

Piloting Time Management Toward Academic Success: A Study Among Female Bachelor of Science in Air Transportation Students Batch 2025-2026 in Parañaque City

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Abstract: This study aimed to determine the effectiveness of time management on academic performance among female Bachelor of Science in Air Transportation students, batch 2025–2026, in Parañaque City. It specifically focused on practices in time management, challenges in managing time, comparisons in terms of academic year level, the relationship between time allocation and academic performance, the impact of workload, and recommendations for improvement. The research design combined qualitative and quantitative methods, gathering data from thirty-eight female student respondents from the Bachelor of Science in Air Transportation, batch 2025–2026, and three informants. The data were analyzed and interpreted using the Statistical Package for the Social Sciences (SPSS) and thematic analysis. The results reveal that effective time management helps improve academic performance among the female students, while poor time management leads to reduced efficiency. The study recommends that female students enhance their time management through discipline, prioritization, and commitment, supported by continued guidance from faculty and college administration.

Keywords: Academic Performance, Aviation, Bachelor of Science in Air Transportation, Female Students, Time Management.

1. Introduction

This study focuses on the effectiveness of time management on the academic performance of female Bachelor of Science in Air Transportation students for the 2025–2026 school year. Being part of a male-dominated program, students often face unique challenges in keeping up with both academic work and practical training. The research examines how these individuals allocate and utilize time that contributes to higher ratings and acquiring a deeper comprehension of academic courses and overall performance. The findings may also guide educators and institutions in providing better support to female students in programs where they are often in the minority.

Time management plays a vital role in how well college students engage with studies and succeed. In today's university setting, students juggle heavy coursework, social commitments,

and constant digital distractions. Balancing these demands within a limited time is a major challenge. That is why understanding time management has moved beyond theory, it's now a practical necessity. Studies consistently show that good time management does more than boost grades. It also lowers stress and supports overall well-being. Fu et al. (2025) highlight how time management strengthens focus and reduces the impact of phone-related distractions. Adams and Blair (2019) found that students who plan and prioritize not only perform better academically but also feel less anxious. Bibi et al. (2022) linked poor time management to higher stress, suggesting that better planning can serve as a buffer. This study builds on that research by exploring how undergraduate students in Parañaque City manage time. Every school has its own culture and challenges, so localized insights are essential. This project will examine current practices, identify obstacles, and help create tailored support programs. Ultimately, the goal is to empower female students in Parañaque City to achieve academic success while maintaining greater balance and well-being. Research has also shown some gender differences in this area. Female students often excel in organization, planning, and prioritization. These skills help balance various responsibilities while still performing well in school (Sultana & Shakur, 2022). This issue becomes even more important in male-dominated programs, where female students may face additional challenges, such as limited peer support and the pressure of stereotypes. To face these challenges, many female students focus on careful planning, seek advice from mentors, and dedicate extra time to studying in order to keep up and succeed (Slattery et al., 2023). It emphasizes that strong time management is crucial for female students to thrive in demanding academic settings.

Brady et al. (2022) indicated that students have a tendency to estimate how much time it would take to complete an academic task, and it was also concluded that the difficulty of a task affects students' time estimation accuracy.

Time management is not just about scheduling tasks; it is also a form of control that students must have. Lovin and Bernadeau-Moreau (2022) found that students experience stress from academic and career pressures, which comes with self-doubt and fear. Mukweho (2018) stated that work overload and stress are challenges that hinder students from addressing tasks and managing time, which in turn affects academic performance. This research explores the interplay between gender, behavior, and support mechanisms in academic and environmental contexts. Vicente-Molina et al. (2018) revealed gender-specific factors influencing pro-environmental actions. Additionally, Shafiq et al. (2024) demonstrated the effectiveness of empowerment programs in retaining female engineering students through peer support and role models, enhancing self-efficacy and sustained interest.

In college, it is common for students to struggle with balancing lessons, heavy workloads, and personal responsibilities. That is why it is important to examine the factors that shape study habits, especially for female students in aviation, where the demands are both theoretical and practical. Hodis and Hodis (2022) explained that students are more motivated to study when they believe they can succeed, find lessons valuable, and feel that studying is manageable. Similarly, Mulaudzi (2023) noted that motivation, self-discipline, support, teaching quality, health, and time management all contribute to strong and consistent study habits. Lal and Kumari (2025) also emphasized the importance of clear goals, as students with defined career plans tend to study in a more organized and intentional way. Fu et al. (2025) explained that students who set clear goals and follow a routine are more likely to stay consistent in studying, which helps improve academic performance. Likewise, Brady et al. (2022) pointed out that time management is not only about making a schedule but also about having self-control, since poor preparation often leads to procrastination and lower results. Patzak et al. (2025) explained that good time management can reduce stress and help students avoid burnout, which allows them to maintain a balance between studies and personal well-being. Similarly, Razali et al. (2018) found that students who manage time well can stay consistent with tasks and often receive higher grades in school.

For female students in the Bachelor of Science in Air Transportation program in Parañaque City, success in a demanding, male-dominated field is closely tied to effective time management. Rather than simply investing long hours in study, these students rely on structured scheduling, prioritization, and disciplined planning to balance coursework, practical training, and personal responsibilities. Time management reduces stress while maintaining consistent academic performance. Efforts are further reinforced by setting clear goals and drawing support from peers and mentors, which together foster motivation and confidence throughout the academic journey.

A. Background of the Study

The effectiveness of time management refers to the method an individual uses in order to enhance the ability to plan and manage time, and these strategies can include setting goals, organizing tasks, and prioritizing activities. Students make use of good time management skills to perform well academically and learn efficiently. The effective use of time management strategies can help students adapt to challenges that are significant for success. Female students in the Bachelor of Science in Air Transportation program in Parañaque City are part of a growing population in aviation education, which was traditionally dominated by men. The journey of these students in aviation studies involves not only academic requirements but also adapting to a demanding curriculum.

The study focuses on the effectiveness of time management on the academic performance of female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City. Since aviation is often seen as a male-dominated field, female students face unique challenges in keeping up with both the theoretical and practical demands of the program while being in the minority. This research examines how female Bachelor of Science in Air Transportation students manage studies, organize lessons, remember key information, and apply what learned in real situations. It also looks at the habits that develop over time and the strategies that help to overcome challenges. The goal is to understand what works best for the students and how these practices support academic performance. Ultimately, the findings may guide teachers and the college in better supporting female students, especially in programs where female students are often outnumbered. This study is important because it highlights how the effectiveness of time management directly affects the academic success of female students in aviation, a program that demands high levels of discipline and technical knowledge.

In education, the findings can guide female students in improving time planning abilities. For Aviation, it highlights the importance of effective time allocation in preparing competent professionals who can meet the demands of safety and precision. For women in college, it emphasizes the value of supporting female students in male-dominated fields and recognizing skills in organizations that help one thrive.

In conclusion, this study is important because it underscores the direct impact of time management strategies and study habits on the academic success of female aviation students. The findings can guide female students in education and highlight the importance of effective time organization practices in aviation. It emphasizes the value of supporting female students in male-dominated fields and recognizing the efficient time-use strategies that help these students thrive.

B. Theoretical Framework

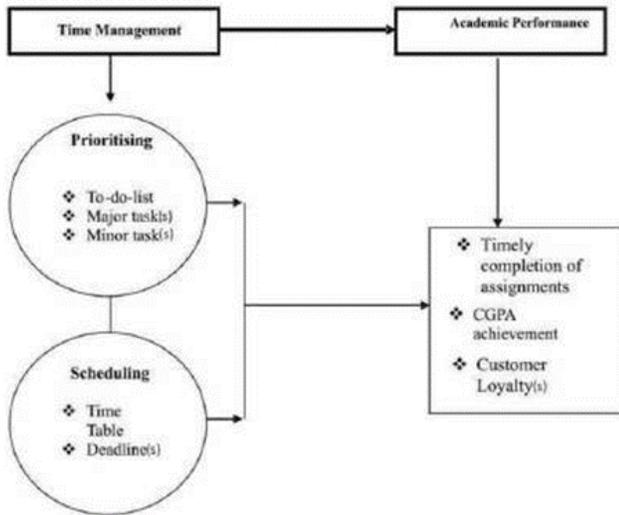


Fig. 1. Scientific management theory by frederick winslow

The given framework illustrates the relationship between the main ideas and the variables used in this study. This framework explains that time management has a direct effect on the academic performance of the students. Important parts of time management may include prioritizing tasks and establishing a schedule for future agendas. The figure shows that the use of a to-do list and identifying which tasks are more important may help improve prioritizing the goals of an individual. In a similar manner, using a timetable and meeting the deadlines supports an improved scheduling practice. These time management practices help students stay organized and perform better in school

C. Conceptual Framework

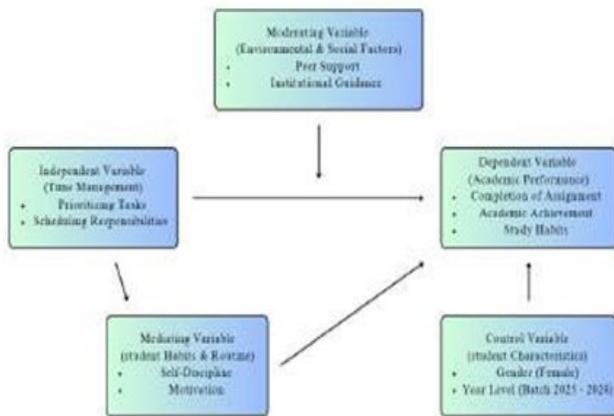


Fig. 2. Modified scientific management theory

The conceptual framework of this study shows the connection between time management and academic performance among female Bachelor of Science in Air Transportation students in Parañaque City, batch 2025–2026. Time management is the independent variable and is also explained through two key aspect,s which are prioritizing tasks

and scheduling responsibilities. Prioritizing involves identifying major and minor tasks and arranging these on its importance. Scheduling refers to the use of timetables and meeting set deadlines. These two factors reflect how well the students can organize daily responsibilities and adjust to the academic demands.

Academic performance as the dependent variable is measured by how well assignments are completed on time, the level of academic achievement, and the consistency of the study habits of a student. Strong academic performance may often result from the ability to follow a routine, manage workload, and while avoiding unnecessary delays. This framework assumes that the use of effective time management leads to better academic results for a student, while poor time management may result in lower performance and negative outcomes. The focus is on how proper planning and disciplined scheduling can support female students in meeting both academic and practical requirements in a male-dominated field. Understanding this connection can also help in creating programs or strategies that promote better time use among students.

D. Statement of the Problem

The study aimed to determine the effectiveness of time management on the academic performance of female Bachelor of Science in Air Transportation students, Batch 2025-2026, in Parañaque City. Specifically, this study sought to answer the following questions:

1. How do batch 2025-2026 female students in the Bachelor of Science in Air Transportation in Parañaque City manage time?
2. What challenges in time management do batch 2025-2026 female students in the Bachelor of Science in Air Transportation in Parañaque City commonly experience?
3. How does academic performance differ between students with effective time management and those with poor time management?
4. Is there a significant relevance between the amount of time allocated for academic tasks and students' overall grade for batch 2025-2026 female students in the Bachelor of Science in Air Transportation in Parañaque City?
5. How does a heavy academic load affect managing time effectively for female Bachelor of Science in Air Transportation students in Parañaque City?
6. What recommendations can be given to manage time effectively to perform better in academics?

E. Hypothesis

Null Hypothesis (H₀): There is no significant difference between the amount of time allocated for academic tasks and students' overall grade of female Bachelor of Science in Air Transportation students, Batch 2025–2026 in Parañaque City

F. Significance of the Study

This study would benefit the following:

1. **Female Bachelor of Science in Air Transportation Students:** The study will help students become aware of how time management directly affects academic performance. It will determine the strategies these students can adopt to balance academic training and personal responsibilities more effectively.
2. **Faculty and Instructors of an Aeronautical College:** The results of this study will guide faculty and instructors to design interventions, mentoring approaches, and support programs. In doing so, this will promote better time management among students, leading to excellence.
3. **Aeronautical College Administration:** An Aeronautical College Administration can use the results to strengthen student- support services and academic policies for female students in male dominated field. It is to ensure holistic development and retention in the field.
4. **Guidance and Counseling Office:** This study will provide insights to the Guidance and Counseling Office to design support services for students struggling with time management. Counselors can create programs to help students build good study habits.
5. **Future Researchers:** This study can serve as a reference for future studies exploring the relationship between academic performance and fine management. It can also inspire comparative studies with other student populations.

2. Methodology

A. Research Design

This study used a correlational quantitative and qualitative design. It aimed to examine the relationship between time management and academic performance of female Bachelor of Science in Air Transportation students, Batch 2025–2026 in Parañaque City. Data were gathered using a questionnaire administered through Google Forms to the respondents. The responses were organized and examined using cross-tabulation to find patterns and relationships. The researchers conducted an interview to represent the respondents and a validator to concentrate on this specific group of students, giving them the chance to better understand the students’ shared context and experiences within a male-dominated program.

B. Respondent

The target respondents were female Bachelor of Science in Air Transportation students, batch 2025–2026, enrolled in an Aeronautical College in Parañaque City. The respondents were profiled based on their year level. The sampling method used in this study was stratified random sampling and quota sampling, as it allowed the researchers to obtain a sample from the

population that represented the designated profile. The population size was 161 students, and using Slovin’s formula ($n = N/1+Ne^2$) with a 5% margin of error, the sample size was 115 students. The number of students who responded to the survey was 38. To compute the response rate, the number of students who responded was divided by the sample size; hence, the response rate was 33.04%, which was within the acceptable range for internal surveys (30% to 40%). Therefore, the results of the survey were considered suitable for this research.

Table 1
Respondents profile frequency table by year level

Year Level	Frequency	Percentage
1st Year	12	31.58%
2nd Year	10	26.32%
3rd Year	8	21.05%
4th Year	8	21.05%
Total	38	100.0%

C. Settings

This study was conducted at an Aeronautical College in Parañaque City and centers on the effectiveness of time management in relation to the academic performance of female Bachelor of Science in Air Transportation students batch 2025–2026. The setting provides a focused environment where students balance theoretical coursework, practical aviation training, and personal responsibilities within a male-dominated field. The research specifically examines how these students allocate, prioritize, and schedule, as well as the challenges encountered in managing academic and extracurricular demands. The scope is limited to female students enrolled in Bachelor of Science in Air Transportation batch 2025–2026 in Parañaque City. It does not include male counterparts, students from other batches, or those enrolled in other programs who may experience different academic structures and challenges. Academic performance is confined to indicators such as task completion, consistency in study habits, and overall grades, without extending to long-term professional outcomes or non-academic competencies. The respondents of this study are the identified female students in the specified batch and program, selected through stratified random sampling and quota sampling to ensure accuracy and relevance. This inclusion allows the research to generate insights that reflect the unique academic culture and pressures of the program, providing a clearer understanding of how time management practices influence performance in a specialized and male-dominated field.

D. Instrumentation

The main instrument used in this study was a researcher-made survey questionnaire administered through Google Forms. The questionnaire was chosen because it allowed quick distribution to the target respondents, easy collection of responses, and export to the statistical software SPSS for analysis. The instrument was divided into three sections. Section 1 focused on strategies for time management, including scheduling, prioritizing, and daily planning. Section 2

addressed general difficulties faced in time management, such as distractions, workload, and stress. Section 3 focused on self-reported academic performance and study and work habits, including study time and task accomplishment. The Likert scale used a 4-point format as shown in the results: 1 = Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree, which forced a directional response and reduced neutral answering. Profile items were coded for frequency and percentage analysis, while Likert items were coded numerically for weighted mean and inferential tests.

To ensure content validity, the questionnaire draft was reviewed by validators and the research adviser for clarity, relevance, and alignment with the study objectives. The feedback led to the rewording of several items to avoid ambiguity and better capture the experiences of female Bachelor of Science in Air Transportation students in a male-dominated program. After revision, the instrument underwent pilot testing with a small group of students from related

respondents were informed of the purpose of the study and were assured that all answers would remain confidential. Out of the total population of 161 female students, 38 students successfully participated, representing a 33.04% response rate, which fell within the acceptable range for internal academic surveys. The gathered data were then tabulated and analyzed using SPSS to identify patterns and significant differences across variables.

E. Data Analysis

The researchers employed both quantitative and qualitative methods to analyze the data collected from the respondents. Slovin's formula was used to determine the sample size, while the reliability of the survey instrument was tested using Cronbach's Alpha in SPSS, which showed high internal consistency among the responses. The researchers then applied frequency and percentage to profile the respondents according to the year level and weighted mean to interpret each item in the questionnaire. To determine if there were any significant

Table 2
Time management practices among female bachelor of science in air transportation students (Batch 2025–2026) in Parañaque city

Statements	Standard Deviation	Mean	Decision
I believe that managing my time effectively helps me stay focused on my lessons.	0.55687	3.53	Strongly Agree
Effective time management increases my level of engagement in academic activities.	0.48885	3.63	Strongly Agree
Practicing self-discipline allows me to finish my academic tasks on time.	0.45961	3.71	Strongly Agree
My ability to manage time effectively positively influences my grades.	0.55173	3.58	Strongly Agree
I feel that I have control over how I use my time each day.	0.69544	3.05	Agree
Poor time management increases my stress levels as a student.	0.50671	3.50	Agree
In order to relieve stress from academic tasks, I manage my time.	0.69185	3.18	Agree
High stress negatively affects my academic performance.	0.54132	3.63	Strongly Agree
To keep up in the male-dominated course, I intend to manage my time to be ahead.	0.68928	3.11	Agree
When I manage time, it also means balancing academic tasks with expectations as a female student in aviation.	0.77707	3.13	Agree
I manage my time effectively to overcome gender related biases or expectations.	0.78798	3.03	Agree
I set time blocks for studying and for practical work.	0.60873	3.18	Agree
I prioritize my academic tasks based on the deadlines and its importance.	0.50036	3.58	Strongly Agree
I regularly review and adjust my own schedule to improve the progress of my productivity.	0.66405	3.21	Agree
I create a daily or weekly schedule to organize my academic responsibilities.	0.67521	3.24	Agree
I allocate specific time blocks for studying to avoid last-minute cramming.	0.61281	3.05	Agree
I find it challenging to stick to my study schedule.	0.84377	3.13	Agree
Total	0.38506	3.32	

Legend: 3.51 - 4.00 Strongly Agree; 2.51 - 3.50 Agree; 1.51 - 2.50 Disagree; 1.00 - 1.50 Strongly Disagree

technical courses. The pilot test served two purposes: 1) to check whether the questions were clear and interpreted as intended, and 2) to obtain a reliability estimate. Cronbach's Alpha was computed from the pilot responses using SPSS, and items or short subscales that lowered the overall alpha were reviewed and revised.

After pilot testing, the final survey was conducted among 38 female Bachelor of Science in Air Transportation students from batch 2025–2026 at the Aeronautical College in Parañaque City. The researchers distributed the questionnaires through Google Forms and collected responses within a week. The

differences in perceptions among groups, an Analysis of Variance (ANOVA).

For the qualitative part of the study, the researchers used thematic analysis to examine interview responses. The data were grouped into master themes and superordinate themes to identify patterns, insights, and experiences related to time management and academic performance. Both the quantitative and qualitative results were combined to support each other, providing a clearer understanding of how time management influences the academic success of female Bachelor of Science in Air Transportation students.

F. Ethical Considerations

The researchers ensured that the study was conducted in a proper and respectful manner. Before collecting data, the researchers obtained approval from the thesis adviser and a professional validator to review the questionnaire and ensure it was in a more professional form. After receiving feedback from the validators, the questions were improved and tested with a small group of female Bachelor of Science in Air Transportation students. During the actual survey, permission was granted by the institution, and the purpose of the study was

indicate that students often plan and set priorities when it comes to academic studies. This also supports the study of Fu et al. (2025), which found that good time management skills can increase student engagement and improve the academic success of students. However, some students still find it difficult to follow planned schedules regularly, which may affect consistency in progress. The findings show that most female Bachelor of Science in Air Transportation students have good time management habits, though a few still struggle to stay consistent when managing their time. Managing time well

Table 3

Challenges in time management among female bachelor of science in air transportation students (Batch 2025–2026) in Parañaque city commonly experience

Statements	Standard Deviation	Mean	Decision
I feel pressured to balance multiple responsibilities (e.g., academics, family).	0.79829	3.11	Agree
I believe that having female mentors who are experienced in the aviation industry guides me towards success.	0.50036	3.58	Strongly Agree
I find it challenging to balance my studies with other commitments like family and work.	0.86828	3.05	Agree
I tend to estimate how much time it would take me to complete a task before doing the task.	0.60404	3.50	Agree
Unexpected academic activities affects my study schedule.	0.73907	3.32	Agree
Self-doubt and fear due to academic obligations affects how I manage my time.	0.6538	3.30	Agree
Total	0.50452	3.31	

Legend: 3.51 - 4.00 Strongly Agree; 2.51 - 3.50 Agree; 1.51 - 2.50 Disagree; 1.00 - 1.50 Strongly Disagree

explained to all participants. Participation in the study was voluntary, and no one was forced to respond. All information gathered was kept confidential and used solely for research purposes. The names of the respondents were not disclosed in this paper, and the respondents were treated with respect throughout the entire process.

clearly helps students reduce stress and improve academic performance. Recommendations include that students should continue improving their time management skills and adhere more strictly to planned schedules. Teachers may also provide reminders and guidance to help students use their time wisely.

3. Result and Analysis

A. Time Management Practices Among Female Bachelor of Science in Air Transportation Students (Batch 2025–2026) in Parañaque City Batch 2025 – 2026

The overall mean of the results displays that most of the students agreed that they manage time well and effectively. The students stated that they strongly believe that being disciplined

B. Challenges in Time Management Among Female Bachelor of Science in Air Transportation Students (Batch 2025–2026) in Parañaque City are Commonly Experienced

Most students indicated that managing time effectively is a challenging task, as they are pressured to balance school, family, and personal life. The highest mean score (3.58) shows that having female mentors may help them handle any kind of challenges more effectively. The results reveal that students often find it difficult to balance studies with personal duties and

Table 4

Differences in academic performance among female bachelor of science in air transportation students (Batch 2025–2026) in Parañaque city are influenced by the effectiveness of time management practices

Statements	Standard Deviation	Mean	Decision
I manage my time better when the workload does not feel overwhelming.	0.50601	3.53	Strongly Agree
I perform better academically when I see the lessons as useful in my future career.	0.55173	3.58	Strongly Agree
Effective time management improves my performance despite outside pressures such as family.	0.50601	3.47	Agree
Having a proper study environment allows me to manage my academic tasks efficiently.	0.41315	3.79	Strongly Agree
Setting clear academic and career goals motivates me to use my time effectively.	0.55173	3.58	Strongly Agree
I work harder and manage my time effectively to achieve my academic goals despite limitations.	0.55687	3.53	Strongly Agree
Managing my time helps me focus on my lessons.	0.50671	3.50	Agree
Good time management makes me more active in schoolwork.	0.55687	3.47	Agree
Self-discipline helps me finish tasks on time.	0.55173	3.58	Strongly Agree
Managing my time helps me be more productive.	0.48885	3.63	Strongly Agree
I do not practice cramming to achieve good performance.	0.85216	2.76	Strongly Agree
Time management helps me balance school and personal activities.	0.55687	3.47	Agree
I can estimate how much time I need to finish my tasks.	0.71411	3.24	Agree
I usually finish my tasks on schedule.	0.72987	3.18	Agree
Knowing how to manage time helps me avoid procrastination.	0.66886	3.34	Agree
Total	0.35456	3.44	

and organized helps improve focus, allowing them to complete school tasks on time and achieve better grades. The results

unexpected school activities. This supports Brady et al. (2022), who found that accurately estimating time helps students plan

and manage their work more effectively. The findings suggest that female Bachelor of Science in Air Transportation students experience stress when balancing multiple tasks. Students often try to plan, but unexpected work and self-doubt make it harder to stay organized. Recommendations include that students should learn to set priorities and estimate time more accurately. The school can also offer mentoring to help students manage tasks and boost confidence.

maintaining discipline. The school may also offer short seminars or mentoring programs on study habits and planning to help students manage their workload more effectively and sustain good academic performance.

D. Significant difference from the perceptions of female Students in Bachelor of Science in Air Transportation (Batch 2025–2026) in Parañaque City

Table 5
Significant difference from the perceptions of female students in bachelor of science in air transportation (Batch 2025–2026) in Parañaque city

Statements		Sum. of Square	Mean Square	f	Significan t	Decision
I manage my time better when the workload does not feel overwhelming	Between Group	2.082	0.694	3.19	0.022	Reject
	Within Group	7.392				
	Total	9.474	0.217	2		

Legend:

↓0.05 is significant difference/relation - Reject

↑0.05 is no significant difference/relation - Accept

↓ 0.01 - very significant - Reject

Table 6

Significant difference from the perceptions of female students in bachelor of science in air transportation third year and second year students (Batch 2025–2026) in Parañaque city

Statements	Significant	Decision
I manage my time better when the workload does not feel overwhelming - *Second year and third year.	0.022	Reject

Legend:

↓0.05 is significant difference/relation - Reject

↑0.05 is no significant difference/relation - Accept

↓ 0.01 - very significant - Reject

C. Differences in Academic Performance Among Female Bachelor of Science in Air Transportation Students (Batch 2025–2026) in Parañaque City are Influenced by the Effectiveness of Time Management Practices

The table shows that most students agree that effective time management positively affects academic performance. The overall mean of 3.44 indicates that students believe managing time well helps to focus better, stay organized, and complete tasks on schedule. Many respondents strongly agreed that having clear goals, proper discipline, and a good study

The table shows that there is a significant difference in how female Bachelor of Science Air Transportation students manage time when the workload feels overwhelming. The p-value of 0.022 indicates that year level affects perception of time management. Specifically, second-year and third-year students show notable differences in handling workload pressure. This means that as students progress, the ability to manage time changes, possibly improving through experience or being challenged by higher academic demands. Overall, the results imply that while most students manage time effectively, the

Table 7

Master themes and related superordinate themes on the time management dimensions and its effect on academic performance among female bachelor of science in air transportation students (Batch 2025-2026) in Parañaque city

Master Theme	Superordinate Theme
Time management effectivity contributing to academic performance among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City. (SOP1)	Structured Planning
Challenges in time management in balancing academic and personal responsibilities among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City. (SOP 2)	Responsibility
Differences with female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City in terms of time management skills. (SOP3)	Balancing
Heavy academic workload impact on time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City. (SOP4)	Proactiveness
	Task Management

environment improves overall performance. The results also show that students become more productive and engaged when managing time properly. However, a few still struggle with cramming and balancing personal and school activities. This means that while most students see time management as an important factor in achieving good academic results, some still need to develop consistency in applying it. Recommendations are that students should continue improving time management by setting clear goals, following a daily routine, and

level of academic pressure influences how well in performing these skills. Recommendations are that the school should provide guidance programs or mentoring sessions focusing on workload management, especially for students in higher years. These can help to adapt in increasing academic responsibilities, maintain balance, and continue developing effective time management skills throughout studies. Gathered Data from the Respondents, Time Management Dimensions and its Effect on Academic Performance Among Female Bachelor of Science in

Air Transportation Students (Batch 2025-2026) in Parañaque City

Master Theme 1: Time management effectiveness contributing to academic performance among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 1.1: Structured Planning

Informant 1: “By planning my week, I can avoid last-minute stress and ensure I meet deadlines with quality work.”

Informant 2: “When I manage my time well, I can finish my schoolwork on time and have more time to study.”

Informant 3: “I was able also to set priorities and following a daily schedule that sometimes is normal to have a lapses in terms of deadlines. However, by allocating enough time for school stuff such as project, exams... while still have the time to rest and recover and of course still enjoy the time hangout with my friends.”

Structured planning helps students organize tasks, meet deadlines, and reduce stress. Informants 1, 2, and 3 stated that the use of weekly or daily schedules allows a person to prioritize tasks and balance different types of academic workload along with personal activities. This demonstrates that students who plan their time effectively are more focused, consistent, and able to maintain steady academic performance. Research shows that students who manage time well are more engaged in academic studies, accomplish tasks efficiently, and achieve better academic outcomes and growth. Additionally, proper and effective planning can improve focus, reduce procrastination, and help students perform better in college (Unlocking Academic Success: The Impact of Time Management on College Students' Study Engagement, 2025). Female Bachelor of Science in Air Transportation students should adopt structured planning tools, such as maintaining a weekly or daily schedule, to organize tasks more efficiently. By prioritizing schoolwork, allocating sufficient time for rest and leisure, and maintaining consistency, students can balance academic and personal responsibilities, reduce stress, and improve overall academic performance.

Master Theme 2: Challenges in time management in balancing academic and personal responsibilities among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 2.1: Responsibility Balancing

Informant 1: “The biggest issue is the overlap between academic work and council duties. Both demand time and emotional energy, and sudden tasks such as urgent replies or event adjustments can disrupt my study flow.”

Informant 2: “I sometimes struggle to balance school activities and personal life, especially when sudden tasks come up.”

Informant 3: “... balancing multiple academic requirements with my personal thing... sudden deadlines along with pressure from both personal life made it more difficult to stay consistent.”

Female Bachelor of Science in Air Transportation students

often experience challenges when balancing academic and personal responsibilities. The course requires focus and time, while personal duties and extracurricular tasks also need attention. This part explains how overlapping responsibilities affect time management and consistency in completing academic work. The informants shared that handling both academic work and personal duties is often difficult. Some informants mentioned that overlapping schedules and unexpected tasks interrupt the study flow and make it hard to stay consistent. Informant 1 said that dealing with council work and school requirements at the same time takes up emotional energy. Another respondent expressed that sudden deadlines and personal pressures make it harder to manage everything properly. Overall, the participants highlighted that balancing responsibilities is a major struggle when managing time effectively.

The gathered responses show that managing both academic and personal tasks requires flexibility and organization. When workloads from different areas overlap, Bachelor of Science in Air Transportation students experience pressure, stress, and fatigue. Without clear planning and prioritization, performance tends to decrease. Proper time allocation and structured schedules can help reduce these struggles and maintain consistency in academic activities. Mukwevho (2018) stated that excessive workload and stress prevent students from managing time effectively, which leads to lower academic performance. This finding supports the current study, showing that overlapping duties and emotional strain negatively affect the ability of Bachelor of Science in Air Transportation students to balance academic and personal responsibilities.

Master Theme 3: Differences with female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City in terms of time management skills.

Superordinate Theme 3.1: Proactiveness

Informant 1: “I am intentional with how I plan my week and reflect on what works. I also value clarity and care in everything I do, which helps me stay committed to both academics and leadership tasks.”

Informant 2: “... I try to plan my day and avoid doing things at the last minute. I also make a list of what I need to do so I do not forget anything.”

Informant 3: “... whenever I manage my time well, I perform better... So what sets me apart from other students uh me being poor time management and I think it's also the discipline, having no room for procrastination. This consistency help me to maintain a steady performance throughout my studies...”

Proactiveness helps students plan, stay organized, and manage tasks efficiently. It distinguishes those with good time management skills from those who struggle to organize tasks properly. The informants highlighted habits such as planning daily tasks, setting priorities, and maintaining discipline. These habits help a person handle schoolwork, extracurricular activities, and unexpected tasks without becoming stressed. Research also shows that proactive female students with strong motivation and time management skills may perform better

academically (Oppong et al., 2022). Being proactive helps reduce procrastination, maintain focus, and achieve consistent performance.

Master Theme 4: Heavy academic workload impact on time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City

perform better and experience less stress. This aligns with the current study, showing that strong task management skills help Bachelor of Science in Air Transportation students handle the pressure of heavy workloads while staying consistent with studying.

Table 8

Master themes and related superordinate themes on the insights in enhancing time management to achieve better academic performance among female bachelor of science in air transportation students (Batch 2025-2026) in Parañaque city

Master Theme	Superordinate Theme
Time management improvement of female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City. Ways to overcome challenges in time management in balancing academic and personal responsibilities among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.	Consistent Planning Task Prioritization
Bridging the gap in performance differences based on time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City in terms of time management skills.	Study Habits
Enhancing academic outcomes by effective time distribution among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.	Structured Routine
Approaches to handling heavy academic workload to maintain effective time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.	Adaptive Control
Practical advice on time management and conquering its obstacles of female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.	Self-management

Superordinate Theme 4.1: Task Management

Informant 1: “The challenge is making sure none of these areas overwhelm the others.”

Informant 2: “If I do not balance my time, I get tired or distracted. But if I manage my time well, I can still do schoolwork, join activities, and rest.”

Informant 3: “...balancing multiple academic requirements with my personal responsibilities... There were times when tasks were given from different instructors with the same deadlines. ... sudden deadlines along with pressure from both personal life made it more difficult to stay consistent.”

The Bachelor of Science in Air Transportation program has a lot of academic requirements that take up a big amount of time and effort. Managing several tasks from different subjects while also handling personal responsibilities becomes a big challenge for most students. This part focuses on how a heavy workload affects time management and daily productivity. Based on the responses, the informants shared that handling too many school tasks at once can be overwhelming. Informant 1 mentioned that the main challenge is making sure that no area, such as academics or personal duties, gets left behind. Informant 2 explained that poor balance leads to tiredness and distraction, but proper time management helps maintain productivity. Informant 3 also shared that having many deadlines from different instructors at the same time makes it hard to stay consistent. The responses show that the workload often causes stress, but good task management helps lessen the pressure.

The answers show that a heavy academic workload strongly affects how Bachelor of Science in Air Transportation students manage time. Too many requirements and overlapping deadlines make the organization harder, which results in stress and fatigue. However, having clear priorities and a set schedule helps improve focus and keeps students on track despite the pressure. Proper task management is important to maintain both performance and well-being. Adams and Blair (2019) explained that students who plan tasks and follow organized schedules

E. Insights into Enhancing Time Management to Achieve Better Academic Performance Among Female Bachelor of Science in Air Transportation Students (Batch 2025-2026) in Parañaque City

Master Theme 1: Time management effectivity contributing to academic performance among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 1.1: Structured Planning

Informant 1: “I can continue refining my weekly tracker and be more consistent with reflection periods. I also want to be more mindful of how I pace tasks...”

Informant 2: “I can work on following my schedule more strictly even if I plan my tasks. Sometimes I delay them.”

Informant 3: “I was able also to set priorities and following a daily schedule that sometimes is normal to have a lapses in terms of deadlines. However, by allocating enough time for school stuff such as project, exams, and other stuff while still have the time to rest and recover...”

Time management is one of the main factors that affect how well Bachelor of Science in Air Transportation students perform in school. Having a proper plan and schedule helps organize tasks and avoid stress from deadlines. This part talks about how structured planning improves focus, discipline, and academic performance among Bachelor of Science in Air Transportation students. Based on the responses, the informants shared that having a clear plan or schedule helps in managing school tasks better. Informant 1 said that keeping a weekly tracker helps in maintaining consistency and reflection on what needs improvement. Informant 2 mentioned the goal of following a schedule more strictly, even when there are delays. Informant 3 shared that setting priorities and following a daily schedule helps complete tasks while still having time to rest. The responses show that planning tasks ahead allows smoother progress and less pressure during busy weeks.

The gathered responses show that having a structured plan helps Bachelor of Science in Air Transportation students become more organized and focused. Following a schedule and tracking progress improves time control and reduces the chance of cramming. Students who use planning tools and prioritize tasks are able to perform better because of proper pacing and preparation. This proves that good time management supports better academic results. Fu et al. (2025) stated that effective time management helps students stay focused and avoid distractions, which leads to better study engagement and academic results. This supports the findings in the study, showing that structured planning allows Bachelor of Science in Air Transportation students to stay organized and improve performance while keeping balance in schedules.

Master Theme 2: Ways to overcome challenges in time management in balancing academic and personal responsibilities among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 2.1: Task Prioritization

Informant 1: "By staying flexible and adjusting priorities based on urgency. I also try to communicate clearly with my team and professors when things pile up."

Informant 2: "To handle it better, I plan my schedule, do important tasks first and take short breaks to avoid stress."

Informant 3: "It's quite difficult to predict your target time of accomplishing the task so I guess sudden deadlines along with pressure from both personal life made it more difficult to stay consistent."

Time management can be hard for Bachelor of Science in Air Transportation students, especially when school and personal tasks overlap. Handling too many responsibilities at once can cause stress and confusion. This part focuses on how Bachelor of Science in Air Transportation students overcome time management problems by learning to prioritize tasks and managing schedules better. Based on the gathered responses, the informants mentioned that being flexible and knowing which task to do first helps in managing time. Informant 1 shared that adjusting priorities depending on urgency and communicating with professors or groupmates makes things easier. Informant 2 said that creating a schedule, doing the most important tasks first, and taking small breaks helps reduce stress. Informant 3 added that unexpected deadlines still make it difficult to stay consistent, but organizing tasks in advance makes it more manageable. These ideas show that proper prioritization plays a big part in balancing academic and personal duties.

The responses show that managing time well depends on how Bachelor of Science in Air Transportation students handle priorities. When tasks are organized based on urgency and importance, the workload feels lighter and more achievable. Even though challenges still come, planning early and staying flexible make it easier to adjust to sudden changes. Task prioritization helps lessen stress and keeps academic performance steady. Brady et al. (2022) explained that students often struggle with estimating the time needed to finish tasks,

which affects how students plan work. This supports the findings of this study, showing that prioritizing and staying flexible help Bachelor of Science in Air Transportation students manage time better and reduce stress from overlapping academic and personal responsibilities.

Master Theme 3: Bridging the gap in performance differences based on time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City in terms of time management skills.

Superordinate Theme 3.1: Study Habits

Informant 1: "I can build stronger routines around study blocks and rest periods. I also want to be more consistent with reviewing materials ahead of time, not just when deadlines approach."

Informant 2: "I can make a habit of studying a little every day, not just before tests. I also want to limit distractions, like using my phone too much, and focus more on my lessons."

Informant 3: "Whenever I manage my time well, I perform better because when I failed to plan ahead or properly, I always end up of cramming... I also start losing focus... This consistency help me to maintain a steady performance throughout my studies..."

Time management affects how students study and perform in school. For Bachelor of Science in Air Transportation students, having good study habits and learning to manage time properly helps improve consistency and focus. This part talks about how study habits and time management skills influence academic performance. According to the responses, consistent routines and organized study habits make learning easier and more effective. Informant 1 shared that building a study routine with rest periods helps improve focus. Informant 2 mentioned that studying a little every day instead of cramming before tests leads to better understanding of lessons. Informant 3 explained that proper time management improves performance, while poor planning often leads to cramming and losing focus. The overall responses show that good study habits and proper time management help maintain steady academic performance.

The collected answers show that strong study habits and good time management go together in improving performance. When Bachelor of Science in Air Transportation students plan to study early, there is less stress and more time to review lessons. Proper scheduling also helps avoid last-minute studying and builds discipline. Students who stay consistent with the routines perform better and maintain stable results in school. Hodis and Hodis (2022) mentioned that motivation and proper study habits help learners stay engaged and achieve better academic outcomes. This supports the findings of this study, showing that consistent routines and time management skills lead to improved focus and stronger academic performance among Bachelor of Science in Air Transportation students.

Master Theme 4: Enhancing academic outcomes by effective time distribution among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 4.1: Structured Planning

Informant 1: “By planning ahead and setting boundaries. I use my weekly tracker to allocate time for academics, council work, and personal hobbies like watching dramas or reading novels. That way, I stay productive without losing myself in the process.”

Informant 2: “I can make a schedule, set priorities, and follow a routine. I give time for school, but I also take time to relax and spend time with family or friends.”

Informant 3: “I was able also to set priorities and follow a daily schedule... by allocating enough time for school stuff such as projects, exams, and other stuff while still having time to rest and recover...”

Proper time distribution helps Bachelor of Science in Air Transportation students handle many responsibilities without getting too stressed. Dividing time between academics, organizational work, and personal life allows better focus and balance. This part shows how planning ahead and setting priorities help improve academic outcomes through effective time management. Based on the responses, the informants explained that scheduling and setting clear priorities help balance school and personal life. Informant 1 shared that using a weekly tracker helps manage time for academics, council work, and hobbies, keeping productivity steady. Informant 2 said that following a routine and giving time for both school and rest is important. Informant 3 also mentioned that setting priorities and organizing daily tasks makes it easier to complete schoolwork and still have time for relaxation. Overall, proper time distribution helps maintain focus and prevents burnout.

The responses show that Bachelor of Science in Air Transportation students who divide time properly are able to stay consistent in both academic and personal areas. Planning ahead, organizing schedules, and setting priorities make daily routines more manageable. This also helps lessen stress and improve academic performance. Effective time distribution allows students to stay productive while maintaining balance in their daily lives. Fu et al. (2025) found that good time management improves concentration and engagement in academic activities. This supports the results of the study, showing that structured planning and balanced time distribution help Bachelor of Science in Air Transportation students stay focused, productive, and perform better in academic work.

Master Theme 5: Approaches to handling heavy academic workload to maintain effective time management among female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 5.1: Adaptive Control

Informant 1: “I take short breaks and return with a clearer mind. I also remind myself of the purpose behind each task, which helps me regain motivation. Talking to peers or mentors helps me reset and find practical solutions.”

Informant 2: “I can take short breaks to relax and breathe. Then I can start with the most important task first and finish one thing at a time. I try to stay calm and just keep going slowly.”

Informant 3: “... There were time when task given from different instructor with the same deadlines, it’s quite difficult

to predict your target time of accomplishing the task so I guess sudden deadlines along with pressure from both personal life made it more difficult to stay consistent. “

Master Theme 3 discusses improvements in handling heavy workloads to maintain effective time management among female Bachelor of Science in Air Transportation students, batch 2025–2026, in Parañaque City. The informants highlighted that being able to remain calm under pressure demonstrates adaptability and emotional regulation, referred to as adaptive control. Informants 1 and 2 both emphasized that taking short breaks and finding purpose helps cope with a heavy workload, while Informant 3 mentioned that multiple instructors often assign tasks with the same deadline. Adaptive control helps students maintain composure despite heavy workloads and prevents fatigue. Managing time is not just about setting plans; it also involves being adaptable to difficult situations, as related to the study conducted by She et al. (2023).

Master Theme 6: Practical advice on time management and conquering its obstacles of female Bachelor of Science in Air Transportation students batch 2025-2026 in Parañaque City.

Superordinate Theme 6.1: Self-Management

Informant 1: “Find a system that works for you since different people have different coping mechanisms. Whether it is a planner, a digital tracker, or simply setting boundaries, the key is to choose a method that feels sustainable and supportive. Time management is not about perfection. It is about being intentional, adaptable, and kind to yourself while staying committed to your goals.”

Informant 2: “My advice is to plan your day and do not wait until the last minute to study. Do your tasks early so you have time to rest. Stay focused, avoid distractions, and remember to take care of yourself too.”

Informant 3: “... it’s also the discipline, having no room for procrastination. This consistency help me to maintain a steady performance throughout my studies...”

Managing time is not just about creating schedules; it is about staying committed. Self-management plays an important role in balancing priorities and also teaches discipline and adaptability. The responses show that self-management is key to finding strategies that best suit the students. As Informant 1 highlighted, people have different coping mechanisms, which underlines the importance of finding a system that works for each individual. Informant 2 advised planning ahead, and Informant 3 supported the other two informants’ responses by stating that it takes discipline to achieve results. The informants’ responses align with the concept of self-management, as it allows students to allocate time efficiently without sacrificing personal responsibilities, thereby providing balance. This aligns with the study conducted by Chongchong and Singh (2024), which emphasized that self-management helps students manage time and improve academic performance.

4. Discussion

A. Conclusions

Based on the results and analysis, the following were concluded:

1. Most female Bachelor of Science in Air Transportation students from Batch 2025–2026 managed time by planning ahead, using to-do lists, and setting priorities. The students tried to follow daily routines and schedules, which helped them stay organized and less stressed. However, not all students were consistent, and some went with the flow depending on how busy they were. Those who stuck to their plans seemed to perform better in school and felt more confident with their tasks.
2. The biggest challenges students faced in managing time were distractions such as social media, feeling tired, and having too much schoolwork. These difficulties made it hard for students to focus and complete tasks on time. Some students also mentioned that procrastination was present, especially when feeling overwhelmed. Because of this, the students sometimes ended up cramming or missing deadlines, which affected their grades and overall performance.
3. There was a clear difference in academic performance between students who managed time well and those who did not. Those with good time management habits, such as planning, prioritizing, and sticking to a schedule, tended to get higher grades and complete tasks earlier. Meanwhile, students who did not manage time properly often struggled with late submissions, poor study habits, and lower scores.
4. The study showed that there was a significant difference in how students performed academically based on the amount of time they allocated for studying and completing academic tasks. Students who spent more time on schoolwork and used that time effectively usually achieved better grades. But it is not just about the number of hours, it's also about how that time is managed. Some students study for long hours but still don't perform well because of distractions or poor focus. This proves that both time allocation and proper time usage have a big effect on academic success.
5. Having a heavy academic load makes it harder for students to manage time. Many feel overwhelmed with all the subjects, projects, and practical training. This leads to stress and sometimes burnout, which affects the ability to stay organized and complete tasks properly. It is even tougher for female students in a male-dominated field, where the feeling of extra pressure to keep up is present.
6. Students who use specific time management strategies like setting goals, avoiding distractions, and following a routine tend to perform better. These habits help to

stay motivated and disciplined, even when things get busy. The study also showed that support from peers and mentors makes a big difference, helping students stay on track and feel more confident in the academic journey.

B. Recommendations

Based on the discussed conclusions, the recommendations are as follows:

1. Female Bachelor of Science in Air Transportation students should continue improving time management by setting daily or weekly plans using planners or phone reminders. The students can divide tasks by priority to be able to focus more on school activities that need urgent attention. Avoiding distractions like social media and sticking to a schedule will also help lessen cramming and stress. The students should remember that studying smarter, not just longer, makes a big difference in grades and performance.
2. Faculty and instructors can help students manage time better by reminding them about proper scheduling and giving short lessons on study habits. Instructors can include small time management activities in class, like goal setting or reflection tasks, to teach discipline. Faculty members can also encourage teamwork or group reviews to build stronger study routines among students.
3. The Aeronautical College Administration should provide more support programs or seminars focused on time management and stress control. Creating a balanced class schedule or flexible deadlines during exam weeks can help reduce burnout. The Aeronautical College Administration may also form mentoring programs where senior students can guide younger ones, especially those who are still adjusting to the workload in a male-dominated field.
4. The Guidance and Counseling Office can design counseling sessions and workshops that help students deal with distractions, anxiety, and pressure from academic overload. The Guidance and Counseling Office can also give personal guidance to students who struggle with time organization or motivation. Having regular check-ins with these students will help them stay on track and build better study habits.
5. All members of the Aeronautical College Administration, female Bachelor of Science in Air Transportation students, and faculty should work together to promote the importance of time management. Schools can hold yearly seminars or simple time challenge activities that make learning time management more fun and practical. Through cooperation and continued guidance, students can build better habits that will not only improve academic performance but also prepare them for future aviation careers.

Future researchers can study how time management affects other groups of students, like male aviation students or students from different schools. Future researchers may also explore other factors that connect with academic success, such as motivation, stress, or self-discipline. This can help widen the understanding of how time use shapes performance in aviation education

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