

Time Management Practices of Working Class Mothers in Nigerian Tertiary Institutions: Need for Home Economics Education

Azubuike Ozioma C
Nwokolo C.K.C

Department of Home Economics, Federal College of Education(Technical),
Umunze-Anambra State, Nigeria

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Abstract

It is without doubt that everyone has equal amount of time and time waits for no one and proper use of time bring about quality and quantitative output. This prompted the need for this study to explore the time management practices of working class mothers in Nigerian tertiary institutions. Survey research was adopted. The population is made up of all the tertiary institutions in Nigeria. Eight tertiary institutions from the geographical zones of Nigerian were selected. Eighty respondents were sampled using simple random sampling. Three research questions were formulated to guide the study. Question validated by experts was used for data collection. The data collected was analyzed using mean. The results showed that working class mothers in Nigerian tertiary institution procrastinate duties and do not know the time management principles which the study of home economics would have inculcated that seminars and workshops be organized to educate Nigerian working mothers on the efficient practices by time management as a way of being more productive.

Keywords: Management, Nigeria, tertiary institutions

Introduction

Time is a concept that is used to refer to the duration or period available for doing particular things according to Schmerz, Davidson, Seaton and Tebbit (1990) time could be defined as an internal moment at which or a stretch of duration in which things happen. Nwachukwu (1998) viewed time as a duration, a point in progress, and a period of duration available for certain actions.

In the managerial terms, time is used to refer to the period available for performing managerial tasks Olof (2004) defined it as the duration with which series of needed for managerial effectiveness are performed. In terms of home economics, time is a resources that is available to a family. Every one has equal amount of time that is twenty four hour a day. The use of time affects each person's attainment of goal. Therefore, time should be properly managed, thus time management is the planning, organizing, implementing and evaluating the use of time as to accomplish or perform certain tasks or duties. Through the application of the principles of time management individuals can utilize these resources efficiently to achieved desired quality of life (Anyakoha 2000). Working class mothers should practice time management to achieve their desired goals though the study of Home Economics Education.

Working class mothers are mother who are engaged in paid jobs. These mothers combined their work activities with the home activities. These mothers have multiple roles to play to make ends meet. They go to work daily and at the same time care adequately for their families and other issues of life. The importance of time is obvious. Almost all the activities of the working mother is

expressed in terms of time. There is time for paid job activities and time for family activities and if these times are not adequately managed problem sets in. with the knowledge of Home Economics Education, the working mothers could learn the time management principles and this will help carry her along achieving her desired goals.

Therefore, Home Economics could be defined as that which is concerned with using, developing and managing human and material resources for the benefit of individual, families, institutions and the community, now and in the future (IFHE, 1986). Secondly, Home Economics could as a well be defined as the study of man as a total being, his environment and the interaction between the two (JHE, 1976) and lastly, Home Economics is a professional field which attempts to serve society through its efforts to solve and mediate family problems and problems of the larger society which impinge on the family (Elizabeth Ray, 1970). From these definitions of Home Economics one could understand that every body needs the knowledge of Home Economics especially mothers to help them carry along family situations.

Through Home Economics Education Nigerian working class mothers will be taught how to manage time adequate by teaching them the guiding principles underlying the use of time as follows:

- Make use of time plan or time table
- Arrange both household chores and office work properly
- Use work simplification techniques
- Avoid procrastination
- Concentrate on the tasks at hand
- Alternate light and heavy jobs as far as possible
- Start with work that may take a longer period to accomplish. (Anyakoha 2000)

In the same vein Nwankwo (2004) pointed out that no matter how you rush and rush or wish and wish through the day there is no time enough to do everything, you want done thus, in planning time one should consider sequence of activities, clustering activities, overlapping activities, combining activities, dovetailing activities and being able to evaluate time plan. When these working mothers manage time efficiently they will be able to conserve their energy without feeling fatigue and still have time for leisure.

To effectively perform working mother roles to achieve desired goals time management is required. This is because they are expected to take timely actions as homemakers to encourage and co-ordinate family members to accomplish task or achieve high productivity. The ability of the working mother to perform these roles satisfactorily depends on her ability to manage time. The central focus of time management is on scheduling the time available for the paid job and family activities so that the objective would be meaningfully achieved within the stipulated time.

Most often these working mothers do not plan their use of time both in the office and at home. Consequently, the working mothers are faced with a number of complexities which bothers largely on instances of inefficiencies in the performance of office task and home duties, rushing to tasks to beat deadlines in the offices, poor family management, absence from crucial meetings, appointments and activities and worst still leaving most important duties undone, thus working mothers always have the problems of balancing the office of work and home and other activities and that is why the researcher wants to examine the working class mothers time management practices and the need for Home Economics Education.

Statement of Problem

Some common expressions among working class mothers is "there is no time" "twenty four hands are not enough for the job" and you people went to kill me. Many mothers are known for coming late in the office while some go home late from the urgency of the tasks. This is to show that working mother usually find time as the one of their greatest handicaps.

Most working mothers breakdown as a result of stress and fatigue because of inadequate management of time often times, the working mothers procrastinate duties and have areas of work under as such many working mothers appear to be overworked, constantly under tension and wearied from heavy workloads such that they may not have time for family members thus, leaving the home and the children under the care of the house help and may be little children. The reason the working mothers give for not attending to their duties in the home is lack of time. The individual concept of time, which has come to be widely held in the society as "African time" also tend to affect the working mother use of time. The poor management of time has eaten deep into the working class mothers that there is the need to inculcate in them the proper use of time through Home Economics Education and that is why the study tries to examine the time management of Nigerian working mothers and it need to the study of Home Economics purpose of study.

The major purpose of this study is to find out time management practices of working class mothers in Nigerian Tertiary institution. Need for Home Economics Education. Specifically the study sought to

- (1) Find out the time management practices of working class mothers in Nigerian tertiary institutions
- (2) Find out the need for Home Economics Education on the time management practices of working class mothers in Nigerian tertiary institutions
- (3) Find out ways of enhancing the time management practices of working class mother in Nigerian tertiary institutions.

Research Questions

Based on the specific objective of the study the following research questions were posed;

- (1) What are the time management practices of working class mothers in Nigerian tertiary institutions
- (2) To what extend would the study of Home Economics Education be useful to working class mothers management of time.
- (3) What are the measures that would enhance the Nigeria working class mothers practices of time management.

Research Design

A description survey design was adopted.

Population, Sampling and Sampling Techniques

The population comprised of all working class mothers in Nigerian tertiary institution. The sample comprised 80 respondents, which were randomly chosen from eight (8) tertiary institutions in

Nigeria, sample random sampling was the technique adopted, Ten respondents were selected from the eight (8) tertiary institution from the geographical zones of Nigeria.

Instrumentation

The instrument used for the study was questionnaire designed based on the purpose of the study. The questionnaire consisted of 1 and 2 section. Section 1 seeks to collect the bio-data of each respondent while section 2 seeks for the opinion of the respondents on the issue of Time management practices of working class mothers in tertiary institution in Nigeria. The instrument scaling was a four-point scale. All the questionnaire item with mean rating of 2.5 and above were remarked disagreed.

The instrument was validated by experts who adjudged that it had content and construct validity.

Data Collection and Analysis

The instrument was administered by the researcher and with the help of some of the staff of some Tertiary institution. All were retrieved. The analysis of data employed was mean

Results

Research Question 1

What are the time management practices of working class mothers in Nigeria tertiary institutions.

Table 1: Respondent Rating on the Working Class Mother Time Management Practices.

S/No.	Items	X	Decision
1.	Working mothers combine activities as they work-that is do more than one thing at a time.	1.53	Disagree
2.	Nigerian working class mother. Consider "African time in their activities.	2.9	Agree
3.	Nigerian working class mother practice procrastination over their duties	3.81	Agree
4.	Nigerian working class mother would not delegate duties.	2.24	Agree
5.	They feel they can do it all no matter the time	1.53	Disagree

Table 1 showed that the respondents agreed to the items expect 1 which they disagreed that working mothers feel they can do it all no matter the time. This suggests that even though working mothers knew that they can not do it all yet they do not combine activities or do things at the right time.

Research Question 2

To what extent would the study of Home Economics be useful to the working class mothers time management?

Table 2: Respondent Rating on the Need for Home Economics on the Working Mothers Time Management.

S/No.	Items	X	Decision
1.	Home Economics Education will educate working mothers on the management of time through time management principles.	3	Agree
2.	Through Home Economics Education working mothers will learn to devotail activities	3.00	Agree
3.	Home Economics Education will educate mothers or guidelines on time management	3.00	Agree
4.	Home Economics Education will enable working mothers to appreciate the use of time.	3.11	Agree
		2.96	Agree

Table 2 – All the items in this table agreed to the items that Home Economics Education is needed by working class mothers to help them in the use of time research question 3 -1 what are the measures that could enhance the Nigerian working class mothers practices on time management?

Table 3: Respondents on the Measures to Enhance the Working Class Mothers Practices on Time Management.

S/No.	Items	X	Decision
1.	The organization of seminar, workshop on time management to the working class mothers	2.99	Agreed
2.	Home Economics Extension works to visit some of these institutions and the efficient use of time	3.04	Agree
3.	Mapping out punishments for who ever that do not meet up to the time expected in the office	2.58	Agree
4.	Working class mothers should try as much as possible to avoid procrastination in their duties.	2.84	Agree

Table 3 – The table showed that all the items accepted the measures that could help to enhance the working class mother time management practices because all the items had a mean of 2.5 and above.

Findings

Based on the analysis of data collected, the following findings were made;

- (1) That working class mothers sin Nigeria procrastinate on the duties they should perform
- (2) Home Economics Education is needed by the working class mothers to educate them of the time management practices
- (3) Nigerians working mothers do not understand what time management practices is all about.

Discussion of Findings

The result shown in table 1, 2, and 3 as a result of analysis of data indicated that there were poor time management practices of Nigerian working mothers. The findings made showed that Nigerian

working class mothers do not practice the use of time management efficiency and these tend to make them not to achieve much work, the family is neglected, they are always stressed up and tired and basically would not have time for leisure, thus office work is most a times carried home.

Conclusion

It is without doubt that Nigerian working class mothers in the tertiary institutions do not practice time management in their work places, and homes. It is also an established fact that every one has equal amount of time and time waits for no one. It is therefore concluded that with good practices of time management by Nigerian working class mothers in tertiary institutions the process of time and time management will be effectively controlled and managed, here working class mothers in Nigerian tertiary institutions become more productive in the office and at homes.

Recommendations

Based on the findings of the study the following recommendations are made:-

- (i) Seminars and workshops should be organized to educate working class mothers on the use of time
- (ii) Working class mothers should be advised to amend procrastination in carrying out their duties
- (iii) The study of Home Economics Education should be such that mothers should partake in it to help educate them on the use of time.

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