

Research on Time management and Learning Status of Undergraduates in Chinese Universities

Wu Chengming and Noraini Binti Hj. Zainal Abidin

Abstract –The objective of this study is to understand the current situation of undergraduates' ability to manage their extracurricular time and their learning status. In the actual analysis, with a university in Meizhou City, Guangdong Province as an example. By combing the relevant literature and the basic theory, combined with the literature method, questionnaire survey method, interview method, participatory observation method, etc., the current situation of time management, existing problems and practical management ability of college students are investigated and analyzed.

This study examines the characteristics and differences of undergraduates with different household registrations and academic performance in terms of their extracurricular time management behaviors in three dimensions: awareness of time management, planning of time management and control of time management control, so as to analyze their time management ability. Awareness of time management refers to the individual's views, attitudes and awareness of the importance of extracurricular time; The most critical part of time management is the planning of time, that is, the ways and methods used to manage time, mainly including setting goals, arranging priorities and allocating extracurricular time; The dimension of control mainly includes the control of habitual procrastination, self-control, and control of internal and external disturbances. Its purpose is to evaluate undergraduates' autonomous control ability.

This study uses such software as SPSS for descriptive statistical analysis and tests on the survey data, so as to explore the current situation of undergraduates' ability to manage extracurricular time the influencing factors. It thus provides methods and countermeasures, as well as effective and feasible recommendations for universities and undergraduates to manage their extracurricular time well.

It also provides corresponding solutions for the scientific education, teaching and education management of colleges and universities, aiming to improve the management ability of undergraduates in Chinese colleges and universities after school time, to better promote the learning, growth and comprehensive quality development of undergraduates. ...

Keywords – Time management, undergraduates in Chinese Colleges and Universities, time management ability, extracurricular time management

I. INTRODUCTION

Undergraduates' time management refers to a series of management activities through which undergraduates actively plan and control their personal life time during the undergraduate years eventually aiming to realize self-development through the effective use of time. In the time management of undergraduates, outlook on life and values

should be the tenet, personal self-management should be the core, and specific management activities in the use of time should be the main content. It includes not only the application of effective management methods to save time and improve the efficiency of time use, but also overcoming and eliminating internal and external factors that lead to the waste of time.

The personal time of undergraduates consists of three parts: personal study time (including classes, practical training, practice, etc. arranged in the teaching plan), time to meet physiological needs (eating, sleeping, etc.) and extracurricular time. Since the personal study time of undergraduates in Chinese colleges and universities is spent as planned under the supervision of colleges, teachers, head teachers, and counselors, etc., the personal study time of undergraduates in Chinese colleges and universities is not the focus of this paper. The research subjects of this paper is mainly the extracurricular time management of undergraduates in Chinese colleges and universities.

The extracurricular time management of undergraduates in Chinese colleges and universities specifically means that for the time that they can independently control other than the personal study time and the time for meeting physiological needs, undergraduates proactively plan and control it, arrange and use it effectively, thus achieving the most effective use of time for self-development and realization. Undergraduates have ample extracurricular time. Colleges and universities should guide undergraduates to correctly understand the value of time, establish clear goals, formulate reasonable action plans, prioritize things, optimize time arrangements, and form an orderly life order, apply time management skills to overcome time waste caused by internal and external factors, gain more time and spend it for personal creative development.

Improving the learning status of undergraduates in Chinese colleges and universities should start from encouraging them to learn to manage their extracurricular time. Chinese undergraduates generally lack effective management of extracurricular time and waste their extracurricular time. It is very necessary to investigate and study how undergraduates in Chinese colleges and universities view and utilize their extracurricular time, and whether there is a need for related control and guidance to be contained in college education. Therefore, this study aims to investigate the actual situation of extracurricular time management of undergraduates majoring in Ideology and Politics, Law, History, and Social Work in Jiaying University in Guangdong Province, reveal the relationship between their extracurricular time management and learning status, and makes recommendations for improvement, thus having strong theoretical value and practical significance.

II. PROBLEM STATEMENT

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Nowadays, China's higher education is vigorously developed and supported. With the increasing demand for high-level talents in China, the rapid development of colleges and universities requires them to pay more attention to the training of students. The cultivation of undergraduates not only requires the management of colleges and universities to adapt to their connotation construction, but also requires the self-management of undergraduates for mutual improvement.

Firstly, after the students begin their college education, their model of life and learning management changes. Undergraduates have gotten rid of the previous state of living and learning under constant supervision, and most of the time they need to study independently. Therefore, entering colleges and universities does not mean that they can adapt to the study and life there. The learning environment in colleges and universities is relatively free, without the tension they had before, and the learning and training tasks are relaxing. In the process, students who are accustomed to being managed are easily disoriented and have no clear goals, which can make them lazy. Nowadays, most undergraduates have problems in time management, and their management of time is very arbitrary, blind, and irrational.

Secondly, as an administrator of undergraduates in a Chinese university, I often participate in the handling of undergraduates who have violated disciplines. By analyzing and observing the discipline-violating behaviours of undergraduates, I found that most of these behaviours happened in the extracurricular time that undergraduates can control by themselves.

At present, in the field of pedagogy, there are few studies on the management of after-school time, and the existing research mostly focuses on educational psychology. There are even fewer studies from the perspective of educational management on undergraduates in Chinese colleges and universities. Therefore, from the perspective of education management, combined with relevant knowledge of such disciplines as management and educational psychology, this study reorganizes the connotation of time management and the cultivation of time management ability. This study selects a special group of Chinese undergraduates as the research subject. Through questionnaires and interviews, it reveals the problems of Chinese undergraduates in their extracurricular time management ability and educators' problems in student cultivation, and analyzes the causes of these problems. On this basis, it proposes specific countermeasures and solutions, which are based on the needs of the research status of Chinese undergraduates' extracurricular time management.

Research Objectives

This study aims to investigate the actual situation of time management of undergraduates majoring in Ideology and Politics, Law, History, and Social Work in Jiaying University, Guangdong Province, China, aiming to analyze the differences between undergraduates with different types of household registration (rural household registration and urban household registration) and academic performance (excellent students and students with difficulties in learning) in terms of their time management, reveal their problems in

time management, and make recommendations for improvement, and improving their time management ability.

This study has selected undergraduates majoring in Ideology and Politics, Law, History, and Social Work from Jiaying University in Guangdong Province, China as the research subjects. This is mainly based on two reasons:

I. Jiaying University is a full-time public undergraduate university in Guangdong Province with a history of over 100 years. It has a wide range of enrollments, mainly enrolling from 15 provinces (cities, autonomous regions); it has a complete range of majors, covering 11 disciplines, such as literature, science, engineering, law, and medicine; it has a large number of students, having more than 28,000 full-time undergraduates; and it has many years of school-running experience, making it representative among Chinese colleges and universities.

II. Jiaying University is located in Meizhou City, Guangdong Province, a famous historical and cultural city in China, the hometown of Marshal Ye Jianying, a famous old revolutionary base, the whole area is a former Central Soviet Area, and it has gained the reputation of "the Hakka capital of the world", "the hometown of culture, the hometown of overseas Chinese, and the hometown of football", making a good representative of the region and among Chinese cities. The research subjects are 200 freshmen, sophomores, and juniors majoring in Ideology and Politics, Law, History, and Social Work in Jiaying University.

Research Questions

This study takes the time management and learning status of undergraduates in Jiaying University, Guangdong Province as the research subjects. From the perspective of undergraduates' time management status, basic situation, learning characteristics, self-management awareness and behaviour process, this paper analyzes the time management ability of undergraduates in Chinese colleges and universities. In addition, based on the actual situation of learning and life of undergraduates, it analyzes the learning situation of undergraduates and related problems. Finally, this paper reveals the problems existing in the time management and learning status of Chinese undergraduates, and proposes targeted recommendations and measures.

This study analyzes the following questions in turn :

I. The differences between undergraduates with different types of household registration (rural household registration and urban household registration) and academic performance (excellent students and students with difficulties in learning) in terms of how they manage their extracurricular time.

II. The differences between undergraduates with different types of household registration (rural household registration and urban household registration) and academic performance (excellent students and students with difficulties in learning) in terms of their management of extracurricular time are related to their time management ability.

III. The differences between undergraduates with different types of household registration (rural household registration and urban household registration) and academic performance (excellent students and students with difficulties in learning) in terms of their management of

extracurricular time can significantly affect their academic achievements.

IV. This study further explores the problems of undergraduates in the management of spare time, and proposes strategies for cultivating time management ability.

III. LITERATURE REVIEW

By reviewing and sorting out relevant literature on undergraduates' time management, the researchers learned that many scholars at home and abroad have conducted a lot of research on time and time management from different perspectives such as management, psychology, and sociology. They have accumulated a lot of valuable theoretical achievements and practical experience for this research.

The relevant literature has adopted standard measurement tools in time management, mainly including: Time Structure Questionnaire (TSQ), Time Management Behavior Scale (TMBS), Time Management Behaviour Questionnaire (TMQ) and Adolescent Time Management Disposition Scale (ATMD). These time management measurement tools provide reference and technical support for subsequent related research.

The research on time management conducted from the perspective of management mainly presents the time management problems of undergraduates and its various negative effects. The level of time management affects all aspects of an individual's study, life and work. Therefore, many scholars have paid attention to how to update time management ideas and improve time management methods and skills. They emphasized that time management was increasingly not just about managing time, but it had become more and more important to consider the individual factors of people.

It is particularly worth mentioning that some studies have used self-designed time management training programs to carry out time management interventions and cultivate time management skills. Relevant studies have shown that professional time management training and intervention can improve students' individual time management ability, thus effectively improving academic performance. Other research showed that group tutoring could improve group members' time management tendency, satisfaction with learning and self-efficacy in self-academic studies, and help to develop undergraduates' time management ability and skills. And whether group counseling is normative also had a certain influence. These findings have pointed a new direction for the research on the strategies of cultivating undergraduates' ability to manage time.

Foreign scholars' research on student time management focused on time management scales. They attached importance to providing accurate and systematic tools for the measurement of students' time management tendency levels and behavioural status quo. Among them, the planning and purpose of time management is the focus of measurement. At the same time, they emphasized that in the process of exerting the role of time management in improving academic performance, attention should be paid to following the personal biological clock, knowing when to do things, and working and resting reasonably; in the process

of exerting the effect of time management on reducing psychological stress, attention should be paid to the implementation of executive behaviours and anti-procrastination behaviours to enhance the sense of time control. At the same time, foreign researchers have actively studied the effectiveness of time management training to improve time management skills, and have reached positive conclusions. They have also accumulated successful experience in the combination of "systematic explanation of time knowledge + practical application of time management strategies". Chinese undergraduates can learn from these experiences in the process of time management training.

After 2001, China's research on time management has been basically unified under the theoretical framework of "time management tendency". Existing research mainly focuses on the relationship between undergraduates' time management and individual psychological characteristics and behaviour, such as the relationship between time management tendency and academic performance, achievement motivation, self-worth, mental health, personality characteristics, family education, employment, etc. Relevant research results show that time management tendency has a certain impact on undergraduates' academic performance and the realization of goals in life. The stronger a person's concept of time and self-control, the more likely he is to achieve higher grades, and the more conducive to the individual's self-development.

In addition, the use of extracurricular time is related to the growth and life development of undergraduates, and it has become an issue that must be highly valued at both the theoretical and practical levels. About the management of Chinese college students' spare time. Tang Dianquan (2002) conducted a survey on some undergraduates in 25 colleges and universities across the country. The survey showed that the behavioural tendencies of contemporary undergraduates in their extracurricular time were diversified and positive. At the same time, there were significant differences in the behavioural tendencies of undergraduates in their extracurricular time due to differences in gender, school type and school region.

Wang Guanghong (2002) conducted a survey on the status of extracurricular life of science and engineering undergraduates. The study found that the extracurricular life of science and engineering undergraduates has the following characteristics: high enthusiasm for improving their own quality, frequent conflicts between thoughts and behaviours, and there was a certain degree of "leisure confusion" and "leisure poverty".

Li Qingfeng (2002) conducted a questionnaire survey on the leisure time utilization of undergraduates. The results showed that the quality of leisure life of undergraduates was generally not high; the time structure of leisure activities was not reasonable; the level of leisure life was not high; undergraduates lacked awareness of their leisure life and were basically in a state of blindness; undergraduates lacked leisure-life skills; undergraduates had a poor assessment of the leisure-life environment.

Zhang Shuangqiao (2003) conducted a survey on the extracurricular time of undergraduates with each class and youth league branch as a basic unit. The results showed that

students' use of their extracurricular time was generally positive, and their after-school life was rich and colorful. Students of different grades had different feelings about their extracurricular time. Among them, the main problems were: few people often actively participate in physical exercise, more people played games online, group activities were difficult to organize, and there was little communication among classmates.

Ye Yunming (2003) found through investigation that the problems existing in the utilization of leisure time of undergraduates could be summarized as follows: they did not fully understand the importance of leisure time; they did not make reasonable arrangements for leisure time; leisure life was monotonous and boring; leisure time utilization efficiency was relatively low.

Ding Shan and Zhao Jianchun (2006) believed that some undergraduates in many colleges and universities did not know how to rationally arrange their extracurricular time, and surfing the Internet, shopping, and watching video discs had become the main ways for undergraduates to spend their extracurricular time.

According to Li Ruhui and Song Qinjuan (2007), China University of Petroleum (East China) conducted a survey on the reading situation of undergraduates and found that more than half of the students spent their extracurricular time on the Internet. In addition, undergraduates tended to be "entertainment" and "utilitarian" when reading books, and the reading structure was very unreasonable.

Huang Shiyang (2008) adopted the research method of asking questions and supplementing the network, and came to the following conclusions: in their extracurricular time, students tended to go to the library to read, participate in student activities such as the student union, work-study, job hunting, love, sleep, make friends, and have leisure. The survey analyzed after-school living arrangements by gender, grade, and university, and found large differences. Many undergraduates experienced emptiness and boredom in their extracurricular life. The study also pointed out that the main problem of undergraduates was that they do not know how to arrange their after-school life, which was also closely related to the current situation of higher education in China.

According to the relevant theories of time management tendencies at home and abroad, Yu Peng and Li Jianwei (2010) developed the "Undergraduate extracurricular time Management Scale" to explore the psychological structure of undergraduates' extracurricular time management. Through the measurement of 1,250 undergraduates, through project screening and path correction, they established a model for undergraduates' extracurricular time management. The research results showed that: three factors could be extracted in the positive dimension: sense of control, sense of purpose and sense of efficacy in extracurricular time, while the negative dimension was composed of sense of confusion in extracurricular time; the reliability and validity of the scale meet the basic measurement requirements; there were significant differences in gender, urban and rural areas, arts and sciences, grades and academic performance among undergraduates in their extracurricular time management.

Based on the theoretical results of Huang Xiting and other scholars, Tang Jing (2010) investigated and analyzed the tendency of undergraduates to manage their

extracurricular time, and obtained relatively ideal results. Ma Lifang (2010) conducted a questionnaire survey on 212 students of Dongying Vocational College to understand their time management tendencies and extracurricular time management and put forward countermeasures.

Xiao Zhicheng and Jiang Xiangqi (2011) used the "Questionnaire for Self-Management of Leisure Time of undergraduates" to investigate the status of self-management of leisure time among 249 adult students. The results showed that: the overall status of self-management of adult students' leisure time management was poor; there were significant gender differences in the time allocation and satisfaction of adult students' leisure time self-management. Adult students had significant grade-level differences in time allocation, initiative, planning, and satisfaction in self-management of leisure time. On this basis, they proposed countermeasures for the self-management of adult students' leisure time.

Li Weiwei (2011) believed that electronic, networked, personalized, utilitarian, and entertaining are the new characteristics of the current undergraduates' extracurricular life, and the Internet and electronic products occupy most of the undergraduates' time. This kind of networking and electronicization would have a huge negative impact on the health and growth of undergraduates.

Zhang Pei (2013) randomly surveyed 900 undergraduates on their extracurricular time management. The results showed that undergraduates could not reasonably manage their extracurricular time, whether on weekends or on weekdays. They spent most of their extracurricular time on activities such as "surfing the Internet, playing with mobile phones, and studying". The research pointed out that the network information technology had seriously affected the management of undergraduates' extracurricular time.

Guan Yunhu et al. (2015) conducted a research on the current situation of undergraduates' extracurricular time management. The research held that undergraduates waste more time in the virtual world of the Internet, and there were big problems in the management of their extracurricular time: they lacked the sense of the value of time and the time was not allocated properly.

Wei Congcong, Si Rui (2015) investigated the current situation of after-school time management in an agricultural university. They held that colleges and universities should actively and effectively carry out after-school education for undergraduates, provide various convenient platforms for after-school life, and undergraduates should consciously plan after-school time management strategies for their after-school life.

Gao Yongmei, Shen Haijuan, Wang Ling (2015) conducted a comprehensive questionnaire survey on students from 10 representative vocational colleges in Zhejiang Province, so as to understand the current situation of after-school time management of higher vocational students, the internal factors affecting the management of after-school time of higher vocational students were deeply explored from the aspects of students' own situation, professional identity, curriculum setting, curriculum arrangement, assessment system, and community activities. According to these deep factors, they proposed corresponding countermeasures to improve the utilization rate of higher vocational students' extracurricular time,

aiming to promote the reform and deepening of higher vocational education teaching. The study believes that the learning status of higher vocational students is far inferior to that of undergraduates, especially the use of extracurricular time is even worse.

With Anhui Vocational College of Commerce and Trade as the case, Ye Miaomiao (2016) explored the external performance and overall characteristics of the results of leisure time management behavior of vocational students on the basis of random sampling interviews and questionnaires. He also analyzed the reasons for its formation from the perspectives of vocational students themselves and the external environment. On this basis, he also systematically put forward the strategies of leisure time management for vocational students in four aspects: attitude guidance, habit guidance, planning guidance and state guidance.

Tian Tian, Wang Youguo (2017) took a provincial university in Jiangsu Province as an example, and carried out a study on the leisure time of students with learning difficulties in colleges and universities. Through empirical research through questionnaires, they analyzed the characteristics of the leisure time of students with learning difficulties from five aspects: interpersonal communication, club activities, network time, part-time jobs inside and outside the school, and contact with the society, and explored corresponding specific measures for academic assistance. The study concluded that some students with learning disabilities lacked friends in their study or their life, social activities did not occupy too much leisure time of students with disabilities, and social networking occupied most of their leisure time; most students with learning disabilities did not work part-time in their extracurricular time, and students with learning disabilities had little contact with the society. The study suggested to improve the leisure time management tendency of students with disabilities, make good use of the double-edged sword of the Internet, and appropriately increase the time for social activities.

From the perspective of fragmented time management, Wang Shuai, Li Ting, and Lu Jing (2017) analyzed the logical relationship between fragmented time management and the sustainable development of undergraduates, and further explored the channels and content of colleges and universities and teachers to promote sustainable development education for undergraduates.

Lv Dongqin, Chen Min, Peng Xiaoling, He Yue, Zheng Zhibo (2018) conducted a questionnaire survey among 500 students in Qiqihar Medical College, using SWOT analysis method to analyze the current situation of fragmented time management. The results showed that: in the current situation of fragmented time management of medical students, the advantages were dominant, and the expectations of being managed and utilized were high. Colleges and universities should strengthen guidance and provide students more guidance on management methods and skills; while students should improve their awareness of fragmented time management and develop good habits.

To sum up, from the perspective of direct research results, although time management has become a practical and operational research discipline, it has become the focus of many studies but previous researches on time management of undergraduates mainly focus on the

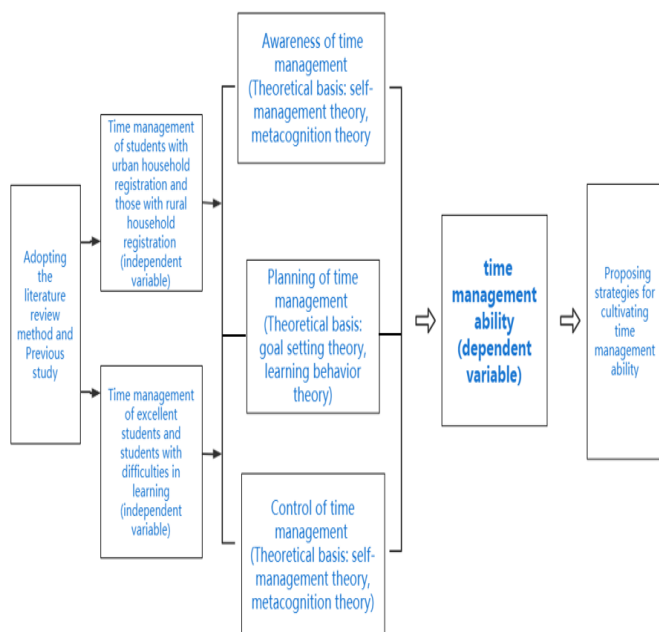
management status quo, while ignoring the systematic research on the training status and strategies. At present, undergraduates have more free time at their disposal, and their time management is diversified. There are differences in the time management of undergraduates due to differences in urban and rural areas, academic performance, etc. At present, undergraduates have more free time at their disposal, and their time management is diversified. There are differences in the time management of undergraduates due to differences in urban and rural areas, academic performance, etc. From the perspective of education management, investigate and analyze to grasp the current situation of undergraduates' time management and the characteristics of time management behavior, reveal the problems existing in their time management ability, as well as the problems existing in educators' training. On that basis, it analyzes the reasons and makes recommendations on specific solutions and paths.

IV. METHOD

The objective of this study is to understand the current situation of undergraduates' ability to manage their extracurricular time and their learning status. In the actual analysis, with a university in Meizhou City, Guangdong Province as an example, this study examines the characteristics and differences of undergraduates with different household registrations and academic performance in terms of their extracurricular time management behaviors in three dimensions: awareness of time management, planning of time management and control of time management control, so as to analyze their time management ability. Awareness of time management refers to the individual's views, attitudes and awareness of the importance of extracurricular time; The most critical part of time management is the planning of time, that is, the ways and methods used to manage time, mainly including setting goals, arranging priorities and allocating extracurricular time; The dimension of control mainly includes the control of habitual procrastination, self-control, and control of internal and external disturbances. Its purpose is to evaluate undergraduates' autonomous control ability.

On the basis of the above research, this study further explores the problems of undergraduates in the management of spare time. It conducts statistics and analysis on the results obtained in the survey, and provides corresponding solutions and suggestions for the scientific education, teaching and education management of undergraduates themselves and schools, aiming to improve the spare time management ability of undergraduates in Chinese colleges and universities, and better promote their learning, growth and comprehensive quality development.

The theoretical framework of this study is as shown in the figure below.



Samples

In this study, freshmen, sophomores, juniors and seniors of four key majors, respectively Ideology and Politics, Law, History and Social Work of Jiaying University in Guangdong Province were selected as subjects for the test. A total of 200 questionnaires were distributed, 200 questionnaires were collected, and 198 questionnaires were valid, with a validity rate of 99%.

Among them, 56 were boys, accounting for 28% of the total; 144 were girls, accounting for 72% of the total. 87 were excellent students, accounting for 43.5% of the total number; 68 were students with difficulties in learning, accounting for 34% of the total number. Undergraduates from cities accounted for 119, accounting for 59.5% of the total; undergraduates from rural areas accounted for 81, accounting for 40.5% of the total.

Variables

This study investigates the relationship between household registration and time management ability, academic performance and time management ability of 200 subjects in Jiaying University, and tries to carry out two-variable correlation analysis.

According to professional knowledge, native place is generally used as the independent variable X, and time management ability is the dependent variable Y.

According to professional knowledge, academic performance is generally used as time management of students with urban household registration and those with rural household registration and time management of excellent students and students with difficulties in learning are the independent variable X, and time management ability is the dependent variable Y.

I. The Table of Descriptive Statistics shows the mean (Mean), standard deviation (Std. Deviation) of the independent variable X, the dependent variable Y and the number of observed cases (N).

II. The Table of Correlations shows the Person Correlation coefficient for x and y, as well as the r-value and p-value (Sig.).

Conclusion: Since $P < 0.01$, it can be considered that there is a correlation between the independent variable x and the dependent variable y.

Instruments

This study adopts the "Questionnaire on Time Management Behavior of Undergraduates in Chinese Colleges and Universities". This questionnaire is based on a large number of literature and analogy to the behavioral characteristics of undergraduates, and is developed with reference to the existing questionnaire with satisfactory reliability and validity. It consists of two parts.

The first part mainly tests the time management behavior of undergraduates. On the basis of Yuan Mei's "Questionnaire on undergraduates' Time Management Behavior", this study has made appropriate modifications.

This part of the questionnaire is divided into three aspects, respectively the awareness of time management, the planning of time management and the control of time management.

Among them, the awareness of time management reflects the consciousness and initiative of undergraduates in time management, and there are 2 questions. The content of time management planning includes setting goals and plans (three dimensions of priority and time allocation). It is the core content of time management, mainly reflecting the plans, methods and strategies of time management, with a total of 15 questions. The control of time management has 4 sub-dimensions: dealing with interference, dealing with procrastination, self-discipline, and organization. It reflects the self-control ability of undergraduates, with a total of 17 items.

In summary, there is a hierarchical system within the Questionnaire on Undergraduates' Time Management, reflecting that time management behavior is an integrated process involving thought, action, and control.

The second part is mainly used to examine the overall situation of the occupation and domination of extracurricular time and undergraduates' ability to manage extracurricular time. It is developed on the basis of the "Questionnaire on undergraduates' Ability to Manage Extracurricular Time" developed by Bi RuI. There are 10 questions in total, including 8 closed-ended ones and 2 open-ended ones.

The research tools used in this study are derived from the "College Student Time Management Behavior Questionnaire" compiled by Yuan Mei (2006) and the "College Student Time Management Ability Questionnaire" compiled by Bi Rui (2011). They analyzed, tested and revised the structure, reliability and validity of the questionnaire, and the reliability and validity of the questionnaire were basically satisfactory.

In the preliminary preparation stage of the survey, the researchers randomly distributed 50 questionnaires in the school to conduct the preliminary survey. The researcher conducts a preliminary analysis of the received data feedback information, considering the completeness of the questionnaire and the rationality of the setting, and follows the principles of clarity, purpose, consistency and logic. It

was found that some of the pre-set questionnaire contents were not reasonable enough, which had a certain impact on the final data results and would interfere with the investigation. Through extensive data review and the guidance of relevant supervisors in the industry, the researchers modified the original questionnaire to enhance the internal consistency and validity of the questionnaire, so as to achieve better survey results.

The questionnaires of this study were randomly distributed and tested in 4 colleges according to the unified instruction language. There is no strict time limit during the test, and the students who are tested generally complete it in about 30 minutes. Most of the questionnaires are distributed on-site and collected on the spot after the test is completed, and some of them take the form of electronic questionnaires, which are distributed and collected through small programs.

In this study, SPSS (Statistical Product and Service Solutions) was used to organize and analyze the questionnaire data. After entering the data of all valid questionnaires into SPSS, use and carry out statistical processing such as testing, exploratory factor analysis and confirmatory factor analysis. Mainly including: descriptive statistics, t test, correlation analysis, regression analysis.

V. CONCLUSION

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However, this study has the following shortcomings: Firstly, limitations of sampling. This paper selects the whole class from different classes of Jiaying University to conduct a questionnaire survey, then randomly selects some students for interview, and studies the management of undergraduates' spare time, so as to further fully grasp their relevant management. Secondly, Limitations of research tools. The questionnaire filled in by the students is tested by the teachers in class, and the process control is relatively consistent. But it is hard to agree on the seriousness of their specific answers.

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