TIME WISE

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LETTER OF AUTHORIZATION

We attest that the work in this final year project paper was conducted in accordance with Polytechnic guidelines. It is original and the result of its own labour, unless otherwise specified or acknowledged as referenced work. This thesis has not been accepted by any other academic or non-academic institution for any form of credential or certification.

We acknowledge that we have receive the Academic Rules and Regulations for Undergraduate, Polytechnic, which set forth the rules for how our studies and research will be carried out.

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ABSTRACT

In Malaysia, time management is a critical challenge faced by students, impacting their academic success and personal well-being. Studies indicate that ineffective time management leads to missed deadlines, increased stress, and poor academic performance. This issue has garnered attention from educators, psychologists, and policymakers due to its wide-ranging effects on students' overall development. The body of evidence on time management difficulties and their consequences in the academic sphere is growing, highlighting the need for effective solutions. This research adopts the Design Thinking methodology, comprising empathy, defining, ideating, prototyping, and testing, to explore the root causes of poor time management among students. The project focuses on developing practical strategies and digital tools tailored to students' needs, aiming to improve their ability to manage time efficiently. Through this study, we will examine the effectiveness of these strategies and tools in enhancing students' academic performance, reducing stress, and promoting a balanced lifestyle.

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INTRODUCTION

1.1 INTRODUCTION

Managing time effectively is crucial for any project's success, making it one of the core elements of project management. When time is allocated properly, tasks can be completed within the given deadlines, reducing delays and ensuring better use of resources. In today's fast-moving world, individuals and teams often have to manage multiple responsibilities while maintaining quality and meeting tight deadlines. As projects grow more complicated, with several tasks relying on each other, the ability to manage time efficiently becomes increasingly important.

Therefore, this final year project focuses on developing methods and tools to help individuals and teams improve how they manage both time and resources. The aim is to give project managers and team members practical techniques to prioritize their tasks, streamline their processes, and optimize how they work, all to meet project goals within the expected timeframes. Following a structured approach to managing time, the project tackles common issues such as procrastination, poor planning, and unexpected challenges, which often put the success of a project at risk.

In addition, the project will explore various traditional and modern tools that support effective time management in different project environments. This includes detailed assessments of frameworks such as Gantt charts, task prioritization methods, and online platforms that enable real-time collaboration and task tracking. These tools will be evaluated to identify practical strategies for improving efficiency, reducing stress, and increasing the likelihood of successfully completing projects within the required timelines.

1.2 BACKGROUND OF THE PROJECT

Time management is something most students struggle with, even though there are countless tools and techniques out there designed to help. Despite trying various strategies, many students still find themselves overwhelmed, stressed, and falling behind on their academic responsibilities. This often leads to higher levels of stress and lower overall performance, making the issue even more frustrating.

The aim of this project is to explore why so many students continue to have trouble managing their time, even after trying different techniques. A deeper look into the root causes of these struggles will help uncover solutions that can truly make a difference for students.

Time Wise offers a simple yet effective time management strategy created with students in mind. Using straightforward templates, our product helps students prioritize tasks, set realistic goals, and avoid common traps like procrastination. The goal is to provide something practical and easy to use, so students can manage their workload without feeling overwhelmed.

Through this approach, our product aims to make time management less of a burden and more of a skill that students can develop and rely on to boost productivity and reduce stress.

1.3 PROBLEM STATEMENT

In today's fast-paced academic environment, students frequently struggle to balance their academic, personal, and extracurricular commitments. As a result, time management becomes a critical skill that greatly influences a student's ability to succeed academically while maintaining their well-being. In Malaysia, this issue is especially common among part-time students, who often juggle the demands of work and study.

Additionally, a study conducted by Sallehuddin et al. (2020) at Universiti Utara Malaysia (UUM) examined the relationship between stress, workload, and time management, and its effects on the academic performance of part-time postgraduate students. The study showed a positive connection between time management and academic performance, highlighting the need for effective time management strategies to reduce stress and workload.

Therefore, this project introduces Time Wise, a structured time management strategy specifically designed to address the time management challenges faced by students. Our system provides practical tools for prioritizing tasks, setting realistic goals, and avoiding procrastination. Through this, students can improve their academic performance, reduce stress, and achieve better balance in life, resulting in both personal and academic success.

Our project aims to equip students with skills to manage their time more effectively and create a healthier, more productive academic journey. Thus, we developed our product to address these challenges and provide students with a practical solution.

1.4 PROJECT OBJECTTIVES

The following are the objectives of our project. (Time Wise)

1. To develop website "Time Wise" that can be used among students focusing time management.
2. To evaluate the efficiency of "Time Wise" in managing time among the students.
3. To provide techniques on managing time effectively for students.

1.5 PROJECT QUESTIONS

Here are the project questions for our project. (Time Wise)

1. What specific time management tools and features would students find most beneficial?
2. How does "Time Wise" compare to traditional time management methods or tools?
3. How can students manage their time effectively using practical techniques?

1.6 SCOPE AND LIMITATION

The primary goal of this study is to develop and implement Time Wise, a comprehensive time management strategy designed to enhance the time management skills of students in Malaysia. This project aims to address the specific challenges students face in balancing academic responsibilities, extracurricular activities, and personal commitments. It primarily targets college and university students who struggle with managing their time effectively.

Our product will offer practical tools such as task prioritization templates, goal-setting strategies, and techniques for overcoming procrastination. Additionally, the study will examine the impact of effective time management on academic performance, stress reduction, and overall student well-being. To assess the effectiveness of the product, surveys and participant feedback will be used to measure improvements in productivity and academic outcomes over a defined period.

However, this study has certain limitations. First, the focus is on students in Malaysia, which may restrict the applicability of findings to students from different cultural or educational backgrounds. Furthermore, due to constraints in time and resources, the number of participants may be limited, potentially affecting the generalizability of the results.

It is also important to recognize that students face diverse time management challenges, and the standardized approach offered by our product may not fully accommodate the unique needs of each individual. Moreover, the project's evaluation of effectiveness occurs over a relatively short timeframe, which may overlook long-term benefits or challenges associated with sustained time management practices. Finally, external factors such as personal motivation, unexpected life events, and stressors could influence students' ability to implement the time management strategies effectively, potentially impacting the results.

1.7 IMPORTANCE OF RESEARCH

Research plays a vital role in the development of any project, particularly in the constantly evolving field of time management. For Time Wise: Optimizing Time Management for Students, in-depth research has been crucial for several key reasons.

Firstly, research enables us to understand the specific needs and challenges that student face daily. Understanding these struggles allows us to design a tool that effectively addresses their concerns. Through methods such as surveys, interviews, and literature reviews, we gather valuable insights into time management strategies that are most relevant and beneficial to students.

Moreover, research provides a strong foundation for making informed decisions. It allows us to explore existing time management tools, evaluate their strengths and weaknesses, and identify gaps in the market. This comprehensive analysis inspires innovative ideas that can set our product apart from existing solutions.

In addition, research supports the creation of evidence-based practices. Grounding the project in well-established theories and proven strategies enhances the credibility and effectiveness of our product. This not only increases user confidence but also raises the likelihood of achieving positive outcomes, such as improved academic performance and reduced stress among students.

Furthermore, ongoing research ensures that we remain adaptable. As trends and technologies continue to evolve, staying informed allows us to align with the changing needs of students. This adaptability is essential for maintaining the relevance and success of our product in a competitive environment.

In conclusion, research is much more than a preliminary phase. It is an ongoing process that shapes the design, development, and overall success of our product. Prioritizing research, we are better equipped to create a tool that genuinely addresses the real-world challenges students face today.

1.8 SUMMARY OF CHAPTER

In Chapter 1, we introduce the Time Wise project, aimed at assisting students in managing their time more effectively. Firstly, time management is essential for success, enabling individuals to meet deadlines and utilize resources efficiently in today's fast-paced environment. The primary goal of our product is to provide practical tools that empower students to prioritize tasks, streamline workflows, and enhance productivity.

Moreover, this chapter highlights the struggles many students encounter while balancing academic responsibilities, personal lives, and extracurricular activities. Such challenges often lead to increased stress and can negatively impact academic performance. Understanding these difficulties is crucial for creating an effective time management strategy that utilizes easy-to-follow templates to help students prioritize tasks and set realistic goals.

Furthermore, the problem statement underscores the significance of effective time management for academic success, particularly among part-time students in Malaysia. Research indicates that students who manage their time well tend to achieve better academic results, emphasizing the need for strategies like ours to alleviate stress and improve performance.

Additionally, our objectives include developing a user-friendly website, assessing its effectiveness, and exploring collaboration with companies for wider dissemination. Key questions guide our project, focusing on which time management features would be most beneficial for students and how our product compares to traditional methods.

In terms of scope, the project specifically targets college and university students in Malaysia, addressing their unique challenges. Acknowledging limitations, such as a specific demographic focus and a short evaluation period, is essential for interpreting our findings. Ultimately, ongoing research ensures our product remains relevant and effectively meets the challenges students face today.

CHAPTER 2

LITERATURE REVIEW

2.1 INTRODUCTION

The literature review is an important part of this study since it forms the basis for our research and analysis for the product development. We look into current research, studies, and scholarly publications on the subject at hand in this section. The literature review's goals are to present a thorough summary of the state of knowledge in our field and to spot gaps, patterns, and significant findings that will direct our own research.

2.2 PREVIOUS STUDIES/REVIEW/INVESTIGATION

Effective time management plays a pivotal role in academic success, particularly for students balancing various academic and personal responsibilities. As educational demands continue to rise, students often face challenges in prioritizing tasks, managing deadlines, and maintaining focus. Research on time management explores strategies and tools that can help students optimize their study habits and improve performance. According to Zainol Abidin Kasim, (2016) the importance of time in a student's life can shape an outstanding individual because free time is filled with more beneficial activities. Therefore, effective time management can help a student to succeed with greater excellence. Moreover, in Nur Asmaliza Mohd Noor, Asmidar Alias, Kamisah Ariffin, (2020) mentioned that the ardent availability and the convenience of technological application these days, MyMobileSLT which utilizes mobile application, is the preferred tool in assisting students manage their time effectively.

After that, the hypotheses tested and the results indicated significant and positive relationship between time management and their academic performance. The findings reported in this study justify the importance of time management to academic performance. Thus, adequate emphasis should be given to improve students' ability to manage their time effectively and efficiently in order to gain academic excellence Abdul Rahman Hamzah, Esuh Ossai-Igwe Lucky, Mohd Hasanur Raihan Joarder, (2014). In addition, this study concludes that there is a significant relationship between time management and the level of productivity and motivation among students during ODL Noraini Ahmad et al., (2023). Additionally, as revealed in Wan Zah Wan Ali et al., (2008) the moderate time management skills among local university students should be given attention. This is because it still contributes towards ensuring better performance while at university. Furthermore, the researcher has successfully achieved the desired objective, which is that the time management patterns practiced by the respondents have a direct relationship with their academic performance Shahrulnizam Bin Bakar, Zainorita binti Rusdi, Reni Suriani binti Hashim, (2013).

On the other hand, Norbahiah Misran et al., (2016) mentioned that time management skill is important in order to have a good quality life and learning environment for higher institution students. Besides, the time management steps they practiced while engaging in online learning have led to positive effects from an academic perspective Nur Aqilah Binti Mohd Hakimi, Najah Nadiah Binti Amran (2022). Effective time management is crucial for students to optimize their academic performance and enhance their overall quality of life. Our product is adopting structured approaches for students to managing their time, so that they can achieve greater success in their studies and personal development.

2.3 DESIGN THINKING

Design thinking, a human-centered problem-solving approach, places an empathic focus on end users at its core. This method is dynamic and iterative, encouraging innovation and creativity. In this section, we will outline the key stages of the design thinking process as they apply to our project. The concept and practice of design thinking have evolved over time, with no single creator or originator. Rather, it has developed through the contributions of various designers, researchers, and organizations. The design thinking process consists of five phases: Empathize, Define, Ideate, Prototype, and Test. According to Cross, Nigel (2011) explored how design thinking aids problem-solving in uncertain conditions, fostering creativity by shifting focus from conventional analytical methods to innovative, user-centric solutions.

2.3.1 EMPHATY

The first step in the design thinking process involves understanding the needs, preferences, and perspectives of the stakeholders or end users. This is achieved through methods such as observations, surveys, and interviews. At this stage, we aim to gather as much insight as possible about the challenges and opportunities our project seeks to address. Empathy plays a crucial role in developing solutions that genuinely resonate with the target audience. According to Battarbee et al. (2014) described empathy as a deep understanding of users' emotional and cognitive states. This empathy allows designers to create solutions that resonate more with user experiences.

2.3.2 DEFINE

In this stage, we translate the empathize-phase insights into concise problem statements or design challenges. We identify the precise issues we hope to resolve while defining the project's goals and scope. This stage entails analysing data and formulating a precise issue statement that will serve as a road map for the remaining steps of the procedure. According to Curedale , Robert (2013) stressed the importance of framing a clear problem statement to guide the design process. A well-defined problem helps prevent designers from diverging into unrelated areas.

2.3.3 IDEATE

Ideation is the generative phase of creative problem-solving where we explore numerous potential solutions to a given challenge. During this stage, all ideas are welcomed, regardless of their feasibility or practicality. To foster a diverse range of perspectives, we employ techniques such as brainstorming, mind mapping, and design workshops. The objective is to generate as many options as possible before evaluating their merit. According to Plattner et al. (2011) Argued that ideation should be structured, yet fluid, encouraging creativity while also focusing on the user's needs. They highlighted tools like mind mapping, role-playing, and sketching to aid ideation.

2.3.4 PROTOTYPE

During prototyping phase, users rely on empathy to guide the development of their ideas, recognizing that this marks the beginning of an ongoing, iterative process. They understand that prototypes evolve in response to user needs, and that failure is a valuable part of learning. Continuous evaluation of successes and shortcomings allows them to adjust their approach, ensuring each iteration aligns with user requirements. This cycle of testing, learning, and adapting keeps solutions both practical and user-centered. The studies of Lewrick et al. (2018) stated that prototyping allows teams to visualize and test ideas quickly. They advocate for creating both physical and digital prototypes, depending on the context, and stress that prototyping encourages team collaboration and innovation.

2.3.5 TEST

Empathy plays a crucial role during the testing phase, as it directly influences the user experience. Rather than simply instructing, focusing on demonstrating and engaging users allows them to actively shape their own experiences. This approach not only helps in identifying areas for improvement but also fosters deeper insights into user behavior. The ability to empathize at this stage is essential, as it enables us to understand the user's experience, including their thoughts, emotions, and ideas. Additionally, testing helps refine our perspective, aligning it more closely with the user's viewpoint. A research done by Seidel et al. (2020) stated that testing prototypes in cross-disciplinary teams enhances the overall innovation process. Testing uncovers potential user friction points, allowing teams to make more informed decisions and adjust the design to better fit user needs.

CHAPTER 3

METHODOLOGY

3.1 INTRODUCTION

We used a methodology to guarantee the establishment of our product. It functions as a thorough manual that covers everything from data collection and analysis to making sure that Time Wise's design and implementation are well-organized and supported by in-depth research.

This chapter will examine the fundamental instruments, methods, and approaches that were vital to the project's accomplishment. We ensured that every step, from the original concept to the final implementation, was carefully thought out and added to the overall efficacy of the solution by adhering to a well-defined and meticulously constructed plan.

In order to make sure that our product would be useful and flexible for students, we investigated and tested a variety of time management techniques and digital tools during the process. Our objective was to develop a tool that encourages efficiency and balance while also satisfying the demands of student life. Therefore, the successful development of our product has been largely attributed to our emphasis on planning, research, and continuous improvement.
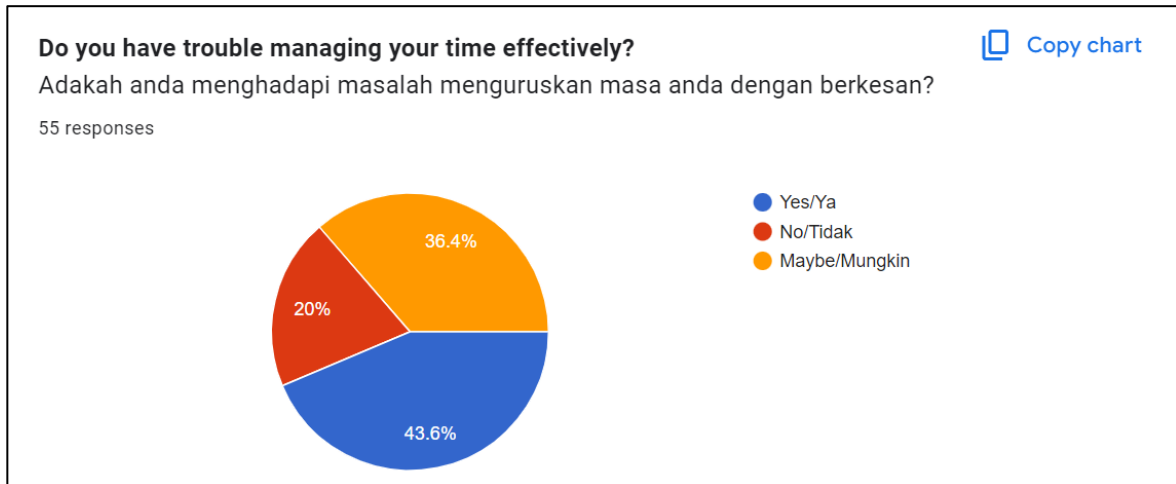
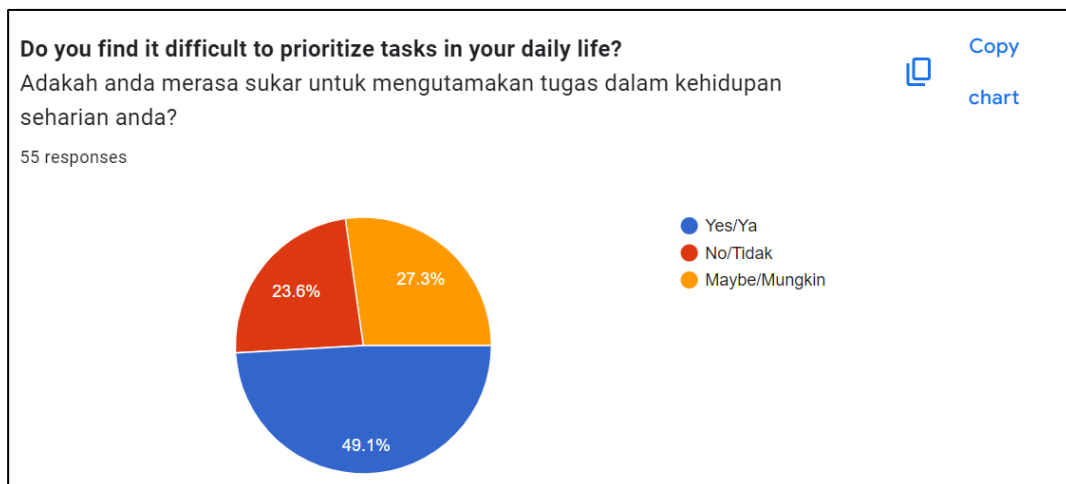## 3.2 PRELIMINARY SURVEY

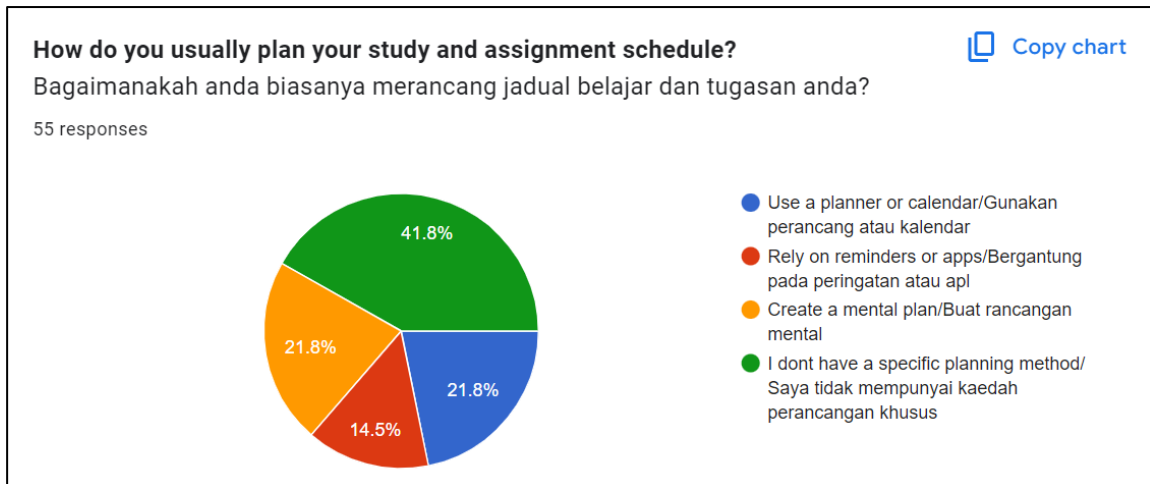**Table 1:** 3.2.1 Preliminary Survey

Table 2: 3.2.2 Preliminary Survey

How do you usually plan your study and assignment schedule?
Bagaimanakah anda biasanya merancang jadual belajar dan tugasan anda?

55 responses

- Use a planner or calendar/Gunakan perancang atau kalendar
- Rely on reminders or apps/Bergantung pada peringatan atau apl
- Create a mental plan/Buat rancangan mental
- I dont have a specific planning method/ Saya tidak mempunyai kaedah perancangan khusus

41.8% / 21.8% / 21.8% / 14.5%

Table 3: 3.2.3 Preliminary Survey

How often do you encounter unexpected tasks or interruptions that disrupt your schedule?
Berapa kerap anda menghadapi tugas yang tidak dijangka atau gangguan yang mengganggu jadual anda?

55 responses

- Often/Selalu
- Sometimes/Kadang-kadang
- Rarely/Jarang
- Never/Tidak Pernah

50.9% / 38.2% / 9.1%

Table 4: 3.2.4 Preliminary Survey

What strategies do you use to stay on track with your assignments and study goals?
Apakah strategi yang anda gunakan untuk mengekalkan tugasan dan matlamat belajar anda?

54 responses

- Setting deadlines for myself/ Menetapkan tarikh akhir untuk diri say…
- Dividing tasks into smaller steps/ Membahagikan tugas kepada langkah…
- Using productivity apps/Menggunakan aplikasi produktiviti
- Following a strict routine/Ikuti rutin yan…
- If my friends study I srudy
- If I not lazy I study
- None

38.9% / 38.9% / 11.1%

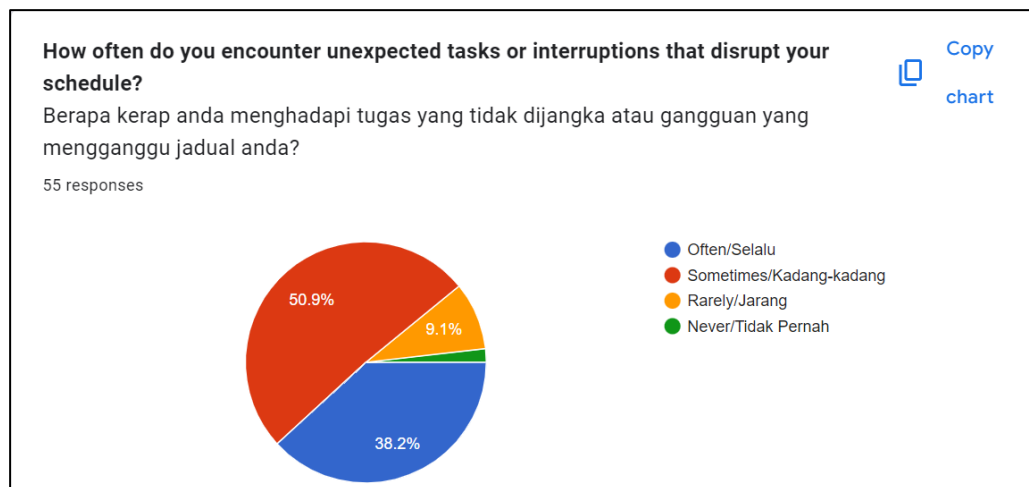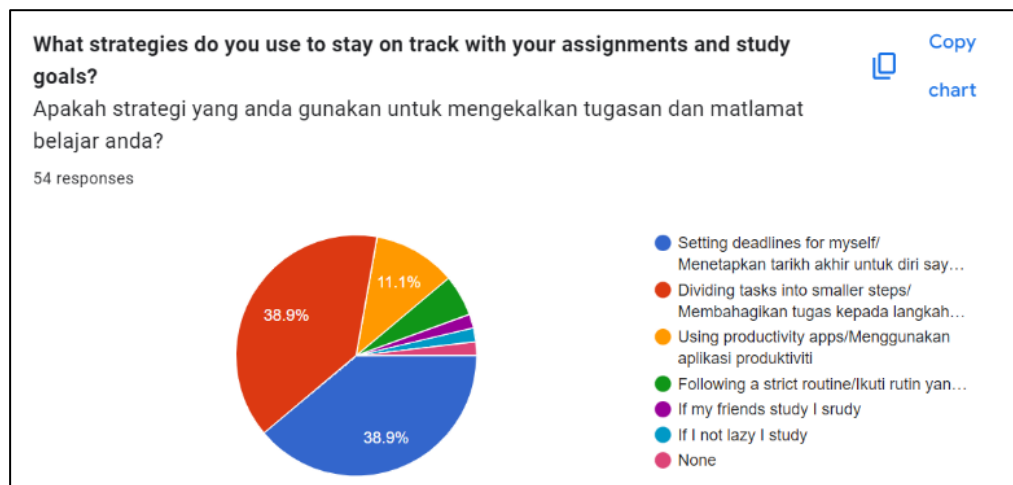**Table 5:** 3.2.5 Preliminary Survey

3.2.1 DESIGN THINKING

The Design Thinking Process was used to design the product in this project. It takes a significant amount of time to empathize, define, imagine, prototype, and test to guarantee that the product development process follows all the necessary procedures. In addition, having clearly defined stages makes it simpler to produce excellent volunteer apps, which in turn helps our product follow all the requirements necessary to fulfil the purpose of creating volunteer applications. This technique is really beneficial to our project.
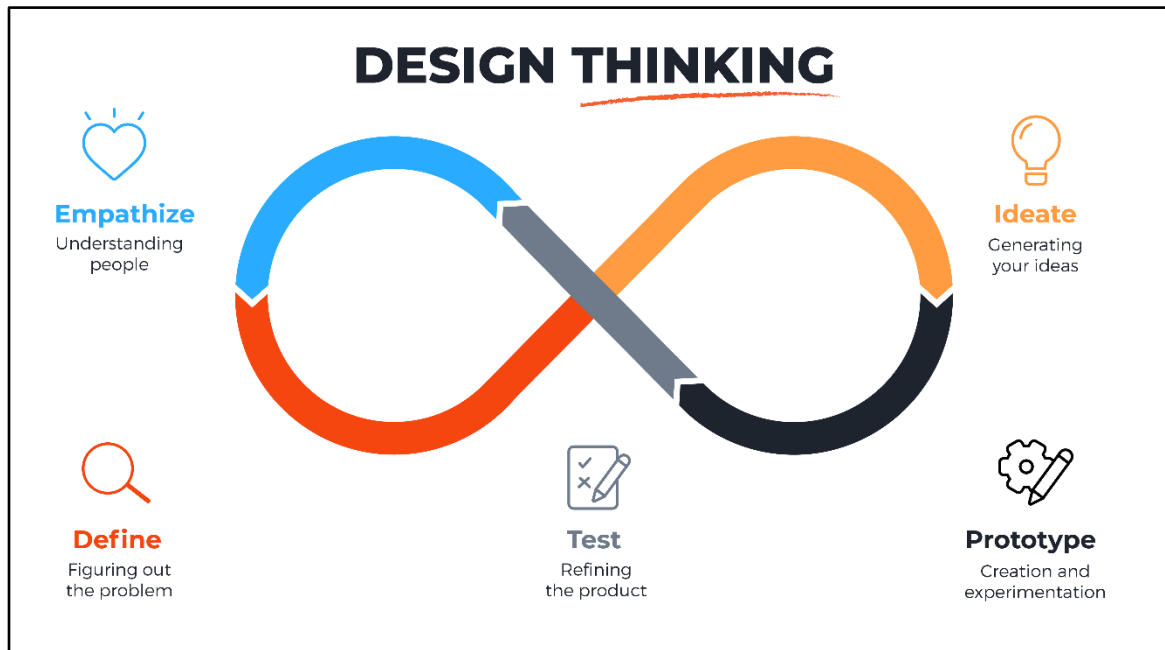

Table 6: 3.2.1 Design Thinking

3.2.2 OPPURTUNITIES AND CHALLENGES

3.2.2.1 Opportunities

The increasing need for efficient time management solutions is one fascinating opportunity. Students today are looking for tools to help them manage their hectic lives as they balance a variety of obligations, including extracurricular activities and coursework. Time Wise seeks to address this need by offering a workable way to support students' success.

The emphasis on technology integration presents another chance. There is a great opportunity to develop a digital tool that appeals to tech-savvy users and aids in time management, as technology is becoming an essential part of student life. Our product can engage students in a way that feels current and relevant by embracing innovative features.

Furthermore, a customized experience for users can be created by emphasizing personalization. Regarding time management, each student has particular preferences and difficulties. Customization enables our product to meet these unique needs, increasing the tool's usefulness and appeal for a wide range of users.

3.2.2.2 Challenges

This journey is not without its difficulties, though. The fierce competition in the time management tool market is one significant obstacle. Since many well-known apps already have a devoted user base, our product finds it difficult to establish a niche. It will take ingenuity and a distinct value proposition to stand out.

Keeping up with consumer trends is another difficulty. Student preferences are subject to rapid change due to technological advancements and trends. Our product will require ongoing work to stay current and satisfy students' changing needs.
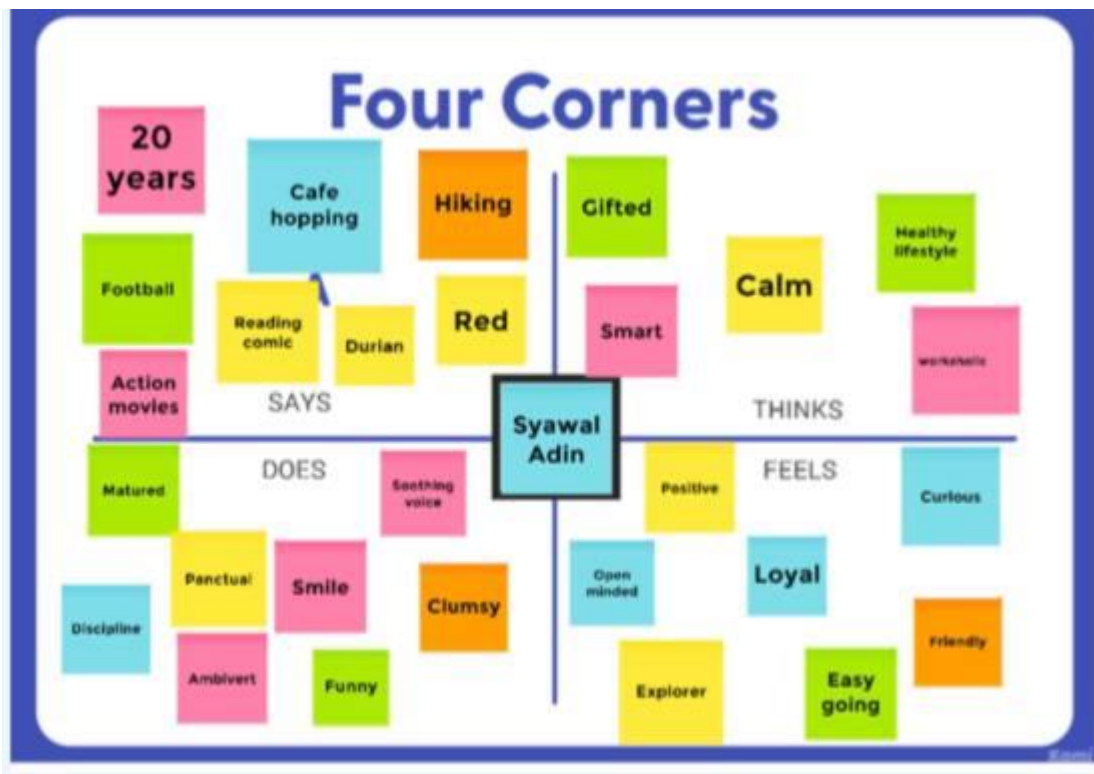
Last but not least, during development, implementation problems like resource constraints and technical issues could occur. Overcoming these challenges will be essential to producing a reliable and efficient product for users.

3.2.2.3 Method / Procedure

This project required systematic approach taken, emphasizing the utilization of the design thinking model as the overarching framework. This methodology delineates the steps undertaken from problem identification to solution generation, ensuring a comprehensive and user-centric approach to the project. The steps include Empathize, Define, Ideate, Prototype and Test.

3.2.2.3.1 Empathize

Empathy involve engangement with students form Politeknik Sultan Salahuddin Abdul Aziz Shah. In the empathy stage, designers immerse themselves in consumer experience to deeply understand their needs, struggles and choices regarding time management. By conducting interviews, surveys and observations, we can identify key pain points, such as difficulty to time study, manage time on academic and personal time and technique of studying. This stage is important for building an understanding of what users really need from a time management tool.
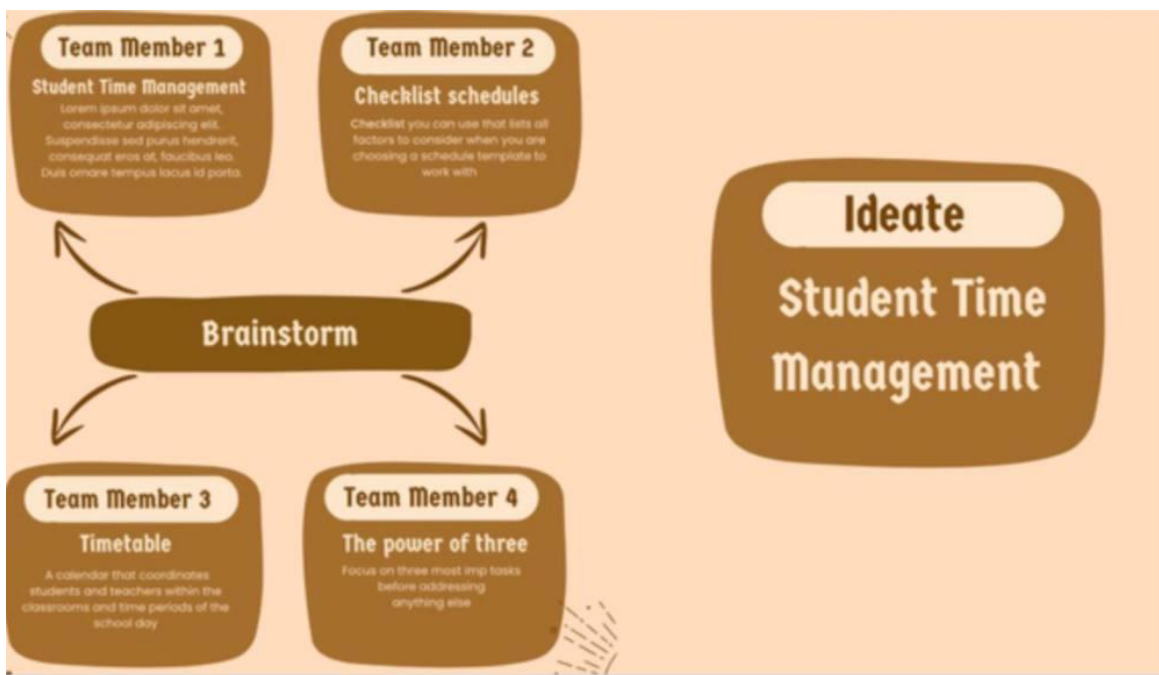
3.2.2.3.2 Define

On the define step, all of the result from the interviews and surveys we conduct from students from Politeknik Sultan Salahuddin Abdul Aziz Shah were gathered. As a result, we discovered that user struggling with their time management due to their tight schedule. This level emphasizes narrowing down specific challenges, such as facilitating access to study and time management restrictions. The goal is to clarify the problem in a user way, setting the basis for creative solutions in the next phase.

3.2.2.3.2 Define

At this stage the problem you intend to solve is clear, it's time to brainstorm ways to address those unmet needs. You collect as many ideas as possible at the start, so your team can investigate and test them by the end. The idea stage is where designers brainstorm potential solutions to a defined problem. Brainstorming is also known as critical thinking in the idea phase, it is also a way to get various types of ideas all aimed at dealing with the problems and challenges faced so that creative and innovative solutions can be found. For example, the Time Wise product, the team may generate ideas such as using a website to access template of study techniques. The focus here is to generate a variety of techniques ideas without worrying about feasibility in the first place.

3.2.2.3.2 Prototype

In the prototyping phase, this is the stage that turns ideas into an actual solution. Through trial and error, designers can identify which of the possible solutions can best solve the identified problem. Designers create tangible representations of the best ideas from the ideate stage. As an example, creating a vision board which is the visual representation of ideas, inspirations and intended outcomes allows to envision the desired final product. By gathering images, drawings, materials or words that symbolize the goals, functions and user experience of the prototype. The vision board is a shared reference point for the whole team. For Time Wise, this may involve developing a template of the techniques such as promodoro technique, 5-minutes, SQ3R method and loci method that available on the website. The prototype may be a physical model or a digital mock-up. The goal is to try and bring ideas to life quickly and affordably.

3.2.2.3.2 Testing

The prototype is at the center of the final phase as we put all our ideas to the test. It is important to note that the testing phase is part of an interactive cycle. The testing stage involves real users interacting with the prototype to gather feedback. For Time Wise products, individuals who want to practice a using the template or have problems with the time for study. Testing will focus on evaluating how well the product solves the defined problem: Does it provide accurate and personalized time study? Is it easy to use while studying? Does it integrate seamlessly with the application? Based on this feedback, the team may refine the product, address usability issues, or adjust certain features to better meet user needs. Testing ensures that the product is functional, user-friendly and effective before full-scale development or launch.

3.2.2.4 Material and Equipment

1. **Canva**
   - **Sources:** The canva application can create a template. This can help to create a variety of template to be put on in the website.
   - **Benefits:** Using canva can reduce and save cost on creating a template.

2. **Website**
   - **Sources:** The website is where the information being publish about the product and template.
   - **Function:** People can search and download the template with easy access.

3.2.2.5 Method of collecting data

The primary data collection tool for the survey in this project is a questionnaire, which was distributed via Google Forms. The questionnaire consists of 2 main sections. For section A, the demographic variables and general guestion measured using nominal scale. The interval scale of measurement was applied in section B. The respondents were asked to indicate their agreement or disagreement with each of the statement designed in section B utilizing a five-point Likert scale. The 5-point Likert scale questionnaire (1=Strongly Disagree; 2=Disagree; 3=Uncertain; 4=Agree; 5=Strongly Agree). All instruments were adopted from various literatures and modified for the purpose of to know purchase intention among respondent.

3.2.2.6 Summary

The Time Wise provides students with effective tools to manage their time by prioritizing tasks, setting achievable goals, and performance, lower stress level and foster a balanced and productive study routine. Its main goals are to help students manage their time through the template and techniques based on individual needs.

CHAPTER 4

FINDINGS AND DISCUSSIONS

4.1 INTRODUCTION

This chapter will discuss the analysis of data that has been carried out for this project. The layout of this chapter is divided into several subtopics that illustrates on the method of analysis for this project. This section will explain the details results from the testing and survey that has been conducted.

4.2 RESEARCH/TESTING FINDINGS

Data analysis was performed using Statistical Package for Social Sciences (SPSS) Version 22.0 software. Descriptive statistical methods of mean score evaluation and standard deviation are used to measure the level of knowledge on the nine pillars of 4IR in education. The percentage analysis of the demographic information of the respondents is presented in Table 4 in the findings section. Additionally, the mean score analysis for the level of knowledge regarding the application of the 9 pillars of 4IR in education is shown in Table 7 in the findings section as well. The interpretation of the mean score value refers to Landell (1977), as shown in Table 4 below:

	Mean	Std. Deviation	N
Do you satisfied using the website?	1.45	795	38
How well-organized was the content on the website?	2.03	1.052	38
How would you rate the clarify of the instructions provided with the templates?	1.39	.595	38
How effective do you find the study technique templates in enhancing your learning?	1.82	.955	38
How important do you think these templates are for your overall academic success?	1.61	.718	38
How relevant are the templates to your specific study subjects or courses?	1.79	.935	38
Will you recommend this website/template to your friends?	1.39	.755	38

Table 4: Item Statistics

According to (Gravetter and Wallnau.,2000) central tendency refers to statistical measure that identify a single value which act as representation of an entire distribution and aim to provide accurate description of the entire collected data. In this study, means measuring the tendency while dispersion is described by standard deviation (Saunders, Lewis & Thornhill, 2009). The means or average is probably the most used method of describing a central tendency. The mean represents the center of gravity of distribution. Each score in a distribution contributes to the determination of mean. It is also known as arithmetic average. Mean is the average of all values in a distribution (Krishnaswamy & Ranganathan, 2006).

As evidence from the table above;

From the Table 4, the highest mean is from item 2 which is "How well-organized the content on the website?" (2.03), standard deviation of 1.052 with high interpretation. While the lowest mean is item 3 (1.39), standard deviation of 0.595. the conclusion is all the variables   are   high   interpretation   with   1.39   to   2.03.
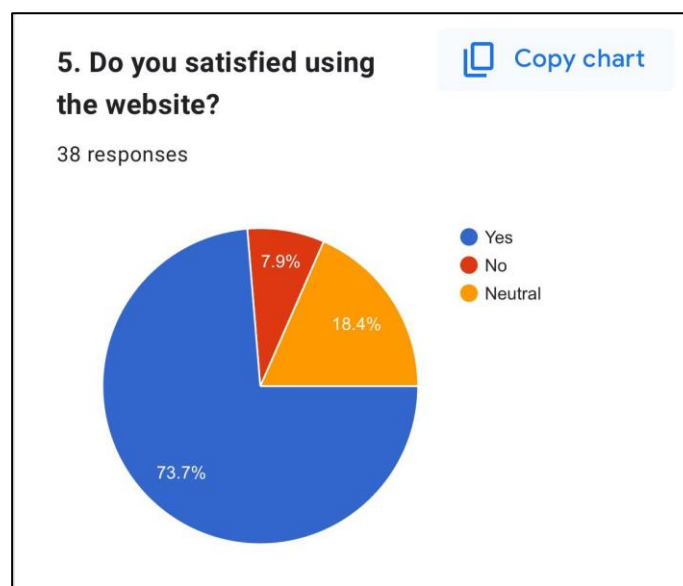
Question for feedback survey:

Figure 4.2.1: Shows does the users satisfied using the website

Figure 4.2.1 shows the number of respondents who are satisfied using our product "Time Wise". Based on the questionnaires, we found that 73.7% are satisfied using our website in order to manage their time properly.
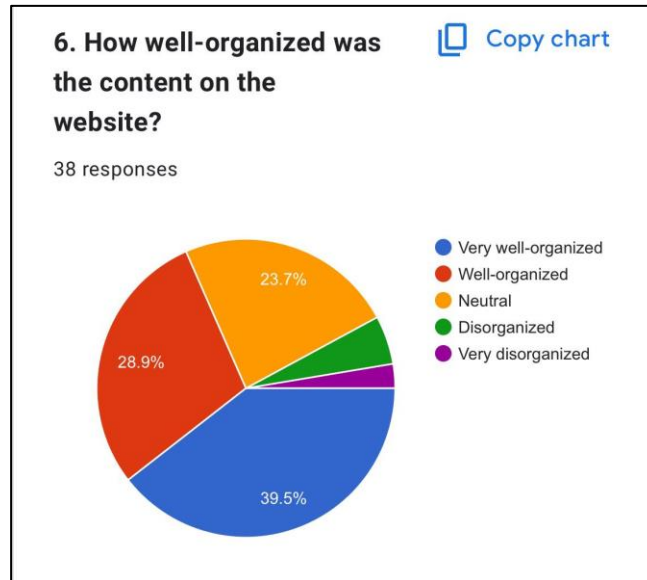

Figure 4.2.2: Shows how well-organized was the content on the website

Figure 4.2.2 shows the number of respondents students who are used our website. Based on the questionnaire, we realized that 39.5% from the respondents said that the content on the website is very well-organized. Meanwhile 23.7% respondents are neutral between well-organized or disorganized.
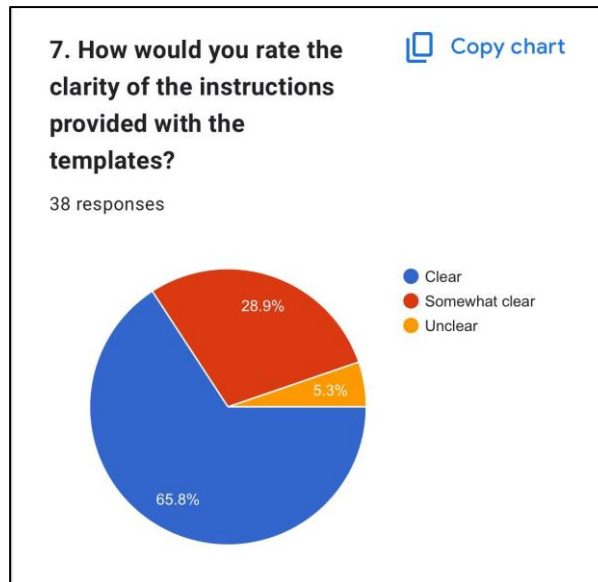
Figure 4.2.3: Shows how would users rate the clarify of the instructions provided with the templates
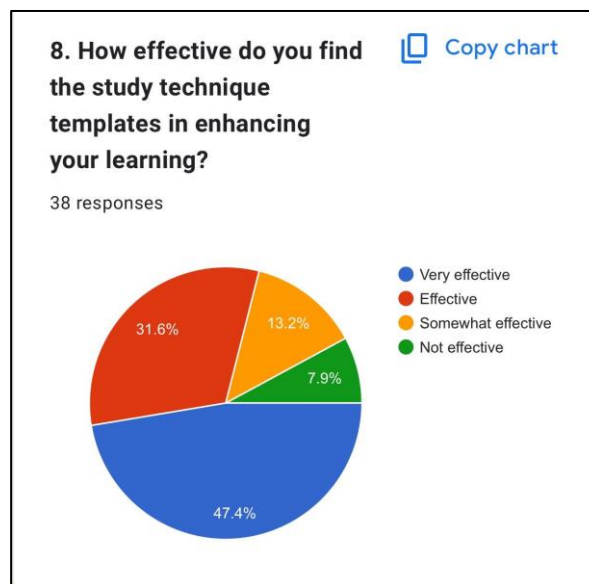

Figure 4.2.4: Shows how effective the study technique templates in enhancing students learning

Figure 4.2.4 shows the number of respondents who find the study templates enhancing their learning. Based on the questionnaire, we found that 47.4% said the website are very effective for enhancing their learning.
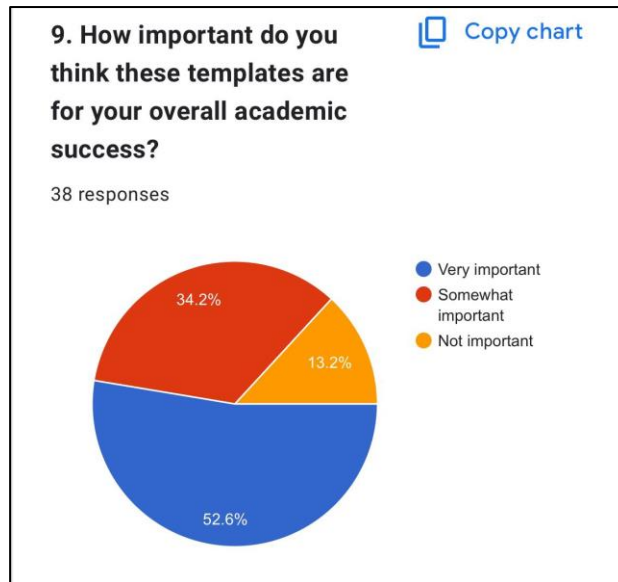
Figure 4.2.3: Shows how important these templates for students overall academic success

Figure 4.2.3 shows the number of respondents about how important these templates for students overall academic success. Based on the questionnaire, we found that 52.6% said the template are very important for their academic success. Meanwhile, 13.2% said the template are not important for their academic success.
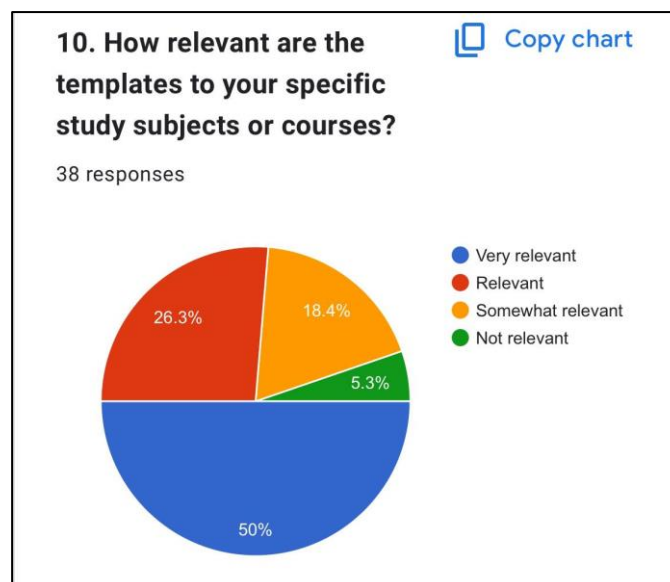

Figure 4.2.5: Shows how relevant are the templates to students' specific study subjects or courses
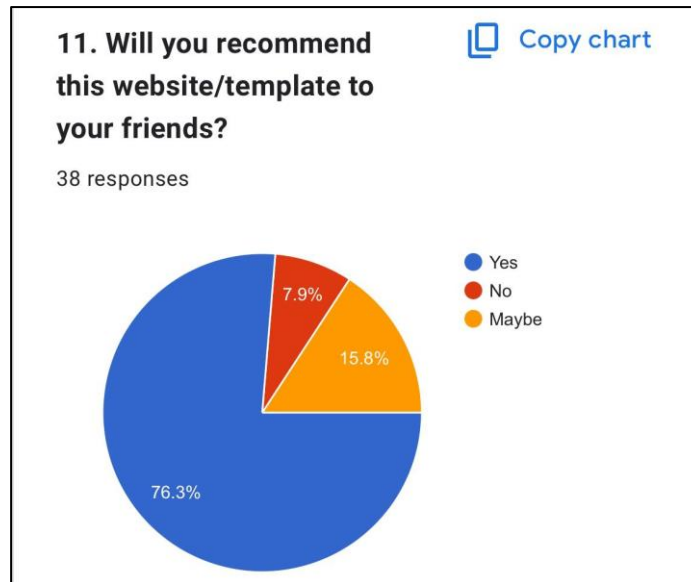
Figure 4.2.6: Shows will they recommend this website/template to their friends

4.3 Discussion

This project aimed to achieve three main objectives: developing the "Time Wise" website to help students with time management, evaluating its efficiency, and providing effective time management techniques. The discussion below revisits these objectives and evaluates the success of the project based on survey findings and observations.

1. To develop a website, "Time Wise," that can be used among students focusing on time management

The "Time Wise" website was successfully designed and developed with features tailored to the needs of students. Key features include:

Interactive Dashboard: Provides users with a centralized platform to track their schedules, tasks, and progress.

Task Prioritization Tools: Offers features such as to-do lists, time-blocking options, and categorized task management to ensure users focus on important activities.

Accessibility: As a web-based platform, "Time Wise" is compatible with multiple devices, allowing students to manage their schedules seamlessly across different platforms.

These design elements ensure the website is user-friendly and aligns with the goal of supporting students in managing their time effectively.

2. To evaluate the efficiency of "Time Wise" in managing time among students

Based on survey responses and system testing, "Time Wise" has demonstrated its effectiveness in improving time management among students.

Key findings from the survey include:

Ease of Use (Mean: 4.76): Students appreciated the website's simple and intuitive interface, which made it easy to navigate and use.

Effectiveness in Reducing Procrastination (Mean: 4.58): Respondents reported that the website helped them stay on track and minimize distractions.

Improved Time Management Skills (Mean: 4.62): Students noted improvements in organizing their schedules and prioritizing tasks after using the website.

These results indicate that "Time Wise" fulfills its intended purpose of enhancing time management efficiency.

3. To provide techniques for managing time effectively for students

The project successfully integrated evidence-based time management techniques into the website's features. These include:

Pomodoro Technique: Embedded timers encourage users to focus on tasks for set intervals, promoting better concentration.

Task Prioritization: A feature to rank tasks based on urgency and importance helps users tackle high-priority items first.

Goal Setting: Users can set short-term and long-term goals to stay motivated and aligned with their priorities.

These techniques were well-received by the survey participants, who found them helpful for improving productivity and balancing academic and personal responsibilities.

Challenges and Recommendations

Challenges:

Limited Sample Size: Feedback was collected from a small group of respondents, which may not fully represent the broader student population.

Feature Scope: Advanced features, such as personalized notifications or integrations with third-party calendars, were not implemented due to time constraints.

Recommendations:

Expand User Base for Feedback: Conduct larger-scale testing to gather diverse perspectives and refine features.

Introduce Mobile App Support: Develop a mobile application to increase accessibility and engagement.

Enhance Analytics Features: Provide users with insights into their time management habits to help them identify areas for improvement.

4.4 Summary

The "Time Wise" project successfully achieved its objectives by developing a user-friendly website that supports students in managing their time effectively. Survey results highlighted the platform's effectiveness in reducing procrastination and improving productivity. The inclusion of evidence-based time management techniques further strengthened its utility among users.

While the project faced limitations, such as a small sample size and the absence of advanced features, the overall feedback was positive. This demonstrates the potential of "Time Wise" as a valuable tool for students aiming to enhance their time management skills.

Moving forward, continuous development, such as incorporating user feedback, expanding accessibility through mobile applications, and adding analytics features, can further enhance the website's impact. The project underscores the importance of tailored digital tools in addressing common challenges faced by students, contributing to their academic and personal success.

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

5.1 INTRODUCTION

This section highlights the conclusion, recommendations, and limitations of our project, Time Wise. It serves to evaluate how effectively the project's objectives and goals have been achieved. We will address the challenges faced during the project's implementation and provide actionable recommendations to guide future enhancements for Time Wise.

5.2 CONCLUSION

Upon completing this final-year project, Time Wise, we successfully developed a website aimed at addressing the common challenges students encounter in managing their time effectively. By integrating practical tools and intuitive features, the Time Wise platform offers a reliable solution for organizing tasks and schedules. Feedback gathered through our questionnaires underscored its effectiveness and ease of use, validating its value to users.

Throughout the project, we faced and overcame various challenges. Maintaining strong communication and collaboration among team members was essential to resolving these issues and ensuring smooth development. The Time Wise website not only makes time management more accessible but also empowers users to plan their schedules effectively, enhancing their productivity and organizational skills.

Furthermore, for this Final Year Project, we conducted extensive research, analyzed data from previous studies, and gathered valuable user feedback. These insights were instrumental in refining and improving the Time Wise website, ensuring it meets the needs of students and others seeking to manage their time efficiently. This platform is not only beneficial to individuals but also serves as a valuable resource for the broader community, promoting effective time management for everyone.

5.3 RECOMMENDATION

Several recommendations can be considered to further enhance the Time Wise website and ensure it continues to meet the evolving needs of its users. Developing a mobile application would significantly improve accessibility and convenience, especially for students who rely heavily on mobile devices for daily tasks. A mobile version of Time Wise would allow users to manage their time on the go, ensuring easy access to schedules and tasks from anywhere. This would expand the platform's reach and versatility, making it a more comprehensive tool for time management.

Integrating Time Wise with external calendar applications, such as Google Calendar or Outlook, would also enhance its functionality. Many users already rely on these platforms for scheduling activities, and allowing seamless synchronization would provide a more unified experience. Users would be able to view and manage their tasks alongside other commitments, reducing the likelihood of missing deadlines or double-booking events.

Incorporating personalized features is another valuable recommendation. While Time Wise currently offers a general approach, tailoring the platform to individual needs would provide greater utility. Features such as custom reminders, task prioritization based on urgency, and the option to adopt personalized time management strategies would make

the platform more adaptable to different user preferences. This customization would help students organize their schedules more effectively according to their unique needs.

Introducing gamification elements could further enhance user engagement. Features like rewards, progress tracking, or challenges would make time management more enjoyable and motivating. By adding a gamified approach, Time Wise could encourage users to stay consistent with their time management efforts, transforming the process into a more rewarding and engaging experience that promotes productive habits.

In conclusion, implementing these four recommendations—mobile application development, calendar integration, personalized features, and gamification—would significantly enhance Time Wise functionality and user experience. These improvements would ensure the platform remains an essential tool for effective time management, helping users meet their academic and personal goals more efficiently.

GANTT CHART

WEEKS / ACTIVITY	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	W13	W14
MEETING WITH BUSINESS PROJECT LECTURER	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CONSULTATION WITH SUPERVISOR	■	■	■	■	■	■	■	■	■	■	■	■	■	■
DESIGN THINKING	■	■	■	■										
PROPOSAL PRESENTATION							■							
REPORT WRITING			■	■	■	■	■	■	■					
DATA COLLECTION & PREPARATION	■	■	■											
PRODUCT DEVELOPMENT		■	■	■	■	■	■	■	■	■	■	■		
TESTING OF PRODUCT										■	■			
FINAL DRAFT											■	■		
FINAL PROJECT SUBMISSION													■	■

Table 7: Gantt Chart

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