




Research Article

Boosting Academic Achievement: The Impact of Mobile Apps on Time Management and Study Skills in University Students

Nazatul Syima Mohd Nasir^{1,*}, Khairul Hisyam Baharuddin², and Alexander Stark³

¹ Universiti Malaysia Kelantan; syima.mn@umk.edu.my;  ORCID ID: 0000-0001-6238-022X

² Universiti Malaysia Kelantan; khairulhisyam@umk.edu.my;  ORCID ID: 0000-0003-1903-6460

³ Universiti Malaysia Kelantan; alexander.s@umk.edu.my;  ORCID ID: 0000-0002-9260-3129

* Correspondence: syima.mn@umk.edu.my; 01126151550

Abstract: *This research delves into how mobile apps can improve time management and study skills in university students to help them succeed academically. The study used a combination of methods, including a survey of 100 students and interviews with 20 participants to assess the effectiveness of apps such as "Forest," "Todoist," and "Evernote." The results showed that 85% of participants experienced better time management skills with certain apps standing out in areas like reducing procrastination, organizing tasks and taking notes. However, some challenges like issues and the learning curve for using all features were also noted. The study emphasizes the potential of designed mobile apps, in creating structured schedules prioritizing tasks and improving study efficiency for better academic results. Recommendations were given for institutions and app developers to enhance student learning through integrating and enhancing these technological tools continuously.*

Keywords: mobile applications; time management; study skills; academic achievement; university students.



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1. INTRODUCTION

Effective time management and strong study skills are crucial for achieving success in university. However, many students struggle to juggle their responsibilities with personal commitments leading to stress and less than ideal academic outcomes. The rise of technology, especially mobile apps, offers a promising solution to help students better manage their time and enhance their study methods.

The importance of these apps is highlighted by the growing use of technology in education and everyday life. Mobile applications come equipped with features such as syncing with calendars, setting reminders for tasks, and providing customizable study tools that offer accessible and user-friendly solutions. Additionally, the convenience of devices allows students to organize their schedules and study effectively from anywhere.

This research aims to identify and assess mobile apps designed to assist university students in time management and enhancing study practices. Key research questions include what features in apps are most effective in improving time management and study skills, for university students? How do students perceive the impact of these apps on their performance and overall wellbeing? The need to

tackle these issues becomes more pressing as educational settings rely more on solutions, driven by changing teaching methods and the demands of remote learning situations.

This study seeks to explore how certain mobile apps perform, with the goal of offering perspectives on the real-world advantages and drawbacks of these technological tools. This research aims to assist students, teachers, and software developers in maximizing the value of technology.

2. METHOD & MATERIAL

This study uses an assessment approach to examine mobile apps that claim to improve time management and study skills among university students. The criteria for selecting these apps involved considering their popularity based on download numbers and user ratings from app stores relevance to purposes and availability on various platforms to cater to a diverse student population.

A mixed methods strategy was adopted to evaluate the efficacy of these apps. Quantitative data was gathered through a survey distributed to 100 university students focusing on usage patterns, perceived effectiveness, and self-reported academic improvements after using the apps. Additionally, 20 qualitative insights were obtained through structured interviews with a chosen group of participants to delve deeper into their personal experiences and contentment with the features offered by the apps.

The evaluation framework for assessing these applications focused on key elements crucial for effective learning and time management. This encompassed aspects like user friendliness functionalities tailored for tasks (such as scheduling, reminders, and progress monitoring) integration, with existing educational platforms (e.g. University course systems) and gamification elements designed to boost engagement.

This detailed approach aims to provide insights into the effectiveness and constraints of the chosen mobile apps facilitating a meaningful conversation about how they can enhance academic performance for university students.

3. FINDINGS

The assessment of apps designed to help university students enhance their time management and study skills provided valuable findings. A survey involving 100 students from fields indicated that apps like "Forest," "Todoist," and "Evernote" were popular choices with high ratings among the participants. These applications were commended for their user interfaces, seamless synchronization across devices and extensive features tailored to meet the specific needs of university students.

3.1 Survey Results

Statistical analysis revealed that 85% of respondents reported enhancements in their time management abilities following use of these apps. In particular "Forest" stood out for its strategy in promoting focus by discouraging phone usage leading to a 78% decrease in procrastination among users. Users praised "Todoist" for its task organization features with 82% appreciating its flexibility and reminder options. Meanwhile "Evernote," known for its note taking and organizational functions garnered favour from 90% of respondents due to its effectiveness, in boosting study productivity.

3.2 Interviews

Insights gathered from interviews highlighted the importance of these apps in facilitating a structured academic schedule. Students noted that real time reminders, deadline setting capabilities and progress tracking mechanisms significantly contributed to their discipline. Some apps include game features that seem to boost motivation and involvement especially when studying intensively.

3.3 Challenges

Yet users faced obstacles such as sporadic technical glitches like syncing problems and the need to learn how to make the most of all the available features. Despite these challenges overall agreement suggests that mobile apps are crucial in improving time management and study abilities ultimately aiding achievements.

4. DISCUSSION

The findings from this study emphasize the significance of applications in assisting college students with time management and enhancing their study skills. Apps such as "Forest," "Todoist," and "Evernote" have proven to be highly beneficial in aiding students in organizing their study timetables prioritizing tasks and enhancing their performance (Lee et al., 2019; Pal & Vanijja 2020). These results align with research indicating the substantial influence that technology can have on students' academic behaviours and outcomes (Giunchiglia et al., 2018).

The effectiveness of these applications relies on their user interfaces and features tailored specifically for educational purposes (Iqbal & Qureshi 2012). Favourable feedback on functionalities such as task reminders progress tracking and customization options underscores the importance of these apps adaptability to meet student needs (Alrasheedi et al., 2015). Moreover, integrating gamification elements appears to enhance student engagement and motivation consistent with studies demonstrating the impact of gamification, on learning experiences (Majuri et al., 2018; Subhash & Cudney 2018).

While these applications offer benefits the research also pinpointed challenges that could hinder their effectiveness. Challenges like difficulties with synchronization and the initial learning curve of utilizing all the apps functionalities underscore the importance of improvement and support for users (Aldhaban, 2016). These discoveries indicate that although mobile apps can be highly advantageous, for students their effectiveness depends on improvements and designs that prioritize user experience (Horstmanshof, 2004; Iqbal & Qureshi 2012).

5. CONCLUSION

This study has investigated how mobile apps can help university students improve their time management and study skills. The results show that apps like "Forest" "Todoist" and "Evernote" are valuable for organizing tasks staying focused while studying and ultimately boosting academic performance. Many users have reported improvements in time management and productivity thanks to these applications.

Educational institutions and app developers should take these findings into consideration to support student learning. Institutions could integrate these tools into their educational resources and provide training to help students make the most of mobile technology in their studies.

Developers should prioritize refining their apps based on user feedback. Ensuring they function well to maximize their impact. Future studies should investigate long term effects of these apps on student success, such as performance and retention rates. Examining a variety of apps and including more diverse student populations could offer deeper insights into how broadly applicable the current findings are.

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