APPENDIX - A

A STUDY ON THE TIME MANAGEMENT OF STUDENTS IN THE ENGINEERING COLLEGES AFFILIATED TO ANNA UNIVERSITY OF TECHNOLOGY, TIRUNELVELI

Interview Schedule

1. Name of the Student with residential Address and Telephone Number :

2. Date of Birth and Age :

3. Gender :
   a. Male □   Female □
   3 a. Your Height
   3 b. Your Weight
   3 c. Your complexion

4. Community :
   a. OC □
   b. BC □
   c. MBC □
   d. SC/ST □

5. Religion :
   a. Hindu □
   b. Muslim □
   c. Christian □
   d. Others specify ____________

5a. Your own career Ambition (To become what) -------------------------

5b. Your parents want to become -------------------------

6. Major subject of present study :
   a. Mechanical □
   b. EEE □
   c. ECE □
   d. CSE □

6. a. The major subject you selected on your own a. Yes □   b. No □

6. b. If No, whose choice, :
   a. Parental □
   b. Relatives □
   c. Friends □
   d. Situation □
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. Location of the Higher Secondary School</td>
<td>a. Rural □</td>
</tr>
<tr>
<td></td>
<td>b. Town □</td>
</tr>
<tr>
<td></td>
<td>c. Semi-Urban □</td>
</tr>
<tr>
<td></td>
<td>d. Urban □</td>
</tr>
<tr>
<td>8. Are you a day scholar or hosteller?</td>
<td></td>
</tr>
<tr>
<td>9. Are you living in own house or rented house</td>
<td></td>
</tr>
<tr>
<td>10. If own house whether it is a tiled house or concrete house or any other</td>
<td></td>
</tr>
<tr>
<td>11. Residential Location of the student</td>
<td>a. Rural □</td>
</tr>
<tr>
<td></td>
<td>b. Town □</td>
</tr>
<tr>
<td></td>
<td>c. Semi-Urban □</td>
</tr>
<tr>
<td></td>
<td>d. Urban □</td>
</tr>
<tr>
<td>12. Category of Institution at +2 level</td>
<td>a. Government School □</td>
</tr>
<tr>
<td></td>
<td>b. Government Aided □</td>
</tr>
<tr>
<td></td>
<td>c. Matriculation (Self supporting) □</td>
</tr>
<tr>
<td></td>
<td>d. Others ____________________</td>
</tr>
<tr>
<td>13. Medium of Study at +2 Level</td>
<td>a. Tamil □</td>
</tr>
<tr>
<td></td>
<td>b. English □</td>
</tr>
<tr>
<td>14. Institutional Location at Engineering Level</td>
<td>a. Rural □</td>
</tr>
<tr>
<td></td>
<td>b. Town □</td>
</tr>
<tr>
<td></td>
<td>c. Semi-Urban □</td>
</tr>
<tr>
<td></td>
<td>d. Urban □</td>
</tr>
<tr>
<td>15. Present stage of the Study</td>
<td>a. Final Year □</td>
</tr>
<tr>
<td></td>
<td>b. Outgoing □</td>
</tr>
<tr>
<td>16. HSC Level scholastic attainment</td>
<td>a. OC □ 35% to 50% □</td>
</tr>
<tr>
<td></td>
<td>b. BC □ 51% to 60% □</td>
</tr>
<tr>
<td></td>
<td>c. MBC □ 61% to 70% □</td>
</tr>
<tr>
<td></td>
<td>d. SC/ST □ 71% to 80% □</td>
</tr>
<tr>
<td></td>
<td>Above 81% □</td>
</tr>
<tr>
<td>17. Are you the first graduate in your family?</td>
<td>a. Yes □</td>
</tr>
<tr>
<td></td>
<td>b. No □</td>
</tr>
</tbody>
</table>
18. Parental Education:
   Father
   a. Illiteracy
   b. Elementary
   c. Secondary
   d. Higher Secondary
   e. Under Graduate
   f. Post Graduate
   g. Above PG
   Mother
   a. Illiteracy
   b. Elementary
   c. Secondary
   d. Higher Secondary
   e. Under Graduate
   f. Post Graduate
   g. Above PG

19. District of the Study:

20. Do you have a separate room to study:
   a. Yes
   b. No

21. How many members in your family:
   a. One Male
   b. 1 to 2 Female
   c. 2 to 3
   d. Above 3

22. If hosteller, how many inmates are/were in your room:
   a. 1
   b. 2
   c. 3
   d. 4

23. Age of your father:

24. Age of your mother:

25. Parental Occupation:
   a. Father
   b. Mother

26. Annual income of the father by occupation
27. Annual income of the father by other sources

28. Annual income of the mother by Occupation

29. Annual income of the mother by other sources

29 a. Type of vehicles in your family
   a. Two wheeler ☐   b. Four wheeler ☐

30. Brothers’ qualification with age
   a. School Level ☐
   b. Under Graduate ☐
   c. Post Graduate ☐
   d. Professional ☐
   e. others (Specify) ____________

31. Sisters’ qualification with age
   a. School Level ☐
   b. Under Graduate ☐
   c. Post Graduate ☐
   d. Professional ☐
   e. others (Specify) ____________

32. Occupation of Brothers
   a. 
   b. 
   c. 

33. Occupation of Sisters
   a. 
   b. 
   c. 

34. Annual family income

35. Total number of family with name
   1. Father ☐
   2. Mother ☐
   3. Sisters ☐
   4. Brothers ☐

36. Any close relatives in Government service,
Give details
37. How did you meet your college expenses?:
   a. Self  
   b. Parents  
   c. Spouse or Partners  
   d. Scholarship and Grants  
   e. Loans  
   d. Others (Specify) ______________
38. Scholastic attainment at Engineering level:
   a. OC  
   b. BC  
   c. MBC  
   d. SC/ST  
   Above 81% 
39. How many hours per day you studied in normal time?:
40. How many hours per day you studied during your internal exam time?
41. How many hours per day you studied during your external exam time?
42. Did you attend any special class before 10 a.m:
   a. Yes  
   b. No
42 a. If yes, how many hours
43. Did you attend any special class after regular class in the evening:
   a. Yes  
   b. No
43 a. If yes, how many hours
44. Are you spending time for physical exercise everyday at home:
   a. Yes  
   b. No
44 a. If yes, how many minutes?
44 b. Type of physical exercise:
   a. Running  
   b. Jogging  
   c. Fast walking  
   d. Shuttle cock  
   e. Volleyball  
   d. Any others
45. If no, why? : 

46. Time of Physical exercise

31.1. Morning : From__________ to __________
31.2. Evening : From__________ to __________

47. Did you spend time for physical exercise every day outside home? :
   a. Yes □
   b. No □

48. If yes, how many minutes? : 

49. Time of Exercise :

49.1. Morning : From__________ to __________
49.2. Evening : From__________ to __________

50. If no, why? :

51. Did you spend time for physical exercise at the hostel, if hosteller :
   a. Yes □
   b. No □

51 a. If yes, mention type of physical exercise :
   ---------------------------------

52. Are you spending time to view T.V. every day? :
   a. Yes □
   b. No □

53. If yes, how many minutes every day? :

54. If no, why? :

55. Which type of T.V. Programme you watch? :
   a. Film □
   b. Drama □
   c. Comedy □
   d. Sports □
   e. News □
   f. Others specify ___________

56. Are you reading newspaper every day?:
   a. Yes □
   b. No □
57. If yes, what are the newspapers? : a. b. c. d.

58. How much time you spent on newspaper reading every day? :

59. Did you take notes from newspapers? : a. Yes ☐ b. No ☐

60. Are you reading journals every day? : a. Yes ☐ b. No ☐

61. If yes, please state the name of journals: a. b. c. d.

62. Did you take notes from journal reading?: a. Yes ☐ b. No ☐

63. How much time you spent for travel from your place of stay to place of college? :

64. What did you do while traveling (e.g.) recalling/thinking/chatting/reading :


66. If you are in hosteller how after you went to your home : a. Once in 15 days ☐ b. Once in 30 days ☐ c. Once in a Semester ☐ d. As when leave granted ☐ e. Any other ☐

68. Are you a vegetarian or non-vegetarian?:
   a. Vegetarian  □
   b. Non-vegetarian  □
   c. Both  □

69. What is your usual breakfast (items) and time? (Hostel or Home):
   Time
   Items
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

70. What is your usual lunch (items) and time? (Hostel or Home):
   Time
   Items
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

71. What is your usual dinner (items) and time? (Hostel or Home):
   Time
   Items
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

72. Do you eat or drink anything
   59.1. in between breakfast and lunch : a. Yes □ b. No □
   59.2. If yes, mention the items ____________________
   59.3. In between Lunch and Dinner a. Yes □ b. No □
   59.4. If yes, mention the items ____________________
73. Do you eat everyday fruits?  
   :  a. Yes ☐  
   :  b. No ☐

74. If yes, what do you eat?  
   :  a. Apple ☐  
   :  b. Grapes ☐  
   :  c. Bananas ☐  
   :  d. Others ☐

75. Total time you spent everyday from morning to night for relaxation :  

76. Did you sit before the TV for seeing every day?  

76.1 Movies  
   :  a. Yes ☐  
   :  b. No ☐

76.2 Serials  
   :  a. Yes ☐  
   :  b. No ☐

76.3 News  
   :  a. Yes ☐  
   :  b. No ☐

77. If yes, how much time you spend?  

77.1. Movies  
   :  a. Everyday ☐  
   :  b. Every weekend ☐

77.2. Serials  
   :  a. Everyday ☐  
   :  b. Every weekend ☐

77.3 News  
   :  a. Everyday ☐  
   :  b. Every weekend ☐

78. Did you plan and manage Time  
   :  a. Yes ☐  
   :  b. No ☐

79. Did you feel that the time available for preparation for study and exams was not sufficient?  
   :  a. Yes ☐  
   :  b. No ☐

80. Did you occasionally experience anxiety and tension in your preparation?  
   :  a. Yes ☐  
   :  b. No ☐
81. If yes, state the reasons by ticking the appropriate items:
   a. Fear
   b. Worry
   c. Not confident
   d. No concentration
   e. Not clear in approach
   f. Not certain
   g. Confusion
   h. Lack of preparation
   i. Anxiety about exam
   j. Not able to remember
   k. Family problem
   l. Problem with friends
   m. Problem with teachers
   n. Problem with teachers
   o. Financial problem

82. Did you attend the classes in time? : a. Yes □ b. No □
84. Did you take notes on the lectures delivered by teachers? : a. Yes □ b. No □
85. Have you attended all the Internal Test?: a. Yes □ b. No □
86. Which method you followed in studying the subject? : a. Mucking up □ b. Understanding □ c. Doing both □
87. How much time you spent to read every day? : 
88. How much time you spent to write every day? : 
89. How much time you spent to recall what you read everyday? :
90. How much time you spend for discussion with your
   a. Classmates □
   b. Teachers □
   c. Others □

91. How many hours you normally sleep every day?:

92. Duration of sleep: from_________ to __________

93. Did you ever sleep in the day time during working days:
   a. Yes □  b. No □

94. Did you have any disturbance in your place of stay?
   a. Yes □  b. No □

95. If yes, due to:
   a. Power Failure □
   b. Mosquitoes □
   c. Loud Speaker □
   d. Children □
   e. Elders □
   f. Friends □
   g. Relatives □

96. Did you experience headache often/occasionally?
   96.1 Often:
   a. Yes □  b. No □
   96.2 Occasionally:
   a. Yes □  b. No □

97. If yes, how often and intensity?:

98. What was the reason for headache?:

99. What did you do when you experienced headache?:

100. Did you attend the classes at the right time every day?
    a. Yes □  b. No □

101. Are you healthy?
    a. Yes □  b. No □

102. Are you brisk?
    a. Yes □  b. No □

103. Did you feel heavy in your mind occasionally?
    a. Yes □  b. No □

104. Did you feel light in your mind?
    a. Yes □  b. No □
105. Did you feel eye pain?  
   a. Yes □  
   b. No □

106. Did you feel neck pain?  
   a. Yes □  
   b. No □

107. Did you feel back pain?  
   a. Yes □  
   b. No □

108. Which one you took every day  
   a. Tea □  
   b. Coffee □  
   c. Milk □  
   d. Fruit Juice □  
   f. Others (Specify) _________

109. How many cup of Tea/Coffee/Milk you took every day?  

110. How many glasses of drinking water you took every day?  
   a. Morning □  
   b. Afternoon □  
   c. Evening □  
   d. Night □

111. Which water you drank every day  
   Well Water / Corporation Water / Mineral Water  

112. At what time you went to bed in the night usually?  

113. Any one in your house or hostel remain awake till you go to bed  
   a. Yes □  
   b. No □

114. If yes, name your relative at home or friends at the hostel

115. When did you get up in the morning?  

116. Did you use biological-clock to rise in the early morning (Biological clock means to give command to the mind that you should get up at a particular time 20 to 25 times with deep concentration of mind)  

117. What was your command to your mind in setting your biological-clock?  

xii
118. At what time of the night you set the biological-clock?

119. Did you use alarm clock to get up early in the morning?  
   a. Yes ☐  
   b. No ☐

120. On an average how much time you spent a month for attending social functions like marriage, festival etc.?

121. Did you help your mother in cooking?  
   a. Yes ☐  
   b. No ☐

122. If yes, how much time you spent every day?  
   a. Morning time ☐  
   b. Late evening ☐

123. Did you spend time in purchase of goods for home?  
   a. Yes ☐  
   b. No ☐

124. If yes, how much time?  
   a. Every Day ☐  
   b. Every Week ☐  
   c. Every Month ☐

125. Did you have a regular time to take bath every day?  
   a. Yes ☐  
   b. No ☐

126. If yes,  
   126.1. Morning time  
       from_________ to _________
   126.2. Evening time  
       from_________ to _________

127. How many hours you spent during week end days and holidays to prepare for the exam at home each day:

128. Are you a motivated person?  
   a. Yes ☐  
   b. No ☐

129. If yes, your type of motivation:  
   129.1 Self motivated  
       a. highly motivated ☐
       b. partially-motivated ☐
       c. weakly-motivated ☐

   129.1 Motivated by others  
       a. highly motivated ☐
       b. partially-motivated ☐
       c. weakly-motivated ☐
130. If motivated by others, please award mark to each:
   a. Motivated by parents
   b. Motivated by teachers
   c. Motivated by friends
   d. Motivated by role models

131. Did anybody at your home monitored your preparation for exam at home?
   a. Yes □
   b. No □

132. If yes, the persons:
   a. Mother □
   b. Father □
   c. Sister □
   d. Brother □
   e. Any others □

133. If hosteller, did any one monitored your progress?
   a. Yes □
   b. No □

133.1 If yes, monitored person:
   a. Principal □
   b. Warden □
   c. Class teachers □
   d. Self □

134. Did you pass in all the semester (papers from 1st to 8th Semesters)?
   a. Yes □
   b. No □

135. If passed give the marks:

136. If any arrears pleases give details:

137. I B.E. Time management every day:
   a. Woke up time __________
   b. Morning duties __________
      (toilet, brushing, bathing etc)
   c. Paper reading __________
   d. Hostel/Home study __________
   e. Break fast __________
   f. Class hours __________
   g. Library __________
   h. Lunch time __________
   i. Special class __________
   j. Exercise __________
   k. Travel __________
   l. TV seeing __________
   m. Chit /Chat __________
   n. Relaxation __________
o. Dinner __________
p. Night study __________
q. Bed from –to- __________

138. II B.E. Time management every day:

a. Woke up time __________
b. Morning duties __________
   (toilet, brushing, bathing etc)
c. Paper reading __________
d. Hostel/Home study __________
e. Break fast __________
f. Class hours __________
g. Library __________
h. Lunch time __________
i. Special class __________
j. Exercise __________
k. Travel __________
l. TV seeing __________
m. Chit /Chat __________
n. Relaxation __________
o. Dinner __________
p. Night study __________
q. Bed from –to- __________

139. III B.E. Time management every day:

a. Woke up time __________
b. Morning duties __________
   (toilet, brushing, bathing etc)
c. Paper reading __________
d. Hostel/Home study __________
e. Break fast __________
f. Class hours __________
g. Library __________
h. Lunch time __________
i. Special class __________
j. Exercise __________
k. Travel __________
l. TV seeing __________
m. Chit /Chat __________
n. Relaxation __________
o. Dinner __________
p. Night study __________
q. Bed from –to- __________
140. VI B.E. Time management every day:

a. Woke up time
b. Morning duties
   (toilet, brushing, bathing etc)
c. Paper reading
d. Hostel/Home study

e. Break fast
f. Class hours
g. Library
h. Lunch time
i. Special class
j. Exercise
k. Travel
l. TV seeing
m. Chit/Chat
n. Relaxation
o. Dinner
p. Night study
q. Bed from –to-
141. Listed statements are some possible time management behaviours. Please tick the each statement is true for you the best answer

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Statements</th>
<th>SA</th>
<th>A</th>
<th>NO</th>
<th>DA</th>
<th>SDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>141.1</td>
<td>My life is disorganized</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.2</td>
<td>I manage the way I use my time well</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.3</td>
<td>I am clear about what I want to accomplish this semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.4</td>
<td>I do things in order of priority</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.5</td>
<td>I use my study time effectively</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.6</td>
<td>I tackle difficult or unpleasant tasks without procrastinating</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.7</td>
<td>I accurately predict how long tasks will take</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.8</td>
<td>I am a habitual time-waster</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.9</td>
<td>I am on top of my studies this semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.10</td>
<td>I accomplish what needs to be done each day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.11</td>
<td>I do the most important tasks during my most energetic periods of the day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.12</td>
<td>I prepare a daily or weekly &quot;to do&quot; list</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.13</td>
<td>I tackle my tasks in order of importance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.14</td>
<td>I meet deadlines without rushing at the last minute</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.15</td>
<td>I spend enough time planning</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.16</td>
<td>I keep up-to-date on my reading and homework assignments</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.17</td>
<td>I resist distractions when trying to complete important tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.18</td>
<td>I find places to work that allow me to avoid interruptions and distractions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.19</td>
<td>I get assignments done on time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.20</td>
<td>I find myself procrastinating over tasks that need to be done</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.21</td>
<td>I have a weekly schedule on which I record fixed commitments such as classes and work hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.22</td>
<td>I spend enough time on academic matters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.23</td>
<td>I make constructive use of my commuting time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.24</td>
<td>I periodically re-assess my activities in relation to my goals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.25</td>
<td>I avoid spending too much time on trivial matters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sl. No</td>
<td>Statements</td>
<td>SA</td>
<td>A</td>
<td>NO</td>
<td>DA</td>
<td>SDA</td>
</tr>
<tr>
<td>--------</td>
<td>------------</td>
<td>----</td>
<td>---</td>
<td>----</td>
<td>----</td>
<td>-----</td>
</tr>
<tr>
<td>141.26</td>
<td>I break complex projects down into manageable tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.27</td>
<td>I complete important assessment items before they are due</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.28</td>
<td>I screen my phone calls to prevent interruptions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.29</td>
<td>I am in charge of how my time is spent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.30</td>
<td>I am satisfied with the way I use my time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.31</td>
<td>I balance work, rest, and play</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SA** - Strongly Agree  
**A** - Agree  
**NO** - No Opinion  
**DA** - Disagree  
**SDA** - Strongly Disagree

******
APPENDIX - B

Statewise Higher Education Institutions

Total Number of Degree awarding Institutions = 634
Number of Colleges = 33,023
- Number of Degree awarding Institutions
- Number of Colleges
Growth of Higher Education: Universities/Colleges/Students enrolment/Teaching Staff: 1950-51 – 2010-11*

Type-wise Distribution of Degree awarding Universities / University Level Institutions: December, 2011
APPENDIX - E

State-wise Number of Universities / University Level Institutions in the Country (as on December, 2011)

State-wise Number of Colleges 2010-11*