

Study on the Relationship between Time Management Disposition, Emotional Experience and Learning Burnout of College Students

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Abstract: Time is a scarce resource. How to use time effectively is an important factor affecting the learning outcomes of college students and the growth of college students. Through questionnaire survey and significant analysis, this paper summarizes the lack of understanding of the content and importance of time management, and transforms the time flow into wealth stock, summarizes the factors affecting the time management ability of college students and proposes innovative time management methods. In order to improve the understanding of college students on time management and improve the time management ability of college students.

1. Introduction

In 2001, Huang Xiting et al [1] formally proposed the concept of time management tendency, and proposed three dimensions of time management tendency—time sense of value, time efficacy and time monitoring concept. Scholars have separately influenced from time management tendency and achievement motivation. The relationship between learning satisfaction, mental health, self-confidence and other factors [2] has been studied. Wang Yue believes that the main reason for the shortcomings of time management in college students is that the sense of time management is weak, the academic goals are vague, the self-discipline ability is lacking, and the motivation for life is insufficient [3]. Zhang Zhijie explored the mediating effect of time efficacy on time monitoring behavior and academic satisfaction, self-esteem, self-efficacy and other variables [4]. From the perspective of self-efficacy and self-regulation strategy, Xu Jia deeply ponders the problem of autonomous learning, and gives a method of training and improving from four aspects: subject consciousness, good attribution psychology, innovation consciousness and self-adjustment consciousness [5].

However, the current research on improving the time management ability of college students is mainly from the external environment, and there are few researches on the independent improvement methods of college students [6]. How to guide college students to independently improve the sense of time value, time efficiency and time monitoring [1], as well as the research and promotion of innovative and efficient time management methods, is the direction and ideas of this paper. This paper will analyze the current situation of college students' time management, analyze the main problems of college students in time management, and combine the time management tendency with the wealth stock, so as to get an innovative method to improve the time management tendency of college students.

2. The status quo of college students' time management

2.1 The null hypothesis of the current situation of college students' time management

- 1) There is a correlation between gender and time value and time efficacy, and girls' time value and time efficacy are stronger than boys;
- 2) There is a correlation between personality and time value and time efficacy;
- 3) There is a correlation between academic performance and time monitoring;
- 4) The length of study time of college students has nothing to do with the self-evaluation of time

management ability.

2.2 Research on the status quo of time management of college students

Based on Huang Xiting's theory of time management tendency [1], we summarize college students' understanding of time scarcity, self-assessment of time management ability, goal setting, planning, priority and time allocation, respectively, into time value sense and time efficacy. And the three dimensions of time monitoring, and designed the questionnaire to distribute 510 questionnaires to students from different colleges and universities in Shaanxi, Beijing, Guangdong, Henan, Hubei, Hunan, Sichuan, Shanghai and other places. The effective rate is 99.4%, the male-female ratio is about 2:3, and the internal consistency reliability coefficient of each dimension is 0.744~0.812.

2.2.1 Time value sense

The sense of time value of college students refers to their stable attitudes and concepts of time value and function, and is the basis of time management [7]. The survey shows that 71.20% of college students have a strong sense of time value, 4.73% of college students have a weak sense of time value; the P value between gender and time value sense is greater than 0.05, accepting the null hypothesis. This shows that college students generally have a correct understanding of the value and function of time, and have a strong sense of time value; girls have a better understanding of the importance of effective use of time, which may be due to the psychological situation of girls in boys and girls of the same age. Being older and more planning for the future, it has a stronger sense of time and value.

According to relevant theories, students who love social activities such as sports clubs are divided into extroverted personality, and students who love literature and art are divided into introverted personality [8]. The questionnaire asks students' hobbies to study whether there is a correlation between personality and time value. Because the P values of introverted personality, extrovert personality and time value are less than 0.05, there is no significant correlation between personality and time value. .

2.2.2 Time effectiveness

Having a good sense of time and value is a prerequisite for reasonably arranging time, but recognizing the importance of time does not mean that time can be reasonably arranged, which leads to the concept of time efficiency.

The sense of time effectiveness of college students refers to the expectations of college students about their ability to control their time [7]. The survey showed that only 3.75% of college students felt that they had strong ability to control their time, and the P value of gender and time efficacy was greater than 0.05. This shows that most college students have a poor sense of time and have weaker expectations of their ability to control their time. Girls' time effectiveness is better than that of boys. Relevant research shows that girls make decisions more frequently than boys, and make decisions. The premise is that you can manage your goals in a certain period of time in the future, so you have a stronger sense of time.

Because the P values of introverted and extroverted personality students and time efficacy were less than 0.05, there was no significant correlation between personality and time efficacy.

2.2.3 Time monitoring concept

The time monitoring concept of college students mainly involves the ability setting and subjective evaluation of goal setting, planning, priority, time allocation [7]. The survey shows that 53.45% of college students have plans for the future but can't form a plan. 4.73% of college students have no plans for the future; 54.83% of college students take 1-3 hours of self-study every day, and 3.35% of college students take classes every day. The learning time reaches 6 hours or more, and the P value of the time monitoring concept and academic achievement of college students is greater than 0.05. This shows that college students' time monitoring concept has a certain impact on academic performance, and better monitoring time can improve academic performance. College students usually have a strong sense of time monitoring, but do not understand the method of time monitoring, it is difficult to form an effective plan. This reflects the importance of time monitoring methods.

3. The problems of college students' time management

Most college students are aware of the scarcity of time and the importance of time management, but only a very small number of college students understand how to monitor time and can effectively implement it. In the course of the research, we found that the following three issues are the main entry points to arrive at an innovative and feasible time management approach.

3.1 Lack of systematic understanding of time management

Through the analysis of the two dimensions of time value sense and time monitoring, we find that 71.99% of college students generally have a certain understanding of the scarcity of time, but only increase the time of learning, rather than improve the efficiency of learning. The study found that the self-evaluation and learning time P value of college students' time management ability is less than 0.05, which means that learning time is related to self-evaluation of time management ability. Among them, college students with a daily average learning time of 6 hours or more have the lowest evaluation of self-time management ability; while college students with an average daily learning time of less than 1 hour have a moderate evaluation of self-time management ability, and students with longer learning time are instead The lower the self-evaluation of your own time management ability. This phenomenon indicates that college students generally lack systematic understanding of time management, and also implies the possibility of time wastage.

3.2 Lack of awareness of the importance of leisure

Through the questionnaire survey results of planning and time allocation in the time monitoring dimension, we found that 71.20% of college students think that the longer they spend learning, the better the time management ability, but this understanding is not completely correct, actually The length of study time of college students is negatively correlated with the self-evaluation of time management ability. The length of study time does not determine the level of efficiency. Although learning for a long time and inefficiently can achieve a certain learning effect, it is far from the purpose of efficient management of time. Leisure is the guarantee of efficiency, and management of leisure is also part of management time. Lack of awareness of the importance of leisure makes it easy for college students to increase their learning time, resulting in wasted time and even a feeling of disgusting.

3.3 College students' self-control is weak

Through the questionnaire survey on priority and time allocation in the time monitoring perspective, we found that 65.29% of college students understand the time management and time management methods but still can't manage the time effectively. This is actually the result of weak self-control, and the college students make it. Much of the reason for the weakness is the lack of effective incentives.

4. The method of college students time management

In order to solve the problem of lack of effective time management methods for college students, according to the lack of systematic understanding of time management, weak self-control of college students, lack of understanding of the importance of leisure, and combining self-control with effective incentives, namely, wealth stocks, The following four time management methods are derived. Among them, for the phenomenon of "lack of systematic understanding of time management", the "80/20 principle of time planning" and "Kewei's time quadrant theory" are summarized; for the phenomenon of "weak self-control ability of college students", the future is innovated. "Wage discount method"; for the phenomenon that "college students lack understanding of the importance of leisure", based on discounting, put forward "gradual tax simulation tax".

4.1 Time Planning 80/20 Principle

The Italian economist Vively Pareto proposed that the prioritization of work tasks should be based on the importance of the matter and on the basis of important minority and trivial majority principles

[7]. That is to put most of the time and energy on the most important things to maximize the benefits.

4.2 Covey's time quadrant theory

Covey's time quadrant theory divides events into four categories: important and urgent, urgent but not important, unimportant and not urgent, important but not urgent [9]. The theory holds that the main energy and time should be concentrated on dealing with important but not urgent tasks so that it can be prepared for the rain.

In daily life, college students generally postpone non-emergency affairs and focus on urgent matters. This will lead to the urgent need to turn into an urgent matter and deal with it. Kewei's time quadrant theory can effectively improve college students' correct understanding of time management, and guide college students to make the most appropriate arrangements for learning work, avoiding waste of time and loss of efficiency.

4.3 Future salary discount method

Effective incentives are an effective way to solve the problem of weak self-control. This paper uses the wealth stock as an incentive method to derive the future wage discount method.

In accordance with the survey of salary levels in the seven regions of the country, we have summarized the current average wage levels of various industries and formed a database of wage levels. Under the condition of not considering inflation, college students from all regions can find future wages according to their respective professions, and according to the formula we give:

$$W_0 = \frac{s}{t}$$

(where W is the hourly discounted wage after tax, S is the average daily wage, t is the average daily learning time), Discounted according to the average daily study time, and the income of learning effectiveness, that is, the hourly discounted salary. Through this method, college students can intuitively feel the scarcity of time and the importance of transforming time flow into wealth stock, thus improving the self-control of college students.'

4.4 Progressive tax simulation tax, introducing leisure concept

Introduce progressive tax in the above formula to limit the study time of college students:

$$T = W_0 * t * 5\%, W = W_0 - T = \frac{s * (1 - 5\% * t)}{t} \quad (\text{where } W \text{ is the hourly discounted wage after tax, } T$$

is the tax, S is the average daily wage, t is the average daily learning time, and is the discount per hour. Salary, 5% is the base tax rate). The product of the average daily study time and the basic tax rate is the "learning effectiveness tax" of the day, reflecting the negative impact of long learning time on learning outcomes. This method can make college students realize the disadvantages of increasing the learning time, reduce the consumption of invalid learning time, and improve the efficiency of learning, so as to correctly understand the purpose and direction of time management. At the same time, it reminds college students of the importance of leisure time. Too little leisure will cause loss of learning outcomes. Appropriate leisure can adjust the physical and mental state of college students and ensure the learning effect. For work, leisure also has a similar effect.

5. Conclusions and recommendations

University is a very important period of learning and growth in life. For college students, through the management of time, not only can they have good academic performance, but more importantly, they can establish a correct understanding of time and life. Although college students can realize the short-term and time scarcity of college time, their time management ability and methods are still very inadequate. The relevant time management method proposed in this paper can improve the problems of college students' time management to a certain extent.

For educators, actively investing in time management related research and guiding students to access and use scientific time management methods is a manifestation of their responsibility to students' lives and society. The time management methods such as future wage discounting and

progressive tax system proposed in this paper It can provide new ideas for the theoretical research and educational practice of educators.

At present, time management has a personalized trend [10], and the future trend of autonomy is more and more controlled by itself and less dominated by the external environment [9], how to guide people to improve the sense of time value, time efficiency and time monitoring, and The research and promotion of innovative personalized and efficient time management methods, how to combine personality and time management, and the corresponding time management methods for different personality research are all directions and ideas worth studying in the future.

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