

**THE EFFECTS OF TIME MANAGEMENT ON
ACADEMIC PERFORMANCE OF SECONDARY
SCHOOLS STUDENTS IN THIKA MUNICIPALITY**

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ABSTRACT

This study presents the effects of time management on academic performance of secondary school students. Time management has been defined as set of principles, practices, skills, tools and systems that work together to help one get more value of one's time.

The purpose of this study was to investigate the effects of time management on academic performance of secondary school students in a research conducted in schools in Thika Municipality.

Various related literature were reviewed for the purpose of establishing a research gap of knowledge that required methodology of investigation a problem under study. The review of related literature included, education and time management, self-discipline and time management skills, strategy focusing time for study and time management system.

The researcher conducted the study using the survey design because is helped in the descriptions and reporting of the way things were on the ground. In this case, survey design was suitable in bringing out the views of the various stakeholders of students' education on issues dealing with time management in secondary schools.

The data collected was systematically described, compared, interpreted, analyzed and statistically presented using frequency tables. The findings showed that majority of students indicated that time management had a lot of efforts on their academic work in schools and general performance in terminal and final examinations. Whereas teachers agreed that time management is an effective tool in promoting teaching and learning and consequent students-good performance in their home works and examinations. Parents engaged their children (students) in holiday tuitions and buying them text books to avoid wasting time in their education. The study found that peer pressure was the main cause of time wastage among secondary school students. The researcher therefore recommended on guidance and counseling services to be strengthened in schools to help students to manage time and concentrate in their studies.