The Effect of Time Management Skills and Self Esteem of English Education Students of Faculty of Teacher Training and Education on Their Grade Point Average (GPA) at Sriwijaya University

A Thesis by

Tria Febri Ramadhania

Student Number: 06011281621022

English Education Study Program
Department of Language and Arts Education

FACULTY OF TEACHER TRAINING AND EDUCATION
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THE EFFECT OF TIME MANAGEMENT SKILLS AND SELF ESTEEM
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TRAINING AND EDUCATION ON THEIR GRADE POINT AVERAGE
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TRIA FEBRI RAMADHANIA
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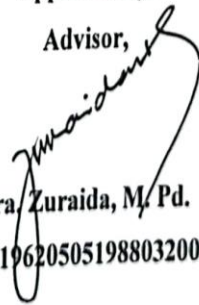FACULTY OF TEACHER TRAINING AND EDUCATION
SRIWIJAYA UNIVERSITY
INDRALAYA
2023

Approved by:
Advisor,

Dra. Zuraida, M. Pd.
NIP 196205051988032004

Certified by,

Head of English Education Study Program,

Eryansyah, M. A., Ph. D.
NIP 196907181995121001

THE EFFECT OF TIME MANAGEMENT SKILLS AND SELF ESTEEM OF ENGLISH EDUCATION STUDENTS OF FACULTY OF TEACHER TRAINING AND EDUCATION ON THEIR GRADE POINT AVERAGE (GPA) AT SRIWIJAYA UNIVERSITY

TRIA FEBRI RAMADHANIA

Student Number: 06011281621022

This thesis was defended by the researcher in the final program examination and was approved the examination committee on:

Day : Monday

Date: June 26th, 2023

1. Chairperson : Dra. Zuraida, M. Pd. (   )

2. Member : Fiftinova, S. S., M. A. (   )

Indralaya, June 26th, 2023

Certified by,

Coordinator of English Education Study Program,

Eryansyah, M. A., Ph. D.

NIP 196907181995121001

iii

DECLARATION

I, the undersigned,

Name   : Tria Febri Ramadhania

Learner's Number : 06011281621022

Study Program   : English Education

Certify that the thesis entitled "The Effect of Time Management Skills and Self Esteem of English Education Students of Faculty of Teacher Training and Education on Their Grade Point Average (GPA) at Sriwijaya University" is my own work and I did not do any plagiarism or inappropriate quotation against the ethic and rules commended by Ministry of Education of Republic of Indonesia Number 17, 2010 regarding plagiarism in higher education. Therefore, I deserve to face court if I am found to have plagiarized this work.

Indralaya,   July 2023

The Undersigned,

Tria Febri Ramadhania

06011281621022

iv

THESIS DEDICATIONS

I would like to dedicate this thesis to:

- Allah SWT, with the grace and blessings that are given to me in everything.
- My lovely parents, Alm. Rusdi and Rohilah who contributed everything included my brother and sister, Ruhil Muharram Fitrah and Rella Insani Fitri who always supported me too.
- My great advisor, Dra. Zuraida, M.Pd who always gave me many suggestions and be patient in guiding me to finish this thesis. This thesis could not be completed without her.
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Last, hopefully that this thesis will be useful to all of the people who need it.

Indralaya,   July 2023
The researcher

Tria Febri Ramadhania

TABLE OF CONTENTS

LIST OF PICTURES

LIST OF TABLES

LIST OF APPENDICES

The Effect of Time Management Skills and Self Esteem of English Education of Faculty of Teacher Training and Education on Their Grade Point Average (GPA) at Sriwijaya University

ABSTRACT

Grade Point Average (GPA) is one of important indicators for students to assess their progression and the success in the learning process. Meanwhile, many factors can act as obstacles to achieve a high Grade Point Average among students. Time management skills and self esteem are the factors that can affect university students' performances. In the seventh semester, the students focused more in finding the title of the thesis because they are already thinking about the graduation. Furthermore, some students feel anxious and lack confidence in what they write when working on their thesis. They pay less attention to their Grade Point Average, but they focus more on how to complete the thesis or study on time. This study aimed to find out the effect of time management skills and self esteem of seventh semester students of English Education Study Program of Faculty of Teacher Training and Education in academic year 2019 on their Grade Point Average (GPA) at Sriwijaya University. The data were collected using two ready-made questionnaires about time management skills and self esteem via google form, with a total of 73 students as respondents. The methods of this study used Pearson Product Moment and ANOVA using SPSS software version 25. The result showed that there is any significant correlation between time management skills and students' Grade Point Average (GPA). Furthermore, there is any significant correlation between self esteem and students' Grade Point Average (GPA). Then, time management skills and self esteem on students' Grade Point Average (GPA) had positive and significant effect of 33.4 %.

Keywords: *Time management skills, Self esteem, and Grade Point Average (GPA)*

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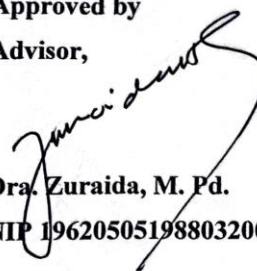
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NIM : 06011281621022

Certified by,

Head of English Education Study Program,

Eryansyah, M. A., Ph. D.
NIP 196907181995121001

Approved by

Advisor,

Dra. Zuraida, M. Pd.
NIP 196205051988032004

CHAPTER I

INTRODUCTION

This chapter describes (1) background of the study, (2) the problems of the study, (3) the objectives of the study, and (4) the significance of the study.

1.1 Background of the Study

As an international language, English is one of the languages used to communicate around the world. Cahyono (2010, p. 91) states that English has developed into a tool for communicating in transportation, tourism, trade, banking, the technological process, diplomacy, and research of scientific. In language learning, the English language contains four language skills, such as listening, speaking, reading, and writing. Beginning to learn English at an earlier age is the greatest approach to grasp the language. Therefore, this is an important job for teachers in the teaching process. The teaching of English is concerned with the learners' skills to be capable of mastering four language skills, including reading, listening, speaking, and writing skills (Depdiknas, 2003, p. 6). As a result, teaching and learning English are necessary for education that takes part in new generations to compete with others in global competition.

Nowadays, education takes to hold up a prominent role in this era. Education cannot be divided from human life. Furthermore, both men and women must be educated. There is no limitation to get an education because everyone has equal rights. Johan and Harlan (2014) state that education can be a bridge that guides human beings' futures well. Hence, there is never too late to get an education even they are too young or too old especially to be a student. By getting an education, students can reach their goals in the future. Likewise, students should gain knowledge and skills in order to improve their overall standard of living. However, this also becomes a major priority for educators to guarantee the quality of students' performances by assessing them using the Grade Point Average (GPA) throughout the learning and teaching process.

Grade Point Average is usually used as an indicator or numerical representation of students' academic performances. Sadler (2015) states that Grade Point Average (GPA) is a summary statistic which shows a student's average achievement in their studies over a certain period of time, such as one semester. Furthermore, GPA also becomes a standard factor for educators to assess the progression and the success of students in the learning process. Meanwhile, it is very difficult for students to get a high GPA which can influence their academic performances. Many factors can act as obstacles to achieve a high GPA among

students such as gender, previous academic performance, time to spend studying, learning skills, and so on (Yogendra, 2017). In addition, according to Oyelade et al. (2010), "Poor time management skills and low self-esteem can act as obtained to the academic performance of University students." Hence, this research specifically analyzes only two factors such as time management skills and self-esteem that can influence students' Grade Point Average (GPA).

Time management is an essential skill that should be mastered by all of the students to transform them into the professional world. Khan and Nasrullah (2015) state that time management takes part in a vital role to improve students' academic achievements and performances. If students can manage their time, they absolutely will achieve their goals in the proper time. As a result, the students must be able to manage their time effectively. In addition, according to Eid et al. (2015), "Time management skills include activities performed by students such as planning in advance, prioritizing work, test preparation, and following schedules." The students can prioritize which work they have to finish first depending on deadlines and the difficulty level of the assignment or lesson. They have short-time and long-time planning to specify which one they have to do. On the other hand, students with good time management skills will not waste their precious time. It can be distinguishable between a successful and a poor student, so that the student who is more struggling, maybe one of the successful students.

Meanwhile, if students lack time management skills, it will encourage them to procrastinate by playing a variety of entertainment, such as playing video games and social media networking. As MacCan et al. (2012) state that poor time management and delaying deadlines can be a major source of poor academic performance. Nowadays, students tend to put off academic work until the last possible minute. They waste their time doing other works that make them not feel stressed. Ferrero et al. (2019) state that all activities are defined by the student's skill to achieve the stated objectives without anxiety, pressure, or the feeling of being unable to complete all tasks, with the scholar often unaware of the "correct" time management. Students must not utilize their useful time struggling. Therefore, students must be confident in the learning process so that they can manage their time without under pressure feeling, such as no having low self-esteem.

Self-esteem is more fundamental and is about the sensation of being worth something simply because we are who we are, and not because we have done something (Bakhtiarvand et al., 2013). In the field of education, self-esteem is one of the psychological variables or individual characteristics that has been investigated. Self-esteem is defined as feeling worthy

and revered which will influence people's behaviors and drive motivation. It gives positive and negative impacts for someone who has confidence in the ability to compete, perform, and satisfactorily complete their works. It depends on their interpretation of success. Rakasiwi et al. (2011) found that there were three high achieving students seen from the easy attitude sociable, adaptable, trusting high self, open to receive suggestions, optimistic, patient, calm and proud about himself. Meanwhile, three low achievement students always have a pessimistic attitude, easily discouraged, depressed and difficult to interact with others. Thus, there are some differences between students who have high self esteem with students who have low self esteem. Furthermore, the students with high self-esteem are more proficient in completing assignments, academic achievement, and problem-solving issues rather than students with low self-esteem (Alavijeh et al., 2018).

Therefore, in this research, the problem raised is how the impact of self-esteem and time management skills on students' academic achievement is shown by their Grade Point Average (GPA) score. This research is very important to do because by knowing the impact of these two things, students will direct themselves to be able to manage themselves and foster self-esteem on themselves in order to increase their academic achievement. The difference between this research and previous research is that the previous research separated management skills and self-esteem and focused on only one, but in this study, the researcher will examine both. Thus, the students are aware of what they must accomplish and what they must leave.

In this case, the researcher wants to do this research on English Education of the seventh semester students of the Faculty of Teacher Training and Education in academic year 2019 at Sriwijaya University. The researcher chooses seventh semester students because in this semester many students cannot longer manage their time properly because most of students are preparing to do the thesis. In addition, they focused more in finding the title of the thesis because they are already thinking about the graduation. Thus, it is not uncommon for them to have low academic scores so that their Grade Point Average (GPA) is also low. Students with low self esteem can affect the way they reach academic achievement. They suffer feelings of inadequacy and worthlessness as well as a general negative view on a variety of things, including other people and their situations (Mackinnon, 2015). They will doubt themselves so that the results of the student even worsen their academic achievements and feel that they have lower self-esteem than other friends. On the other side, students that have high self-esteem typically believe they are capable of taking a risk and worthy of failure. They are also able to set higher goals for themselves and again, have high confidence. In addition,

Baumeister (2003) states that people who have high self-esteem are more likely to keep going when faced with a challenging task than those who have low self-esteem. Therefore, the researcher is interested in conducting research to see how students manage time and how self esteem and its impact on students themselves.

Based on the description above, the researcher would like to find the effect of time management skills and self esteem on students' Grade Point Average (GPA) at Sriwijaya University. The researcher will describe whether or not time management skills and self esteem have an effect on students' Grade Point Average (GPA), particularly for seventh semester English Education students of Faculty of Teacher Training and Education in academic year 2019 at Sriwijaya University. The researcher would like to conduct the quantitative study entitled "The Effect of Time Management Skills and Self Esteem of English Education Students of Faculty of Teacher Training and Education on Their Grade Point Average (GPA) at Sriwijaya University". The result is expected to know the effect of time management skill and self esteem on students' Grade Point Average (GPA).

1.2 The Problems of the Study

The effect of self-esteem and time management skills on Grade Point Average (GPA) among English Education students at Sriwijaya University's Faculty of Teacher and Training Education is investigated. To conduct this study, the following research questions are established.

a. Is there any significant positive correlation between time management skills and Grade Point Average (GPA) among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education at Sriwijaya University?

b. Is there any significant positive correlation between self esteem and Grade Point Average (GPA) among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education at Sriwijaya University?

c. Is there any significant positive effect of time management skills and self esteem among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education on their Grade Point Average (GPA) at Sriwijaya University?

1.3 The Objectives of the Study

Based on the problems of the study, the objectives of the study are

a. To know there is any significant positive correlation between time management skills and Grade Point Average (GPA) among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education at Sriwijaya University or not.

b. To know there is any significant positive correlation between self esteem and Grade Point Average (GPA) among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education at Sriwijaya University or not.

c. To know there is any significant positive effect of time management skills and self esteem among seventh semester students of English Education Study Program of Faculty of Teacher Training and Education on their Grade Point Average (GPA) at Sriwijaya University or not.

1.4 The Significance of the Study

Many factors affect the students to maintain a high Grade Point Average (GPA) over their college years. It could be aimed by faculty members in expanding the strategies to improve students' academic achievement. This research is hoped to give much significance for many parties. Theoretical and practical contributions are expected from this research.

a. Theoretically, this research gives positive contribution in education especially for English lecturers and English Education students at Sriwijaya University. This research contributes to the development of science, especially the problem of time management skills, self esteem, and Grade Point Average (GPA). It is utilized to increase the knowledge about Grade Point Average (GPA), self esteem, and time management skills of English Education students of Faculty Teacher Training and Education at Sriwijaya University.

b. Practically, this research is expected to be beneficial for English Education students at Sriwijaya University to increase their Grade Point Average by maintaining time management skills and self esteem.

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