



اَبُو سَيِّدِي تَكْوَلُ لِي مَا اَنَا
UNIVERSITI
TEKNOLOGI
MARA



PROCEEDINGS OF JOHOR INTERNATIONAL INNOVATION INVENTION COMPETITION AND SYMPOSIUM 2024 (JIIICaS 2024)



*“Flourish and Nurturing Sustainable
Innovation for a Prosperous Nation”*

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Preface

In the name of Allah, the Almighty who gives us the enlightenment, the truth, the knowledge and with regards to Prophet Muhammad (peace be upon him) for guiding us to the straight path. We thank to Allah for giving us guidance and strength to write this e-book.

This e-book compiles the extended abstracts that submitted to Johor International Innovation Invention Competition and Symposium 2024 (JIIICaS2024), where JIIICaS2024 is a virtual platform for all creative minds to share and present their invention and innovation. Each abstract gives a brief background on the innovation or project.

We hope that this e-book will help the readers to get to know the innovation done by the students and get some ideas to develop future innovation products.

Foreword Rector



Assalamualaikum warahmatullahi Wabarakatuh,
Salam Sejahtera, Salam Malaysia MADANI and
Salam UiTM Dihatiku.

In the name of Allah, the Most Gracious, the Most
Merciful.

It is a great honor to welcome you to the Johor
International Innovation, Invention, Competition, and
Symposium 2024 (JIIICaS 2024). This event

connects various disciplines, focusing on education and engaging educators,
students, researchers, and innovators from all walks of life.

Innovation is not just about ideas; it demands perseverance, creativity, and
determination to turn those ideas into reality. The remarkable projects
showcased today highlight the dedication and spirit of all participants.
Initiatives like this not only explore new technologies but also cultivate skills
and leadership among our youth. At Universiti Teknologi MARA (UiTM) Johor
Branch, we are fully committed to fostering a dynamic culture of innovation,
promoting the commercialization of new products, and encouraging
meaningful collaborations with industry and society.

As we celebrate this event, I would like to extend my heartfelt gratitude to all
sponsors, judges, the College of Computing, Informatics and Mathematics,
UiTM Pasir Gudang Campus as the event organizer, as well as to the
researchers and participants for their hard work in making this event a
success. Let us continue striving for innovation and excellence. May the
ideas presented today inspire us and lay the groundwork for future
achievements.

Thank you.

Associate Professor Dr. Saunah Zainon
Rector
Universiti Teknologi MARA (UiTM)
Johor Branch

**(A-PP018) ASSESSING AND ENHANCING TIME MANAGEMENT SKILLS
AMONG STUDENTS AT UITM PASIR GUDANG**

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ABSTRACT

This study investigates time management issues among students at UiTM Pasir Gudang, exploring their habits, challenges, and potential solutions. Conducted via a Google questionnaire, the survey included responses from 80 students. Findings reveal significant difficulties in balancing academic and leisure activities, with over half of the respondents struggling to manage their time effectively. A primary issue identified is excessive time spent on video games, leading to insufficient sleep and poor academic performance. The study emphasizes the need for daily routine schedules and better prioritization of tasks. Additionally, it highlights the importance of motivational programs to enhance students' awareness of time management and reduce procrastination. Recommendations include creating structured daily routines, reducing time spent on non-productive activities, and participating in motivational and educational programs organized by UiTM. These measures aim to improve students' academic performance and overall well-being by fostering effective time management skills.

Keywords: Time management, poor academic performance, awareness

1.0 INTRODUCTION

Students need to learn how to manage their time well, especially at university, where academic standards are high. Planning and consciously controlling how much time is spent on various tasks can boost productivity and efficiency. This is known as effective time management.

Students deal with many kinds of time management issues, such as managing personal responsibilities and balancing extracurricular activities and academics. Having good time management skills may have a big influence on stress levels, well-being, and academic achievement. Gaining insight into the time management habits and challenges shared by these kids will help us better understand their everyday lives and academic achievements.

It is critical to realise the possible negative effects of ineffective time management, such as raised stress levels, missed deadlines, and worse academic performance. To handle these obstacles, a thorough comprehension of students' time management practices is necessary, as is the creation of focused assistance solutions. This report focuses on how students manage their time. Surveys were used to gather information about how students divide their time between academic and extracurricular activities,

how they handle their schedules, and how these practices affect their stress levels and academic performance.

In conclusion, time management is a vital element of student success. By exploring the practices, challenges, and strategies related to time management, this report aims to offer recommendations for improving students' academic experiences and overall well-being. Effective time management not only enhances academic performance but also fosters a healthier, more balanced lifestyle for students.

2.0 OBJECTIVE

The following are the overall objectives of this study:

- to identify how student manage their time in weekend
- to identify how student deal with distractions
- to identify satisfaction level on lack of time management in lecture week
- to identify how many hours students spend per week studying or do completing assignment
- to identify the main factors that contribute to student procrastination

3.0 METHODOLOGY

3.1 Description of Data

Population : The term of population on this research isrefer to all students of UiTM Pasir Gudang students

Sample : The sample of this survey consists of 80students UiTM Pasir Gudang

Sampling Techniques : Non-probability - Convenient Sampling Technique

3.2 Method of Analysis

Table 1: Summary of Methodology

Objectives	Variables	Methodology
1. To identify how studentspend their time in weekend	Student activity on weekend	Bar chart
2. To identify satisfaction level on lack of time management in lecturer week	Satisfaction level on lack of time management in lecturer week	Pie Chart
3. To identify how many hours students spend per week studying or do completing assignment	Hours students spend per week	Ogive
4. To identify the main factors that contribute to student procrastination	Main factors that contribute to student procrastination	Bar Chart

4.0 RESULTS



Figure 1 : Ogive chart of hours spend by the students per week studying or completing assignment

Based on the figure above, it is shows that a significant portion of respondents, 85%, dedicate between 1-3 hours per week to studying or completing assignments outside of class during lecture weeks. This suggests a range of study habits and academic commitments among the participants, with most falling into the categories of minimal (1-2 hour) or moderate (3-4 hours) additional study time. However, a smaller proportion, 15%, invests a slightly higher amount of time (3-4 hours) into academic pursuits outside of class.

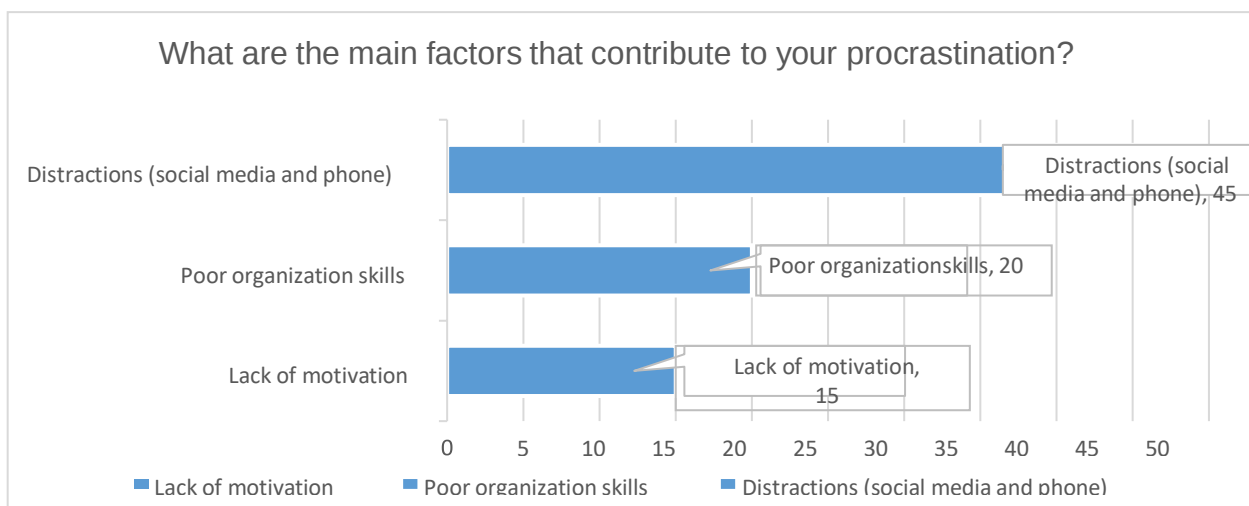


Figure 2 : Bar chart of main factor that contribute to students procrastination

Based on the figure above, it is reveals that distractions, especially from social media and mobile phones, are the leading cause of procrastination for most respondents (56.3%). Poor organization skills also play a significant role for 25% of individuals, indicating issues with time management and task prioritization. Lack of motivation affects 18.8% of respondents, highlighting the impact of personal interest and engagement on productivity.



Figure 3 : Bar chart of time spend on weekend

Figure 2, shows that a majority prefer social activities with friends on weekends, while a substantial number enjoy gaming. A smaller group uses their time for study and personal development, highlighting diverse approaches to weekend activities among the respondents.

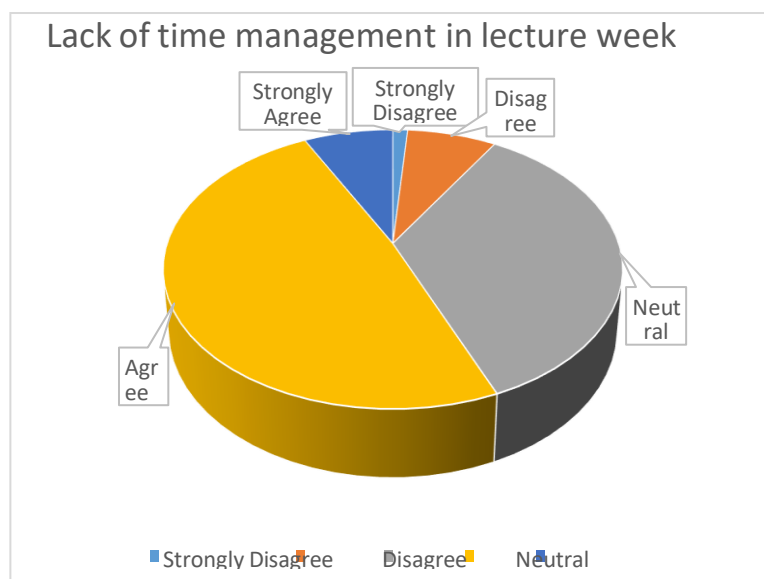


Figure 4 : Pie chart of satisfaction level of lack of time management in lecturer week

Figure 4, highlights a prevalent perception among respondents that there is a lack of time management during lecture weeks, with a majority (56.3% combined agree and strongly agree) expressing concerns about this issue. A minority (8.8% combined disagree and strongly disagree) do not see it as a significant problem, while a notable portion (35%) remain neutral or uncertain.

5.0 CONCLUSION

The survey conducted among students at UiTM Pasir Gudang aimed to investigate time management skill. The findings revealed that the majority of students allocate only 1-3 hours per week to studying. This limited study time is often attributed to their packed class schedules, leaving little room for additional academic work outside of class hours. The issue of limited study time is compounded by the prevalent use of social media, which was identified as a major factor contributing to procrastination. Many students spend significant amounts of time on their phones, engaging with social media platforms, which detracts from their ability to focus on academic tasks and complete assignments on time.

Furthermore, the survey highlighted that students often prioritize social activities over studying, particularly during weekends. These activities are perceived as essential for stress relief, allowing students to unwind from the pressures of academic life. While social engagement is important for overall well-being, it appears that many students struggle to balance these activities with their academic responsibilities. This imbalance further exacerbates the issue of insufficient study time and contributes to procrastination.

The survey's findings underscore a broader issue of time management among students. Poor time management skills can have far-reaching consequences, not only impacting academic performance but also affecting students' mental health. The stress of uncompleted assignments, looming deadlines, and the guilt associated with procrastination can contribute to anxiety and other mental health challenges. Moreover, this issue is not confined to students alone; it reflects a societal challenge where the allure of digital distractions and the demands of a busy lifestyle often hinder effective time management.

In conclusion, the survey reveals a critical need for better time management strategies among UiTM Pasir Gudang students. There is a need for interventions that can help students balance their academic and social lives more effectively. Educational institutions can play a pivotal role by providing resources and workshops focused on time management and effective study habits. Additionally, fostering a culture that values academic diligence and self-discipline can help mitigate the negative impacts of procrastination. Addressing these challenges is essential not only for improving academic outcomes but also for supporting the overall well-being and mental health of students. As students navigate their academic journeys, developing strong time management skills will be crucial in helping them achieve their academic and personal goals.