

ABSTRACT

Time Management Training to Improve University of Pembangunan Jaya's Student Time Management Ability

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University is one of many forms of formal education institute that plays an important role for individuals to be more dignified, firm, and creative. University student needs to fulfill their responsibilities to work on academic assignments to graduate in a limit amount of time. Students will confronted by lots of problems during their study in college. A need assessment conducted in University of Pembangunan Jaya found that most of the students are dealing a hard time to manage their time. This assessment leads to the urgency for a time management training for University of Pembangunan Jaya's students. The research method used for this research is an experimental within-subject by an one-group pretest-posttest design by using training as the research manipulation in order to increase the time management of the students. This research is using the Time Management Behavior Scale (TMBS) as the research questionnaire. This research found by using a paired sample t test resulted the t-count is larger than the t-table (2,883>2,145). This research concluded that time management training resulted a significant drop on the students TMBS score, but finds that the students were implements time management behaviors a month after the training.

Keywords: *Training, Time Management, University, College Students, Pembangunan Jaya University.*

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