

INVESTIGATION OF THE POSITIVE RELATIONSHIP BETWEEN TIME MANAGEMENT AND HAPPINESS: THE MEDIATOR ROLE OF HOPE

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Abstract – Time management involves efficiently utilizing time in daily life and prioritizing tasks. Hope serves as a crucial determinant of happiness, positively impacting one's overall well-being. It embodies positive expectations and aspirations for the future. Effective time planning enhances individuals' optimism toward achieving their future objectives. The influence of hope significantly contributes to the development of time management skills. Hopeful individuals perceive future opportunities, motivating them to utilize their time efficiently. Moreover, hope fosters a positive perspective on time and encourages efficient time utilization. Concurrently, effective time management positively correlates with increased levels of happiness. Hence, the primary research objective revolves around determining the extent to which hope mediates this relationship. To accomplish this, the study employed the "Leisure Time Management Scale," "Hope Scale," and "Oxford Happiness Short Form Scale." Data were collected via an online pilot study involving 100 participants. The Hayes PROCESS Macro 4 was utilized to elucidate the model and identify the role of mediating variables. Time management and hope synergistically complement each other; effective time management supports a hopeful outlook, while hope aids in refining time management skills. Findings suggest that hope plays a pivotal mediating role in the correlation between time management and happiness. Individuals who efficiently manage their time tend to experience greater happiness, particularly when coupled with a hopeful mindset.

Keywords – Time Management, Hope, Happiness, Hayes Process, Mediation effect

I. INTRODUCTION

Happiness is a general state of contentment [8]. There are two types of happiness: hedonic and eudaimonic. Hedonic happiness is focused on pleasure, while eudaimonic happiness signifies having a sense of meaning in life [9]. Genetics and personality traits account for 50% of the determinants of happiness, while 40% is influenced by relationships, and 10% by socio-demographic variables [14].

Among the factors influencing happiness are gender, age, income level, education, and marital status.

Theoretical perspectives unveil different viewpoints when assessing happiness. According to

the needs theory, individuals experience happiness when their needs are fulfilled, and they reach their goals [20]. However, the activity theory suggests that the determinant of happiness lies not in the goals themselves, but in the activities pursued while striving for those goals [7]. In the case of the adaptation theory, individuals become accustomed to both happiness and unhappiness due to their adaptability.

Hope refers to positive expectations regarding the future. Additionally, hope is a manifestation of both cognitive and emotional mechanisms, supporting individuals' motivation toward goals. It prompts action and provides energy. Snyder [21] has examined hope in three stages within his theory. These stages involve setting goals directed toward

desires, devising strategies toward those goals, and being motivated by the goals. Hope plays a significant role in maintaining mental health.

Time management refers to an individual's self-management over time. Its aim is to reduce stress and control pressure. The primary principle of time management is to prioritize tasks and focus all efforts in that direction [15]. Effective time management enhances an individual's performance and aids in achieving goals swiftly. To utilize time efficiently, one engages in time planning and analysis while avoiding tasks that may lead to procrastination. Taking preventive measures against time traps is another crucial aspect of time management.

II. INSTRUMENTS AND METHOD

This research aims to explore the mediating role of hope in the correlation between students' time management and their levels of happiness, employing a relational screening model [6].

The independent variable in this study is time management, while happiness is the dependent variable. Hope acts as the mediating variable within this framework. The research model is illustrated in Figure 1.

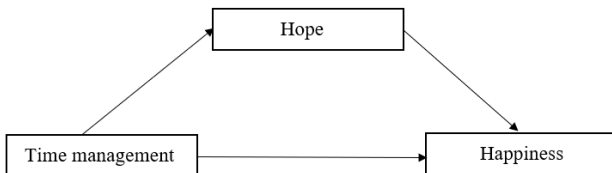


Figure 1. Hypothesized Research Model

A. Population and Sample

The sample consisted of 100 psychology students studying at Bolu Abant İzzet Baysal University. The sample was accessed online via the “google forms” application.

B. Data Collection Tools

"Demographic Information Form", "Leisure Time Management Scale", "Continuous Hope Scale" and "Oxford Happiness Scale Short Form" were used as data collection tools in the research.

C. Demographical Form

In the Demographic Information Form, questions were asked about the gender and age of the students.

D. Oxford Happiness Scale-Short Form

Hills and Argyle [17] developed this scale to measure happiness. Doğan and Çötök [10] adapted the scale to Turkish. The scale was one-dimensional and consisted of 7 items. When entering the data, items 1 and 7 are reverse coded. The scale is five-point Likert type. The test-retest reliability is .88 and the internal consistency coefficient of the Oxford Happiness Scale Short form is .74 [11].

E. Leisure Time Management Scale

This scale was developed by Wei-Ching Wang et al. It was developed by [25]. It was adapted into Turkish by Akgül and Karaaçık [1]. The scale has 15 items and is a 5-point Likert type. The scale consists of 4 sub-dimensions: "Goal determination and method", "Evaluation", "Idle attitude" and "Programs". The statements in the "Programming" sub-dimension are negative statements. The Cronbach alpha coefficient of the scale was .83.

F. Trait Hope Scale

This scale was developed by Snyder et al. It was developed by [22]. The scale was adapted to Turkish by Tarhan and Bacanlı [24]. In the scale, points are given to 8 items that constitute the alternative ways and active thinking sub-dimensions, and the other 4 filler items are not given points. The scale is 8-point Likert type. The Cronbach alpha coefficient of the scale was .83 [24].

G. Collection of Data

Data collection started after receiving the approval of the Ethics Committee of Bolu Abant İzzet Baysal University. Informed Consent text was presented to the participants and the research continued with the participants who accepted it. 100 people were reached online via “Google forms”.

H. Data Analysis

Correlation analysis was performed to determine the relationships between variables. Hayes PROCESS Macro was used to test the model and conduct mediator variable analysis. Analyzes were carried out with the SPSS 22.0 package program.

III. RESULTS

The sample of the study consists mostly of female participants (79% female, 21% male, $M = 1.21$, $SD = 409$)

As a result of the correlation analysis, a moderately positive and significant relationship was found

between time management and happiness ($r = .420$, $p < .001$). A moderately positive and significant relationship was found between time management and hope ($r = .518$, $p < .001$). A moderately positive and significant relationship was found between hope and happiness ($r = .526$, $p < .001$).

The model's power to explain the variances on happiness was 31% ($R^2 = .3185$, $Mse = 16.75$, $F(2, 97) = 22.6615$, $p = .00001$).

Table 1. Findings regarding the model's power to explain happiness

| R-sq | MSE | F | p |
|-------|---------|---------|------|
| .3185 | 16.7523 | 22.6615 | .001 |

The total effect of time management on happiness is significant ($B = .54$, $se = .16$, $LLCI = .21$, $ULCI = .86$, $p = .0016$). The direct effect of time management on happiness turned out to be insignificant ($B = -.04$, $se = .18$, $LLCI = -.39$, $ULCI = .31$, $p = .8246$). This indicates the full mediating role of time management in the model (Table 2).

Table 2. The total and direct effect of time management on happiness

| | Effect | se | LLCI | ULCI | p |
|---------------|--------|-------|--------|-------|-------|
| Total effect | .5369 | .1653 | .2089 | .3118 | .0016 |
| Direct effect | -.0394 | .1771 | -.3909 | .3122 | .8246 |

Analysis findings regarding the indirect effect of time management on happiness also indicate the mediating role of time management ($B = .58$, $se = .16$, $LLCI = .27$, $ULCI = .91$).

IV. DISCUSSION

Individuals who manage their time well are happier. Individuals with effective time management skills have hopeful expectations for the future. Hopeful individuals are more motivated to improve their time management skills.

While hope has a significant impact on the development of time management skills, it is also an increasing factor on the happiness levels of individuals.

When the situation is examined in terms of the positive effects of hope and time management skills on happiness, it may be beneficial to add activities that will improve individuals' hope levels to time management training in order to increase productivity and satisfaction.

Studies [2], [16], [13], [19], [4] suggest that engaging in leisure activities positively influences happiness, a finding consistent with our research. Overall, the collective analysis emphasizes the positive influence of both time management and leisure activities on happiness.

The findings from certain studies [5], [23], [18], [3], as identified through literature review, align closely with our study's results. It's evident from these results that hope acts as a predictor of happiness, and a positive relationship exists between these two variables.

While this study had limitations in terms of online data collection and sample size, the results serve as a foundation for more extensive future research. Another limitation was the examination of only the mediating role of hope. Subsequent research could explore the effects of other potential mediator variables such as social support, self-efficacy, self-regulation capacity, and stress coping styles within the scope of this study.

V. CONCLUSION

Study findings reveal that time management is an effective factor on happiness. The findings essentially concluded that hope helps improve time management skills.

As a result of examining the model, we found that hope played a full mediator role in the relationship between time management and happiness. Individuals who manage their time well experience more happiness when they are hopeful. Improving time management skills and maintaining a hopeful perspective helps individuals reach higher levels of happiness.

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