

## THE INFLUENCE OF *MA'HAD* ACTIVITIES ON THE TIME MANAGEMENT SKILLS OF SOCIAL SCIENCE EDUCATION STUDENT

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### ABSTRACT

This study aims to analyze the effect of *Ma'had* activities on the time management skills of social science education UIN Malang students. Students are required to live in *Ma'had* for one year to follow various coaching programs in creating Ulul Albab characters. With the dense activities in *Ma'had*, time management skills are the best solution to overcome the problems experienced by students in balancing academic and non-academic activities. This study uses a quantitative approach with a correlational method. The population in the study was the social science education uin Malang student class of 2024. By using proportional stratified random sampling technique, the sample in this study is known to be 115 respondents. Data collection techniques were carried out using a questionnaire with a Likert scale of 1-5 points. Data analysis was carried out using validity and reliability tests, descriptive analysis, normality test, linearity test, heteroscedasticity test, and simple regression test to answer the research hypothesis. The results showed that there is a significant influence between *Ma'had* activities on the time management skills of social science education UIN Malang students. This indicates that the more active the student in participating in *Ma'had* activities, the more the student's time management skills will increase. The low value of the coefficient of determination of 24.5% indicates that *Ma'had* activities are not the only factor affecting the time management skills of students, there are other factors outside *Ma'had* activities such as internal motivation, peer support, and self-efficacy levels that affect the time management skills of students.

**Keywords:** *Ma'had* Activities; Time Management; Student

### ABSTRAK

Penelitian ini bertujuan untuk menganalisis pengaruh kegiatan *Ma'had* terhadap keterampilan manajemen waktu Mahasantri PIPS UIN Malang. Mahasantri diwajibkan tinggal di *Ma'had* selama satu tahun untuk mengikuti berbagai program pembinaan dalam mencetak karakter yang Ulul Albab. Dengan padatnya kegiatan yang ada di *Ma'had*, keterampilan manajemen waktu menjadi solusi terbaik untuk mengatasi permasalahan yang dialami Mahasantri dalam menyeimbangkan antara kegiatan akademik dan non-akademik. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Populasi dalam penelitian adalah Mahasantri PIPS UIN Malang angkatan 2024. Dengan menggunakan teknik proporsional stratified random sampling, sampel dalam penelitian ini diketahui berjumlah 115 responden. Teknik Pengumpulan data dilakukan menggunakan kuesioner dengan skala Likert poin 1-5. Analisis data dilakukan dengan menggunakan uji validitas dan reliabilitas, analisis deskriptif, uji normalitas, uji linearitas, uji heteroskedastisitas, dan uji regresi sederhana untuk menjawab hipotesis

penelitian. Hasil penelitian menunjukkan terdapat pengaruh yang signifikan antara kegiatan *Ma'had* terhadap keterampilan manajemen waktu Mahasantri PIPS UIN Malang. Hal ini mengindikasikan bahwa semakin aktif Mahasantri dalam mengikuti kegiatan *Ma'had*, maka semakin meningkat pula keterampilan manajemen waktu Mahasantri. Rendahnya nilai koefisien determinasi sebesar 24,5% menunjukkan bahwa kegiatan *Ma'had* bukanlah satu-satunya faktor yang mempengaruhi keterampilan manajemen waktu Mahasantri, terdapat faktor lain di luar kegiatan *Ma'had* seperti motivasi internal, dukungan teman sebaya, dan tingkat self-efficacy yang mempengaruhi keterampilan manajemen waktu Mahasantri.

**Kata-Kata Kunci:** Kegiatan *Ma'had*; Manajemen Waktu; Mahasantri

## INTRODUCTION

The development of time management skills among students is an important issue in the world of higher education, especially in Islamic-based institutions such as the State Islamic University (UIN) Maulana Malik Ibrahim Malang. UIN Malang through the *Ma'had* Al Jami'ah Center designed an integrated education system between academic values and Islamic values, which aims to form graduates with ulul albab character, intellectually, spiritually, and emotionally intelligent (Yusri, 2020). Students, as learners in *Ma'had*, live a life with a busy routine, including religious activities, regular lectures, and language development programs (PKBPA), all of which demand effective time management.

In recent studies published in education and psychology journals, time management skills have been shown to be a significant determinant in students' academic achievement and psychological well-being. Research by Britton and Tesser (1991) confirmed that good time management is directly proportional to academic achievement. A more recent study by Firda Ulfia corroborates that this skill not only affects learning outcomes, but also the life balance of students, especially in high-intensity environments such as pesantren or *Ma'had* (Firda Ulfia, 2019).

According to Anastasya, time management is how individuals can prioritize what is more important and should come first (Farihah & Puspitarini, 2022). Time management is the activity of organizing a variety of work to be carried out at a certain limited time per 24-hour day and that with the least effort and the shortest time, then leaving time for us to make guidelines for future work, rest, and accumulate. According to Rusyadi, time management is a daily process used to divide time, make schedules, to-do lists, delegate tasks, and other systems that help to use time effectively (Arum Priharnadi et al., 2022). Both views confirm that time management is not just a technical ability, but also a complex cognitive and affective skill, which can be developed through a supportive and structured environment such as *Ma'had*.

However, there is still a gap in the literature regarding the effectiveness of *Ma'had* activities on time management skills. The results of preliminary observations conducted showed that 87.5% of students felt that *Ma'had* activities actually interfered with other activities such as coursework and rest time. On the other hand, a small number of students thought that the routine in *Ma'had* helped them become more disciplined and organized. This fact shows the ambiguity of perception towards the role of *Ma'had*, and indicates the need for a deeper study of the effectiveness of *Ma'had* programs in shaping students' time management.

Departing from these conditions, this research is focused on analyzing the effect of *Ma'had* activities on the time management skills of social science education UIN Malang students. By lifting the population of students who come from various educational backgrounds, including pesantren graduates, this research offers a scientific contribution in assessing whether a modern pesantren education system such as *Ma'had* is able to answer the challenges of time efficiency in student academic life. This research is expected to be the basis for evaluating and developing the curriculum of *Ma'had* activities to be more adaptive to the needs of modern students as well as contributing to the contemporary Islamic education literature which is still minimal in discussing time management in the context of integrating spiritual and academic education.

## LITERATURE REVIEW

### *Ma'had* Activities

The activities at the *Ma'had* Al-Jami'ah Center aim to develop a religious pesantren culture, develop education, and language. This development is expected to create a generation of students who have spiritual depth, moral majesty, breadth of knowledge, and professional maturity. The activities at the *Ma'had* Al-Jami'ah Center are very diverse. Quoted from the book UIN Maulana Malik Ibrahim Malang Towards Word Class University compiled by Mudjia Raharjo, the core programs in *Ma'had* include: Ta'lim Al-Qur'an, Ta'lim Afskar Al Islamiy, and Shabah Al-Lughah (Murdjia, 2014). Along with the times, the activities in *Ma'had* were refined into Shabah Al-Qur'an, Tashih Qiro'ah Al-Qur'an, Ta'lim Al-Qur'an, Ta'lim Afskar Al-Islamiy, and Shabah Al-Lughah (MSAA, 2024).

### Time Management Skills

According to Hatmanti & Septianingrum Time management is a way to control time so that it can create productivity effectiveness and efficiency in order to avoid academic stress (Vinahapsari & Rosita, 2020) . Time management is a concept that consists of planning, organizing, mobilizing, and supervising. Time is a resource that must be preserved so as to produce effective and efficient time management (Ginting & Azis, 2014). Good time management is the ability to prioritize, do scheduling, and responsibility in prioritizing according to needs.

Based on this definition, management can be concluded that time management is the ability a person has to control time properly through scheduling that prioritizes to achieve effective and efficient goals. The theory of time management skills is adopted from Britton and Tesser's theory. According to him, good time management skills consist of long-term planning, short-term planning, and time attitude (Britton & Tesser, 1991) .

## METHOD

This study uses a quantitative approach with a correlational design to analyze the relationship between *Ma'had* activities and the time management skills of the students. The population in this study were Social Science Education students of Maulana Malik Ibrahim State Islamic University Malang, totaling 161 students. The research sample amounted to 115 students, calculated using the Slovin formula with an error rate of 5% (Majdina et al., 2024) . The sampling technique sample was carried out by proportional stratified random sampling method based on class in the sample collection (Ulya et al., 2018).

The research data collection technique was carried out by distributing questionnaires to Mahasantri. To find out the data on Mahasantri's time management skills, the instrument on

the questionnaire used a Likert scale of 1-5 points. Before distributing questionnaires, researchers conducted validity and reliability tests to determine the validity and feasibility of the questionnaire with the following results:

All items of *Ma'had* Activity variable questions totaling 15 items were declared valid with a correlated item total correlation value of more than 0.2 with a value range of 0.674 - 0.859. While the time management skills variable items totaling 13 items were also declared valid with a correlated item total correlation value of more than 0.2 with a value range of 0.589 - 0.829. Then for the reliability test results can be seen in the following table:

**Table 1. Reliability Test Results**

No.	Variable	Cronbach's Alpha	Reliability	Decision
1	<i>Ma'had</i> Activities	0.956	0.6	Reliable
2	Time Management Skills	0.935	0.6	Reliable

Data analysis techniques in this study can be done in two ways, namely descriptive analysis and inferential analysis. Descriptive analysis is carried out to find out a clear picture or description of the samples that have been collected without making conclusions. Inferential analysis is carried out to determine the results of data interpretation. Inferential analysis in the form of: 1) Normality Test, to ensure that the data is normally distributed; 2) Linearity Test, to evaluate whether there is a linear relationship between the independent and dependent variables; 3) Multicollinearity Test, to identify the strength of the linear relationship between the independent variables in the model; 4) Heteroscedasticity Test, to check whether the residual variance is constant or not; and 5) Correlation Test, to analyze the relationship between two variables.

## RESULT

### Descriptive Statistical Analysis

Descriptive analysis is an analysis method used to provide a general description of the data. The following are the results of descriptive statistical tests with the help of the IBM SPSS statistics 25 application:

**Table 2. Descriptive Statistic Test Result**

	N	Minimum	Maximum	Mean	Std. Deviation
<i>Ma'had</i> Activities	115	45.00	75.00	61.5826	7.66283
Time Management	115	39.00	65.00	49.8522	5.94454
Valid N (listwise)	115				

Based on the results of the descriptive data test above, an overview of the distribution of the research data can be obtained as follows:

- The *Ma'had* Activities variable has a minimum value of 45, a maximum value of 75, and a mean value of 61.58 which indicates a fairly high level of participation in *Ma'had*, although there is a fairly significant variation in values among respondents (with a standard deviation of 7.66).
- The Time Management Skills variable has a minimum value of 39, a maximum value of 65, an average value of 49.85 and a standard deviation of 5.94. Respondents' time management skills show a moderate tendency. The variation between respondents is also moderate.

c. Based on the output results above, it is known that the mean value of each variable is greater than the value of Std. Deviation, this shows that the data from this study tends to have a small distribution around the average so that most of the data is near the mean. This condition indicates that the data is relatively homogeneous with low variation.

### Normality Test

Normality test is a statistical method that is carried out to determine whether the data is normally distributed or not. The normality test in this study used the Kolmogorov-Smirnov normality test.

**Table 3. Normality Test**

		One-Sample Kolmogorov-Smirnov Test	
		<i>Ma'had</i> Activities	Time Management
N		115	115
Normal	Mean	61.5826	49.8522
Parameters,a,b	Std. Deviation	7.66283	5.94454
Most Extreme	Absolute	.079	.079
Differences	Positive	.051	.079
	Negative	-.079	-.050
	Test Statistic	.079	.079
	Asymp. Sig. (2-tailed)	.074 <sup>c</sup>	.076 <sup>c</sup>
a. Test distribution is Normal.			

Based on the output results in the table above, it can be seen that the *Ma'had* Activity variable has an Asymp. Sig. (2-tailed) value of 0.074 and the Time Management Skills variable has an Asymp. Sig. (2-tailed) value of 0.076. Thus it can be concluded that the data is normally distributed because both variables have an Asymp. Sig. (2-tailed) is greater than 0.05 (0.074>0.05 and 0.076>0.05).

### Linearity Test

The linearity test is carried out to find out and prove whether the model used is a linear model or not.

**Table 4. Linearity Test**

		ANOVA Table				
<i>Ma'had</i> Activities *	Between Groups	(Combined)	Sum of Squares	df	Mean Square	F
		Linearity Deviation from	985.854	1	985.854	39.761
Time Management		Linearity	959.878	29	33.099	1.335
	Within Groups		2082.756	84	24.795	
	Total		4028.487	114		

Based on the table above, it can be seen that the Deviation from Linearity value is 0.155, this shows that the relationship between the *Ma'had* Activity variable and the Time Management Skills variable is Linear because the Deviation from Linearity value is greater than 0.05 (0.155>0.05).

### Heteroskedasticity Test

The heteroscedasticity test is a test conducted to see whether in the regression model there is an equality of variance from the residuals of one observation to another or not. The heteroscedasticity test in this study uses the Glejser test.

**Table 5. Heteroskedasticity Test**

Model	Coefficients <sup>a</sup>				
	Unstandardized		Standardized	t	Sig.
	Coefficients	Beta	Coefficients		
1 (Constant)	4.169	2.438		1.710	.090
Time Management	-.002	.039	-.005	-.054	.957

a. Dependent Variable: ABS\_RES

Based on the table above, it can be seen that the Time Management Skills variable has a sig value. 0.957 greater than 0.05 (0.957 > 0.05), it can be concluded that the Time Management Skills variable does not occur symptoms of heteroscedasticity or the heteroscedasticity test has been fulfilled.

### Simple Linear Regression Test

Simple linear regression test is conducted to determine the effect of the independent variable on the dependent variable. The requirements in conducting a simple linear regression test are that the data must be valid and reliable and pass the normality and linearity tests. To determine the hypothesis in this study, the simple linear regression test used is the T (partial) test.

**Table 6. T Test (Partial)**

Model	Coefficients <sup>a</sup>				
	Unstandardized		Standardized	t	Sig.
	Coefficients	Beta	Coefficients		
1 (Constant)	26.219	3.936		6.662	.000
Ma'had Activities	.384	.063	.495	6.051	.000

a. Dependent Variable: Time Management

Based on the output table above, it is known that the calculated T value is 6.051 with a significance level of 0.000 smaller than 0.05 (0.000 < 0.05) so it can be interpreted that the hypothesis H1 is accepted and H0 is rejected. Thus there is an influence of the *Ma'had* Activity variable on the Time Management Skills variable.

The resulting regression equation is  $26.219 + 0.384X$ , so that if the *Ma'had* Activity variable is 0 (constant) then the Time Management Skills variable is 26.219. The resulting regression value is positive by 0.384 so that if the *Ma'had* Activity variable increases, the Time Management Skills variable will also increase and vice versa.

To determine the influence of *Ma'had* variables on the Time Management Skills variable, it can be seen in the Model Summary Determination Coefficient table.

**Table 7. Coefficient of Determination**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.495 <sup>a</sup>	.245	.238	5.18902
a. Predictors: (Constant), <i>Ma'had</i> Activities				

Based on the table above, it is known that the correlation value (R) is 0.495 with a coefficient of determination (R Square) of 0.245, thus it can be seen that the influence of the *Ma'had* Activity variable on the Time Management Skills variable is 24.5%.

## DISCUSSION

Based on the research that has been conducted on 115 social science education uin Malang students, the results of descriptive statistical analysis show a fairly diverse distribution of student time management skills. The average time management skills are at a value of 49.85 with a standard deviation of 5.94, which indicates that most of the students have time management skills at a moderate level, namely 52.2%. This shows that although the majority of students have fairly good time management skills, there is still a large proportion of students who need reinforcement, direction, guidance, and training in order to manage time well.

Husin Ali and Mirzam Arqy Ahmadi in their research entitled "The Effect of Work Motivation and Time Management on Part-Time Workers who are Students" explained that high motivation and time management training can increase learning efficiency and reduce stress levels in students (Prasetya & Alkadri Kusalendra Siharis, 2023). The study emphasized that interventions in the form of training can improve aspects of short-term and long-term planning in time management. The findings suggest that although the majority of students are at a moderate level of time management skills, additional coaching is still needed so that they can be more effective in managing their time.

The results of this study indicate that there is a significant influence between *Ma'had* activities on the time management skills of social science education UIN Malang students. This result is obtained from testing the hypothesis of simple linear regression test with T test (partial), it is known that the T-count value is 6.051 with a significance level of 0.000 smaller than 0.05 so it can be concluded that the research hypothesis is accepted. The resulting regression value is positive of 0.384 which means that the more active Mahasantri in participating in *Ma'had* activities, the better their ability to manage time. This relationship explains that *Ma'had* activities make a real contribution in improving the ability of students to manage time effectively.

Analysis of the coefficient of determination shows a value (R Square) of 0.245 or about 24.5% of *Ma'had* activity participation affects the time management skills of the student. Although this percentage is relatively low or does not cover all the factors that influence the time management skills of students, the results show a significant value for the important role of *Ma'had* as an environment that supports the development of students' time management skills. The remaining 75.5% can be influenced by other factors such as internal motivation, peer support, and the level of self-efficacy of the student (Suardin & Yusnan, 2021).

The results of this study are in accordance with research conducted by Devi Sulastri, Imam Makruf, and Supriyanto regarding "Time Management of Maha Santri in Memorizing the Qur'an at PPTQ Griya Qur'an 7 Surakarta" (Sulastri et al., 2022). The study explains that a structured environment and busy activities can encourage Maha Santri to have good time

management skills so as not to be overwhelmed in following the density of existing activities. In the context of this research, students who live in a *Ma'had* environment based on pesantren need to understand the importance of good time management. With a dense and structured schedule of activities, *Ma'had* provides opportunities for students to learn to prioritize tasks and utilize time efficiently (Barri, 2017). This can help the student in carrying out daily activities in *Ma'had*, as well as shaping the student's personality in terms of discipline and responsibility.

On the other hand, research conducted by Widya Aning Puspita on "Time Management Affects the Academic Achievement of Students Who Work Part-Time", provides a different view (Puspita, 2023). The study explains that although working part-time has a positive impact on improving skills and experience, excessive activity load can cause stress and reduce time effectiveness. In contrast to that, this study shows that students who experience academic stress due to the busy activities in *Ma'had*, will get support and direction from *Ma'had* administrators such as Caregivers, Murabbi, and Musyrif who are always on standby in providing advice and assistance so that students become more open so that they can be calmer in managing time and setting their priority scale while in *Ma'had*.

This research supports the theory of Time Management Questionnaire (TMQ) by Britton and Tesser, according to him good time management skills include three main keys, namely long-term planning, short-term planning, and attitude towards time. These three keys are reflected in the activities and programs implemented in *Ma'had*. Long-term planning involves the ability of the student to set goals to be achieved within a certain time. This planning can be done by compiling an annual activity schedule that includes religious, academic, and personal development programs (Elhaq Rochim et al., 2021).

Short-term planning involves the student's ability to organize and manage daily or weekly activities. This activity provides an opportunity for the student to plan and prioritize in more detail. The busy schedule of *Ma'had* activities requires the student to be able to manage time well in order to carry out all responsibilities without sacrificing other needs such as rest or study (Qolby, 2024). Attitude towards time relates to the student's perception of the importance of time and how to value it. The activities in *Ma'had* implement these values through the habituation of discipline in carrying out scheduled activities. The culture of respect for time formed through *Ma'had* activities can influence the Mahasantri's perspective on the importance of time efficiency in achieving life goals (Oktaviani, 2020).

Overall, the results of this study support Britton and Tesser's theory of time management, where participation in *Ma'had* activities can help students improve their planning and time management skills. However, additional interventions are still needed to strengthen students' time management skills, especially for students who still have low levels of time management. A more structured approach is needed in the aspects of internal motivation, peer support, and the level of self-efficacy of the student. This study confirms that time management skills are not only influenced by academic environmental factors, but also by psychological and social factors that need further attention in the development of educational programs in *Ma'had* and other academic institutions.

## CONCLUSION

Based on the formulation of the problem and the results of the research that has been done, the following conclusions can be drawn: (1) The majority of Mahasantri are in the moderate category in terms of time management, which is 52.2% of the total number of respondents. This shows that most of the students are adequate in terms of managing time

well, but there is room for improvement in efficiency and prioritization; (2) *Ma'had* activities have a positive influence on the time management skills of social science education UIN Malang students. This means that the higher the student's involvement in *Ma'had* activities, the better the student's skills in managing time; (3) The relatively low coefficient of determination of 24.5% indicates that there are other factors outside of *Ma'had* activities that influence time management skills, such as internal motivation, peer support, and the level of student self-efficacy.

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