

Research on time management tendency of engineering college students and its influence on well-being

Yuling Yin, Rongqi Zhang, Chunxiao Wang, Xiaojun Qian, Hui Yuan *

Institute of Information and Electronic Engineering, Shandong Institute of Business and Technology, Yantai, Shandong, 264003, China

*Corresponding author

Keywords: Engineering college students, Time management tendency, Subjective well-being

Abstract: This study takes the special group of engineering college students as the research object, collects data from the adolescent time management tendency scale, well-being index (IWB) scale and time lapse scale, estimates them based on the least square method, and studies their time management tendency and its impact on well-being. The purpose is to deeply analyze the time characteristics of Engineering College Students' daily behavior through mixed research methods, find out the structural and individual factors affecting college students' time allocation, and explore how to guide contemporary college students to reasonably plan their daily time and promote the improvement of students' happiness. It also provides some data reference for the study of time management tendency and well-being of engineering college students.

1. Introduction

University stage is a person's values, outlook on life, and an important period of stable formation of the world view. Facing the temptation of resources such as video games and film and television, some college students waste their precious time and indulge in game, which has seriously affected their academic performance. By understanding the current situation of time management of engineering college students, this study explores the correlation between time management tendency and subjective well-being of engineering college students, so that they can make more reasonable arrangements and management time in their study and life, so as to promote their life and life.

2. Model analysis

2.1 Research on time management and well-being of college students

Time management tendency is a dynamic personality trait, which is composed of time value, time monitoring and time efficacy, and reflects people's attitudes and values towards time [1]. The time management tendency of college students has a predictive effect on their achievement motivation, which indicates that the time management tendency of college students may be an important factor affecting their achievement motivation [2]. On this basis, individuals with better time management tendencies have stronger achievement motivation. Through time management, some personality

characteristics of college students can be affected, helping college students to make better behaviors and have better feelings. In addition, contemporary college students show the values and development status of the current society to a certain extent, and even their overall development status directly affect the overall development direction of Chinese society in the future. Time management tendency is an important factor affecting subjective well-being, and time efficacy is the best predictor of subjective well-being [3]. The study found that there is a complex relationship between different time management tendencies and the subjective well-being of different individuals. The study pointed out that time management group counseling is an effective method to improve the time management tendency of group members, and it can be used as a way to indirectly improve the social adaptability of college students [4].

The research can find that there is a complex relationship between different time management tendencies and the subjective well-being of different individuals. This survey attempts to answer the following questions by studying the impact of time management tendencies of engineering college students on their subjective well-being. What are the main factors of well-being; thirdly, to explore the relationship between the time management tendency and subjective well-being of engineering college students. Finally, through the research on the above problems, it is hoped that it can help engineering college students to manage their time efficiently and improve their subjective well-being, and help engineering college students to improve their learning efficiency and quality of life.

2.2 Sources of data

From October 2021 to December 2021, this paper conducted a questionnaire survey on the correlation between time management tendency and subjective well-being of engineering college students through Questionnaire Star. A total of 475 samples were received in the survey. After a rigorous test of the authenticity and rationality of the questionnaire, 388 valid samples were finally confirmed, and the effective recovery rate was 82.0%. Among them, there are 354 engineering college students. We have analyzed the data of some college students. Among the surveyed engineering college students, men account for 60.45% and women account for 39.55%. The second-level disciplines are: civil engineering 4.64%, water conservancy 0.52%, electrical engineering 12.89%, electronic information 70.88%, thermal energy and nuclear energy 0.52%, instrumentation 0.26%, chemical and pharmaceutical 3.61%, other 6.7%; political affiliation: 14.95% of the masses, 78.87% of Communist Youth League members, 6.19% of Communist Party members; nationality: Han nationality 94.85%, 5.15% of ethnic minorities; family residences are: 35.31% in rural areas, 23.45% in cities and towns at and below the county level, and 41.24% outside the district/county/county-level city; grades are: university The first year accounted for 34.54%, the second year accounted for 20.62%, the third year accounted for 36.34%, and the fourth year accounted for 8.51%.

3. Solution of model

This paper uses survey data to estimate based on the least squares method as shown in Table 1.

It can be found that whether engineering college students will make short-term plans and long-term plans when doing anything is not significant in terms of obtaining happiness, but they still show a positive impact, and the attitude factors towards homework and The degree of remorse for time shows the same mechanism of influence; whether to make a study plan for this semester is significantly positive at the 1% statistical level, that is, if the degree of engineering college students' plan to study increases by 1 unit, their happiness will increase by 11.3%. Similarly, for each additional unit of time arrangement, their happiness will increase by 10.7%, indicating that formulating a semester plan and arranging time reasonably is the key to improving the happiness of engineering college students.

Table 1: The relationship between time planning and subjective well-being of engineering college students

<i>Variables</i>	(1)	(2)	(3)	(4)	(5)
<i>Degree of planning for everything</i>	0.029 (0.80)				
<i>Degree of study plan</i>		0.113 (3.45)			
<i>Attitude towards work</i>			0.074 (1.59)		
<i>Arrangement of time</i>				0.107 (3.14)	
<i>Level of regret over time</i>	0.029 (0.80)				
<i>Degree</i>	-0.113 (-2.68)	-0.124 (-3.03)	-0.112 (-2.69)	-0.125 (-3.05)	-0.113 (-2.68)
<i>Gender</i>	0.102 (1.32)	0.087 (1.14)	0.114 (1.47)	0.088 (1.15)	0.102 (1.32)
<i>Despline1</i>	-0.016 (-0.75)	-0.026 (-1.20)	-0.016 (-0.76)	-0.017 (-0.81)	-0.016 (-0.75)
<i>Nation</i>	-0.058 (-0.32)	-0.085 (-0.49)	-0.053 (-0.29)	-0.095 (-0.53)	-0.058 (-0.32)
<i>Party</i>	0.025 (0.25)	0.020 (0.20)	0.021 (0.22)	0.060 (0.61)	0.025 (0.25)
<i>Health</i>	0.236 (4.34)	0.188 (3.39)	0.222 (4.07)	0.195 (3.43)	0.236 (4.34)
<i>Relig</i>	-0.112 (-0.48)	-0.100 (-0.47)	-0.148 (-0.65)	-0.102 (-0.44)	-0.112 (-0.48)
<i>Constant</i>	2.197 (3.25)	2.183 (3.37)	2.081 (3.01)	2.064 (3.07)	2.197 (3.25)
<i>Observations</i>	388	388	388	388	388
<i>R-squared</i>	0.142	0.170	0.148	0.166	0.142
<i>FE</i>	YES	YES	YES	YES	YES

Note: *** p<0.01, ** p<0.05, * p<0.1; In parentheses are the t-statistics of the corresponding coefficients

4. Conclusion

Engineering college students have no gender, major, and political differences in their time management tendencies. Among the many factors in time management, reducing club activities, formulating semester plans, and rationally arranging time are the key factors to improve their happiness; college, class and dormitory atmosphere The subjective well-being of engineering college students has a positive and significant impact, which is a key factor in improving their well-being; engineering college students have significant differences in subjective well-being between high time management tendencies and low time management tendencies. The results show that those with high time management tendencies The experience of subjective well-being is much higher than that of people with low time management tendency.

Therefore, students should learn to make relevant plans in time management arrangements, and learn to adjust them in a timely manner. Learn to arrange time, do time planning, and arrange the proportion of time for study and entertainment every day; learn to reasonably order the things you have to do. Make a reasonable arrangement of time for the things to be done every day, prioritize things, and make a good plan without delay. Schools should improve the campus "environmental atmosphere" and create a positive learning atmosphere. Schools should offer relevant courses on time

management to further improve students' time management ability. Students learning time management will play a corresponding role in promoting college life management and learning management.

References

- [1] Xiting Huang, Zhijie Zhang. *On individual time management disposition [J]. Psychological Science. 2001(05): 516-518.*
- [2] Zhong Hui. *Research on the correlation between time management tendency and achievement motivation of college students [J]. Psychological Science. 2003(04): 747-749.*
- [3] Rulin Li, Chunmei Hu. *Correlation between time management tendency and subjective well-being of college students [J]. Chinese Clinical Rehabilitation. 2006(46): 67-69.*
- [4] Hongyan Ding. *An intervention study on the time management tendency of college students [D]. Huazhong Normal University, 2007.*