

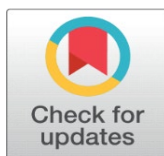
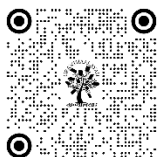
CULTIVATING A TIME-CONSCIOUS CULTURE IN EDUCATION

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ABSTRACT

Time is an important resource to be managed effectively. In modern era, Time is considered as energy, power and effective management of time can potentially lead to growth and positive outcomes in life. Realizing this value, NEP2020 has laid emphasis on developing soft skills among students. Time is associated with the culture of thinking and in this century, students are expected to grab their opportunities, work for their goal, and execute them on time in a consistent manner. This culture of productive time needs to be imbibed in the learner. This article is an attempt to sensitize how and why time management is crucial and lack of management is seriously affecting students' career and life.

Keywords: Time-Management, Time Conscious Culture of Thinking, NEP2020, Performance Matters

1. INTRODUCTION

In attempting to juggle various domains of life— it is important to establish clear goals, priorities and set aside non-essential tasks that can eat up time. Time being precious is an important word often used by this generation than ever before. The concept of productive time is viewed as the powerful influencer on our life. Initially, the term time management encompassed only business and work activities, but eventually, the term broadened to include personal activities as well. Presently, it is viewed as a strong positive indicator for growth and development of an individual. NEP2020, emphasizes growth and performance of every student and has viewed soft skills and personality as an integrating force to optimize students' all-round development. Albert Einstein states each individual has his own personal measure of time that depends on where he is and how he is moving. Therefore, Time management can be stated as the ability to plan and control how a student spends the hours in a day to effectively accomplish the goals. Hence, the

article focusses on creating awareness about productive future perspective time management. It encourages policy makers and educationist to work on strategies to enhance 'time consciousness' among students as it is an empowering factor for being successful in this digital world.

2. HOW PEOPLE VIEW TIME?

From a psychological perspective, it can be said that what time is like depends on how we think about it. And the way we think about time is related to our personality, life experience, and upbringing (Stolarski et al., 2014). A factor that has great influence on the formation of attitudes toward time is the culture (see Lang and Carnstensen, 2002; Milfont and Gouvêla, 2006). The significance of attitudes toward time is very accurately captured by the popular expression "silent language," (Hall, 1990). Therefore, to understand time management, the culture of a particular family or society is quite significant.

In the 21st century with the advent of digital era, wall clock time on every household and later wrist watch and now cell time all gadgets impose order on everyday functioning of the individual. It provides a frame of reference to think, plan, execute and assess activities in the context of time. Levine, 1997 speaks of two cultural aspects, (a) clock time culture and (b) event time culture where the former strictly observes clock time, while later perceives time in the context of event-time. Furthermore, the temporal perspective hypothesis asserts that people split their own experiences into the past, present, and future, sometimes without even realizing it. One significant outcome of this process is that an individual's preferences for a certain dimension of time have an impact on their decisions, actions, and judgements.

3. WHAT TIME MANAGEMENT THEORY SAYS?

Zambardo and Boyd, 1999 research on 'time perspective' revealed that it is associated with many areas of human functioning, such as well-being, health behaviors, risky behaviors, tendency to become addicted, etc. (Carelli et al., 2011; Zhang and Howell, 2011). Zambardo five-element structure of time perspective are (a) past-positive perspective – a tendency to focus on the positively evaluated past; (b) past-negative perspective – a tendency to focus on the negatively evaluated past; (c) future perspective – a tendency to think about the future in terms of goals to be achieved and tasks to be done; (d) present-hedonistic perspective – a tendency to take advantage of pleasure "here and now" at all costs; and (e) present-fatalistic perspective – a tendency to passively exist in the present, stemming from the belief that life is governed by fate.

4. WHY TIME MANAGEMENT SHOULD BE A PRIORITY FOR STUDENTS?

In the technological era, people live according to clock time, under pressure of time (White et al., 2011). Due to the acceptance of pragmatic philosophy and the rise in humanistic principles advocated by psychology, the performance dimension has become factor in the psyche of individuals. Performance is associated with speed, precision, output, avoidance of error, consistency and finally the all-important factor time. It can be called professionalism. Professionalism being defined as a way of doing a job that shows great skill and experience. In today's world, because of time and technology, every student behaviour, idea, thought, event, performance are compared or linked or assessed in terms of professionalism. All the major characteristics associated with 'Information communication technology' are now superimposed on individuals. Hence individuals' behaviour is valued positively if he/she execute them within time.

5. WHY NEP 2020 PRIORITISE STUDENTS TIME?

The technological advances of the last few decades have transformed every aspect of the working landscape, leading to big changes in skill expectations from employer (Anish Srikrishna, 2021). NEP 2020 being a visionary document has emphasized the importance of technology and performance. Both these variables have meaning in the life of individual only when it operates within time and every student/individual is expected to be on time in all his activities throughout his/her life. NEP2020 recognizes the role of education in providing students with the appropriate skillsets for employability. Time management is a fundamental skill that students must nurture to achieve academic success and personal growth. Effective time management empowers students to seize control of their destiny, to chart a path that harmoniously balances academic achievements, personal well-being, and the pursuit of their dreams. If individual

misses his time during his 20s & 30s, i.e., during his college days it has a significant impact on his / her life and hence, higher education focuses developing skills and abilities of students and be industry-ready for employment.

6. HOW CAN THE LEARNING WORKPLACE BE STRUCTURED TO HELP MANAGE TASKS?

Poor time management is associated to procrastination, attention problems, or difficulties with self-control. This results in lack of adaptation skills among the students resulting in wastage of academic time. To counter these behaviors, organizational psychologists promote the idea of setting up work-learn environments that boost efficiency and productivity and imbibe a sense of personal responsibility. NEP2020 promotes development of skills and exposure to vocational education at a personal level, within an optimal surrounding that emphasizes a conducive workspace for students. This change will induce education-profession integration, whereby enhancing a sense of purpose and focus of students towards learning with an inner desire, commitment or motivation to perform all in a timely manner.

7. WHY TIME MANAGEMENT IS IMPORTANT FOR STUDENTS IN THIS ERA WHERE 'PERFORMANCE SPEAKS'?

In this era of performance speaks, management of time accentuates students' behaviour academically as well as psychologically, resulting in positive thinking and behaviour.

Academically

- Enhanced productivity
- Improved academic performance
- Balanced work-life integration
- Reduced stress
- Self-discipline
- Preparation for future challenges

Psychologically

- Keep track of daily activities
- Evaluate one's priorities
- Establishes a schedule
- Get organised
- Set Aside Time to Relax
- Enhances confidence
- Minimise distractions
- Develop sense of purpose

Ultimately the above factors tend to propel associated healthy habits and also develops capabilities, which shapes attitudes and imbibe positive personality, crucial for growth. Therefore, NEP2020 is advocating and promulgating all such values to be developed at a young age, so as to avoid wastage of time, resources by students, leading to all-round development in the individual.

8. CONCLUSION

In the fast-moving world, where time is power, students are expected to grab their opportunities as and when it arrives or take every initiative to move forward in a given time frame. The Law of Correspondence says that our outer life tends to be a mirror image of your inner life. Hence, psychologically, having the sensitivity and ability to handle time judiciously is a primary skill set required for every student. Hence, NEP2020 has emphasized the importance of soft skills like time management to be imbibed in the education system. Effective time management can help individual to think and realize about the future in terms of goals to be achieved and tasks to be executed (Zambardo and Boyd, 1999). Therefore, by embracing self-awareness, and educating students to develop a customized time

management strategy, we can instill positive culture of time management which can empower students towards self-realization - a true empowerment.

CONFLICT OF INTERESTS

None.

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