and priorities, time management mechanisms were associated with perceived sense of time control was positive relationship: physical work due to stress and time management behavior is negatively correlated, while job satisfaction and time management behavior is positively correlated, and by the time the perceived sense of control plays an intermediary role. But the perception of control related to the time between being and job performance was not significant. In other words, by the time camp management techniques, a man capable of his / her time at work doing something there is a sense of control, which in turn promotes a sense of control of job satisfaction, and can relieve the body of work caused tension.

To verify Macan theory, several researchers have conducted repeated studies. Adams and Jexw study found that perceived sense of control in time between setting goals and priorities, time management mechanism, organizational preference and health and life satisfaction plays an intermediary role, and the perceived sense of control and setting goals and priorities and organizational preferences positively correlated negatively correlated with time management mechanism. However, Jex and ElacquaW think time perceived sense of control only play an intermediary role between part set up goals and priorities, preferences and organizational pressure. Davis study found that perceived sense of control only between organizational preferences and work-related stress, physical stress and job satisfaction play a mediating role.

Claessens such as the use of a different time scale to test management agency model, also reveals some of the intermediary role of time sense of control. Taken together, these findings support the process model theory basically Macan, namely three types of time management behavior, she proposed that at least one class for the time perceived sense of control in time management behavior and work related to the dependent variable and individuals play an intermediary role.

The Overview of Learning Satisfaction

Satisfaction (Satisfaction) The concept originated in marketing, Dardozo (1965) first introduced the marketing of customer satisfaction, it has aroused great concern. Satisfaction is a sense of pleasure produced after customers' needs are met, the relative relationship between the customer after the product or service prior expectations and actual feelings. With the in-depth study of satisfaction, this concept gradually extended to other areas, and has been successfully applied in the field of higher education, learning concept satisfaction emerged.

It follows that college students learning satisfaction (College Student Satisfaction) after college students experience higher education, presented psychological state, reflect the relative relationship expectations between process and harvest, was a student at the University of learning expectations are met Degree.

Based on the body, learning satisfaction dimensions may be substantially summarized as: teaching, school service and support, student expectations. Three basic factors constitute the three complementary teaching in higher education. (1) Teaching from teaching preparation, teaching process, teaching the three stages of evaluation feedback. Teaching preparation includes lesson plans, PPT, outline design; teaching process refers to teachers teaching process, including curriculum schedule, teaching methods and attitudes; teaching feedback include after-school Q & A, performance tracking and so on. (2) School resource from the hard environment and soft environment evaluation of two angles and hard environment refers to the library, multimedia classrooms, laboratories and other facilities provide a learning environment visible; soft environment is the curriculum design, academic activities, scientific research and regulatory environment students live various rules and regulations. (3) Learning expectations that students evaluate their own expectations through self-awareness are met, including social practices, community activities, relationships and so on.

The Relationship between Time Management and Learning Satisfaction

In related research, time management disposition and life satisfaction, Mehmet Dalli study found that college students' time management skills affect academic life satisfaction, and a positive correlation between the two. Our researchers have already made some progress. Zhang Zhijie and other studies have found, time and time worth efficacy of these two dimensions of college students learning satisfaction has significant predictive power, and control the self-esteem, a sense of self-control variables such as after, still appears the same Effects confirmed Time management tendency of college students learning satisfaction has significant incremental validity. Xia found that time management training have a significant impact on college students learning satisfaction, and time management training is enriched by significant mention time control, and thus achieve the purpose of improving freshman learning satisfaction. Wang Kaixuan study found that between Time Management Disposition and life satisfaction was significantly positively related to the level of time management tendency of college students the difference in life satisfaction and its various dimensions significant, and time management tendency of high life satisfaction than Low Time management tendency is high. Drama morning found time management graduate and life satisfaction tends to exist a significant positive correlation urgent and regression analysis showed efficacy time graduate overall life satisfaction has predict Zhang Zhijie study found that there is a significant correlation between time management disposition and quality of life, time efficacy of individual physical function, psychological function and social function significantly predict.

The study found that learning satisfaction and time management tendency correlated positively and reached a significant level, namely time management disposition high scorers their learning satisfaction is high. It follows, Time Management Disposition on Learning Satisfaction better predictive ability. Satisfaction High Time Management Disposition of students whose learning is correspondingly high. This shows that the rational and efficient use of time is to improve academic performance, a critical factor to enhance academic satisfaction. And Zhang Zhijie, Xiting study found no significant correlation time worth and learning satisfaction between the other two dimensions and learning to achieve significant positive correlation between satisfaction, which may choose to be tested and the relevant variables.

The Strategy of Guiding Students Empowerment of Time Management to Enhance the Learning Satisfaction

Guide students to establish a strong sense of time. College students must be conscious of time utilization consciousness aspect, and establish a strong sense of time. "Time is life," "An hour," Students must be able to realize the precious time and irreversibility. Students can use the power of role models around, some incentives or psychological suggestion, and so way to raise awareness and use of time, and enhance their sense of time.

Enhance the rationality of scheduled time. The counselors and teachers are able to guide students to develop a reasonable schedule. Students should be able to combine their own situation, their own hand things distinguish different levels of prioritization, the first to do important and urgent things, and then is secondary, do not worry; the addition is irrelevant, and this plan has relatively good control capabilities, so as not to appear confused, clueless, exhausted, there is no efficiency at all the situation. Meanwhile, in the process of implementation of the plan to be strong-willed, can minimize the interference of the external environment, to ensure that the plan on schedule.

Ensure maximum utilization of time. It is a very important factor to enhance the Students' Time Management is the reasonable and efficient use of time. If you want to maximize the use of college students a good time, the first to combine their biological clock law, because different people in different time periods work efficiency is different, if the people in the morning, when efficiency is the highest, and some people When the night is the highest efficiency; secondly, pay attention to ways and means of doing things, if the method is right, might be more effective; Furthermore, is to pay attention to work and rest to prevent fatigue.

Conclusion

With the rapid economic development, accelerate the pace of life, people are becoming more conscious of time. Different people have different time management trend, so obtained in the study and the results are not the same in life. Rational use of time for students to improve self-satisfaction of learning has an important role. Research on Time Management Disposition and Self learning relationship satisfaction, designed to provide effective help for the rational and efficient use of College Students Learn to manage time, provide a theoretical basis for improving student motivation and academic achievement, provide a reference for building a harmonious university campus, College Students mental health education and training with good practice and theoretical significance.

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