



A COMPARATIVE STUDY ON TIME MANAGEMENT IN THE EARLY HOURS AMONG WORKING AND NON WORKING MOTHERS

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ABSTRACT

Time is what we want most, but what we use worst says William Penn. Time management is achieving the goal or meet a demand with use of others resources in a stipulated period of time. It is very difficult to handle the time when the human ability is insufficient. As a resource, time can be used in several ways. Within the management process we make decisions concerning its use. It may be allocated for transferring, exchanging, producing, protecting, saving-investing, or consuming. This research study focuses on how time is managed effectively in the early hours among working and non working mothers. An Expost facto research design and a descriptive research which is cross sectional in nature were used for the study. A total of 100 working and non working mothers were taken as a sample. The results depicts the management of time is more effective in case of working mothers compared to nonworking mothers.

KEYWORDS : Time management, Peak load

INTRODUCTION

Time management is an ability to manage individual personal time along with working time (Jinallee & Amitkumarsingh, 2018). It means using time effectively which calls upon the persons knowledge on the quantitative and qualitative aspects of any other resources which is combined with time resource. In addition to this, it also necessitates examining available resources and determining which combination of resources will bring about the greatest degree of satisfaction while minimizing the use of each. It means examining time resources along with all the others (e-courseonline.com). It's very important to manage time in this urgent world and to take necessary steps in completing the task and meeting the demand as well. The purpose of the study is to identify the effective means of managing time and to educate the working and non working mothers to have a better living.

Review of literature

Women are said to be strive force in any households. They take care of their family, children and household chores despite of their well being and entertainment. . Woman as a wife and mother is the primary responsibility in the lives of women who are married. However, women also have their role to the career fields. As a career woman, she should sacrifice several things and have to be smart in handling and managing their lives to keep pace with career development. At the same time, they also have to manage their household and family that is the most important agenda in women's lives (Saleh, 2015). Every day is a challenge for working women to start up her work at home and then reach the office. It is stated by several researchers that time management is done better by women compared to men. Women face various problems in facing the roles and the stress caused by the role conflicts (Barnett et al., 2001). Mothers are more likely to face the challenges rather than men when it comes to the responsibilities taken in the home as well as outside (Glass & Estes, 1997). based on this literature the objectives of the study was framed as follows:

OBJECTIVES OF THE STUDY

1. To find out the time pattern of working and non working mother
2. To analyse the peak load in the early hours of working and non working mother
3. To compare the time managerial skills of working and non working mother.

Methodology

Variables of the study: Working status, age, type of family, income of the family, educational qualification, hours taken for household chores as independent variable and time management of working mothers and non working mothers as dependent variable

Operational definition:

Time management: It is a set of principles, practices, skills, tools and systems that work together to achieve a goal or to meet a demand (Nickel & Dorsey, 1998).

Peak load: For most people activities pile up on each other at certain times of the day or the week or the month or the season. These packed periods are called peak -loads (Gross & Crandall, 1990).

Research design

Research design is a plan, structure and strategy of investigation conceived so as to obtain answer to research question to control variance (Gupta, 1993). Ex post facto research design descriptive and quantitative research, cross sectional in nature was used in this study.

Sampling design

Random sampling technique was used in this study. A total of 100 working and non working mothers were selected among the population from Chennai city using random sampling technique.

Analysis of data: The data collected was edited, coded and analysed statistically using one way ANOVA and percentage analysis.

RESULTS AND DISCUSSION

The results and discussion of the study is discussed below

Table 1 Demographic profile of the Respondents in percent

S. No.	Demographic profile	Working mothers N=50	Non working mothers N=50	Percent of working mothers %	Percent of non working mothers %
1.	Age				
	20-30 yrs	32	29	64	58
	30-40yrs	18	21	36	42
2.	Type of family				
	Nuclear family	27	34	54	68
	Joint family	23	16	46	32

3.	Educational qualification				
	Higher secondary	11	14	22	28
	UG/PG	32	29	64	58
	Others	07	07	14	14
4.	Income of the family				
	Below 20,000/month	12	09	24	18
	20,000-30,000/month	21	30	42	60
	Above 30,000/month	17	11	34	22
5.	Hours spent for house hold chores				
	Below 2hrs	12	08	24	16
	2 to 3 hrs	33	31	66	62
	Above 3hrs	05	11	10	22

Table 1 represents the demographic profile of the selected sample. It is evident from the table most of the working (64%) and non working mothers (58%) were in the age group of 20 to 30 years and the remaining in the age group of 30 to 40 years. It is predicted from the table most of the respondents live in a nuclear type of family rather than a joint family system. It is inferred that the income of the family was 20,000 to 30,000 per month for most of the selected samples followed by above 30,000 per month and the remaining family income is below 20,000 per month. It is proved from the table the working and non working mothers took nearly 2 to 3 hours time to do their household chores followed by below 2 hours and above three hours for their house hold chores.

Table 2: One way ANOVA depicting the peak load during early hours among the type of family

Activities	Type of family	Sum of squares	df	Mean square	F value
Cooking	Between groups	166.035	2	83.018	3.001NS
	Within groups	2683.405	98	27.664	
Cleaning	Between groups	5.945	2	2.972	3.322*
	Within groups	86.805	98	.895	
Pre-preparation	Between groups	4.668	2	2.334	3.914*
	Within groups	57.842	98	.596	
Children care	Between groups	379.866	2	189.933	7.460**
	Within groups	2469.574	98	25.460	
Helping spouse	Between groups	576.245	2	288.123	12.295**
	Within groups	2273.195	98	23.435	
Other activities	Between groups	26.740	2	13.370	36.25**
	Within groups	35.770	98	.369	

*Denotes 5% level significance ** denotes 1% level significance

Table 2 indicates the peak load in the early hours of working and non working mothers based on the family type. From the table it is evident that there was highly significant difference between the activities such as children care (7.460), helping spouse (12.295) and other activities (36.25) like getting ready to office and school among the working and nonworking mothers based on the type of family. It is predicted from the table that there is 5% significance in the case of cleaning (3.322) and pre- preparation (3.914) while there is no significant difference among the cooking activities.

Table -3: One way ANOVA depicting the time management among working and non working mothers

Variables	Employment status	Sum of squares	df	Mean square	F value
Time Managerial ability in the early hours	Between groups	1097.143	1	1097.143	61.359*
	Within groups	1752.297	99	17.881	

** denotes $P < 0.01$

Table 3 indicates the time managerial ability in the early hours of working and non working mothers. It is inferred from the table that the working mothers have the capacity of managing time compared to non working mothers. The working mothers follow a time schedule and complete their work within the stipulated time as they have to reach the office while the non working mothers was less conscious about the time spent in their activities as they have enough time to complete their other activities after the early hours as well as they postpone some of the activities which can be performed later.

SUMMARY AND CONCLUSION

The above study aims at the time management in the early hours among working and non working mothers. It is proved that the time management in the early hours was done better by working mothers compared to non working mothers as they have proper time schedule and dedication of work.

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