

Contribution of Time Management in developing a sense of wellbeing among nursing students of a public hospital.

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ABSTRACT:

Introduction Wellbeing refers to authorities of optimistic outcomes that help to realize one's physical, mental, social, spiritual, and emotional potentials in a society (Awartani, Whitman, & Gordon, 2007). Students who perceived time control reported better performance, better work, and a satisfied life with less problems, less workload (Beiter et al., 2015). The development of a sense of improving time management and coping with these stressors can assist the nursing students to be in a state of well-being.

Objective: To determine the Contribution of Time Management in developing a sense of wellbeing among nursing students of a public hospital.

Methodology: Cross-sectional descriptive study design was used for study. This form of research is a one-time collection of data without a control group. Research was conducted by one-time data collection method without control group.

Conclusion:

Conclusion: The results of this study showed that wellbeing status of nursing students was not satisfactory just because of the lack of time management skills. Because time management has an important impact on well-being and also on health status, it has important implications for the policy making of services Hospital. Certainly nursing students who are unable to manage their time well may be at risk for underachievement.

1. INTRODUCTION

A. 1.1 Introduction

Wellbeing refers to authorities of optimistic outcomes that help to realize one's physical, mental, social, spiritual, and emotional potentials in a society (Awartani, Whitman, & Gordon, 2007). Well-being is an important aspect for students as they work towards their educational journey. Evaluation of Well-being in students is necessary especially in nursing students because they faced responsibilities in future as health care professionals. Well-being of nursing students is highly affected by educational and clinical stressors as well as the optimistic aspects of

attention in grooming their training life (Salehi et al., 2017).

Student nurses have a number of assignments that require prioritization. Academic inexperience is also reported as a very stressful phenomenon for many students (Ardyna et al., 2013). Time management is one of the latent coping strategies because it directly affects the students' behavior, attitude, and self-perception. It also affects the educational performance and grading point averages of students (Beiter et al., 2015).

Time management in nursing students refers to cluster of behavior skills which are important to organize study and course load. The Behavior Scale of managing the time consists of 4 important factors; the most important and

beneficial one is “perception of time control”. Students who perceived time control reported better performance, better work, and a satisfied life with less problems, less workload (Beiter et al., 2015).

The development of a sense of improving time management and coping with these stressors can assist the nursing students to be in a state of well-being (El Ansari et al., 2011). Moreover, teaching the students about skills of time management is an important aspect for promotion of nursing student’s resilience and face to face satisfaction, and also for enhancement of expertise and persevering care (Carter, Elzubeir, Abdulrazzaq, Revel, & Townsend, 2003).

The nursing students realized that all their educational activities for example papers, presentations, readings, and lab experiments along with the family, work, and other responsibilities need to be planned and managed on time. It is important to keep both educational and social activities managed on time to perform side by side (Oishi, 2010). The good students find study as a challenge and that’s why new demands are rising. If the students keep themselves away from study for the purpose of time management, it further poses an extra burden to manage studies (Oishi, 2010).

The student nurses face more responsibilities to manage the time. Student nurses are mostly not performing full-time jobs, but they are performing households or parents care activities, and also carry role and responsibility of their social life (Brunton, Chabner, & Knollmann, 2011). Nursing students need to manage their roles and responsibilities within limited time durations.

In the nursing colleges, students are given the freedom to determine their own time and (for the most part) no one is managing time for students. It is an important step to build their confidence, however it needs self-discipline on part of nursing students. But it is very important for an increase in the freedom level and in free time management. Students need to use the freedom to do their

responsibilities towards their goals and priorities (Brunton et al., 2011).

In the favor to make it flexible, college life offers the students many times of distractions, innately the students who are living in the hostel instead of home with their families are more susceptible to the effects of these distractions (Junco, Heiberger, & Loken, 2011). The students invest most of the time in making their rooms ready for work and spare less time for work eventually they sleep leaving most of the work uncompleted. Also, students are worried by their workload and may cope by neglecting it for long time as much as they can neglect. Chronic procrastination leads to poor performance: missing assignments, low score in exams or turning in work (Junco et al., 2011).

Falling behind the study leads the nursing students to drop a class or semester and if this situation continues with students they may not graduate on time. Other problems include education restriction, loss of scholarship, and even drop out study. Students may feel comfortable to perform well in college than in high schools (Reeve, Shumaker, Yearwood, Crowell, & Riley, 2013).

Poor time management and increased work burden causes increased education pressure and signs of desperation (including headache, sickness or sleeplessness) among students. Disturbed sleep patterns is one of the frequent issues caused by poor time management (Reeve et al., 2013). Likewise, a study was conducted to examination of health-promotion behavior and mental and physical well-being of nursing students study was conducted in Hong Kong (Walker, Stevens, & Persaud, 2010). Chinese version of the Health Promotion and Lifestyle was given to students as a questionnaire. Only few nursing students had a sense of health responsibilities as wellbeing. Only 42.5% used time management skills and 74.1% rated as unsatisfied from their academic status (Walker et al., 2010). In a study of Tehran effects of time managements were assessed in nursing students most participants had a moderate level of time Management skills (49%) unsatisfied with

performing their responsibilities, State Anxiety (58%), Trait Anxiety (60%) and unsatisfied with their Academic status (58%) (Ghiasvand, Naderi, Tafreshi, Ahmadi, & Hosseini, 2017).

In a Pakistan study conducted University of Health Sciences (UHS), Lahore, the most frequently occurring sources of stress reported by medical students as often/always were, high parental expectation (63%), frequency of examinations (59%), vastness of academic curriculum 50%, sleeping difficulties (48%), performance in periodic examinations (46%), mismanagement of time (45%), quality of food in mess (35%). High parental expectations, frequency of examinations, sleeping difficulties, dissatisfaction with the class lectures, worrying about the future, vastness of academic curriculum/syllabus, and loneliness were rated as most severe (Shah, Hasan, Malik, & Sreeramareddy, 2010).

In the college nursing students can stay on task and use their time nicely. Keeping an eye at the achieving task, trying to keep an estimation of hours needed to spend on a project or preparation of an exam, managing the sleeping patterns, focusing on personal care, and sparing time for socialization can help nursing students in having a sense of control over time. Moreover the use of phone's calendar or a planner is a better way to keep on track of responsibilities; this can also save from double minding (Reeve et al., 2013).

B. 1.2. Study gap

Based on literature review, time management appears as an important component for developing a sense of wellbeing and academic success among students. Moreover, to best of researcher knowledge there was no study found related to contribution of time management in development of sense of wellbeing among nursing students in the context of Pakistan. The current study made its place in this study gap and opened new ways for upcoming researchers to further explore this topic.

C. 1.3. Significance of study

Time management is a very important aspect for a nurse at work and at home to sustain a sense of well-being. Also, it helps nursing students in prioritizing patient needs and their well-being. The results of the study further emphasized significance of development of time management skills among students. The results of this study may help the organization to identify the issues that are faced by nursing students in time management and to devise the educational activities of students through change schedule that can improve time management skills among nursing students. Moreover, this study will provide the evidence-based literature for new researchers in the future.

D. Theoretical Framework

This study utilizes Pender's theory of health promotion. The health promotion model was designed to be a "complementary counterpart to models of health protection" (2011). It defines health as a positive dynamic state rather than simply the absence of disease. Health promotion is focused at increasing a patient's level of well-being. Pender's model focuses on three areas: individual characteristics and experiences, behavior-specific cognitions and affect, and behavior outcomes. The theory notes that each person is an individual with different experiences that can affect their own actions (Nies & McEwen, 2014).

The Health Promotion Model says that individuals have distinct characteristics and experiences that affect their decisions and behaviors and that nursing interventions can help change or modify these behaviors (Shaheen, Nassar, Amre, & Hamdan-Mansour, 2015). The desired outcome of health promoting behavior is to better health and better quality of life. Pender emphasizes that Health Promotion Model basically looks on how a person can better themselves or maintain good health status, which relates on how a person can improve their health by good time management. With good time management a person is able to

stay organized, which allows them to focus on other aspects of life such as eating right, exercising, or getting enough sleep (Shaheen et al., 2015).

II. LITERATURE REVIEW

According to a study effective management of time is very close to understand the difference in efficiency and effectiveness (MacCann, Fogarty, & Roberts, 2012). In study it explained as when efficiency involved with completed specified task in a right way, effectiveness identified the right task accomplished in first (MacCann et al., 2012). Another study expressed the same point as, when someone argues the practices of identify the strategy to achieve a task in a good manner, and appropriate tool and technique selection for the completion of tasks can be consider the most important conditions of effectiveness of time management (Dodge, Daly, Huyton, & Sanders, 2012).

Students, who are more conscious of their time management and where they tend to spend their time, generally have a higher GPA than those students who do not have any type of time management skills (MacCann, 2012). Time management is not fully dependent on having just conscientiousness but more focused on the actual time management because anyone can be taught a set of behaviors and habits that help with time management (MacCann, 2012). Students base their time around their goals by setting the actual goals, developing attitudes according towards the goal and what it is going to take to achieve and reach the goals in a timely and reasonable manner. Learning to time manage reduces stress and pressure off of students which aids in the learning process (MacCann et al., 2012).

Another author stated that “there are many benefits of time management. Rather than around in a state of frenzy, you felt of empowerment from getting things done and having the time to enjoy life’s simple pleasures (Blais, 2015).

United Kingdom, concept of healthy body and wellbeing is very serious matter and often looked as research on stress. Health and wellbeing are

connected with positive aspect of work and knowledge of health within the environment (Diener & Chan, 2011). In UK, health and wellness gives top most priority and follows the stated measures of protocol to maintain the healthy living in students. Focus on health and mental wellbeing is being recognized by the fact that students remain healthy despite of overpowering stress (Diener & Chan, 2011).

As noted by Liu (2011), the mental illness is another major cause of the poor and weak living. Mental illness will turn into the emotional problems within the individuals (Liu et al., 2011). There are five major promoting qualities which will help to focus on the elements of well beings are environmental quality in which individuals lives, self-esteem, emotional processing, self-management skills and Social participations etc are some of the major areas that is needed to be focused in order to bring the street free environment (Kahneman & Deaton, 2010).

Most part of the community is going to the change daily by using medication in order to keep their selves more active and healthy. As opined by Pollock (2002), no doubt medication helps to keep the mentally and physically body more energetic and the positive. Other part of it is healthy eating. The researches on nutrition showed that adequate and safe food is required to the different life stages of maintain the capacity of the healthy ageing people (Jesson, 2011).

III. METHODOLOGY AND MATERIAL

STUDY DESIGN

E. Study design

Cross-sectional descriptive study design was used for study. This form of research is a one-time collection of data without a control group. Research was conducted by one-time data collection method without control group.

Sampling technique

Convenient sampling technique was used for study. Convenient sampling is a non-probability sampling technique where subjects are selected

because of their convenient accessibility and proximity to the researcher(Mertens, 2014)

Sample Size

The sample size of study was 109 nursing students. Slovene's formula is used to determine the sample size for conducting the research.

Slovene's equation $=N/1+N(e)^2$

(n)= Sample size, $N=N/1+n(e)^2$

$n = 150/1+ (150) (0.5)^2$

$n=150/1+ (150) (0.0025)$

$n=109$

Variables of my Study

Independent variable

Age ,Year of study, perception of stress, sleep patterns, social activities, eating habits, work, school, and many other factors

Dependent variables

Time management

Well being

3.7. Conceptual definitions

1) Time management

Time management is the process of planning the activities by organizing the division of the time(Cemaloglu & Filiz, 2010).

2) Wellbeing

Wellbeing is a state of positive outcomes that help in shaping the meaning full life of the society (Dodge et al., 2012)

F. 3.8. Operational definitions

1) Time management

Organizing and planning of time for study, job and other activities in student nurses.

2) Wellbeing

Positive outcomes of student nurses of services hospital that helps in shaping the meaning full life of society by coping with their stress sleep patterns, social activities, eating habits, work, school, and many other factors

Ethical consideration

Before the research work, ethical approval was obtained from the Institute of the review board, the University of Lahore, and from those people who participate in the research study. And it is assured to every participant. The data was confidential throughout the whole study. And was

kept in key and lock before collecting the data their willing was considered that every participant willing or not for participation in the research study.

Data collection instrument / tool

An adoptive questionnaire was used for this study utilized a cross-sectional descriptive design(Kulland, 2015). The survey consisted of twenty-two questions pertaining to stress, sleep patterns, social activities, eating habits, work, school, and many other factors.

S	Demographic	Statements	Freq-	%
.	Information			
1	Age	15-18	8	7.3%
		19-22	90	82.6%
		23-26	11	10.1%
		Total	109	100.0%
2	Program in which you are enrolled	Diploma in Nursing (03 years)	84	77.1%
		Diploma in Midwifery	25	22.9%
		Total	109	100.0%
3	In which year you are studying?	1st year	25	22.9%
		2nd year	37	33.9%
		3rd year	30	27.5%
		4th year(midwifery)	17	15.6%
		Total	109	100.0%
4	Education	F.Sc	109	100.0

Data analysis method

The collected data was analyzed by putting data on SPSS version21.datawas analyzedby frequency through descriptive statics and was represented in the form of the figure, Table's frequency, and Percentage.

IV. RESULTS: Table

1. Demographic analysis

This table shows that Frequency and Percentage Of the Participant's Response on each Items.

Table2. Hours of homework/study during the week(Monday-Friday)?

When we asked to the participants how many hours they use for homework/study during

Q	Statements	Options	Freq-	%
2	Hours of homework/study during the Weekends (Saturday-Sunday)?	Less than 4 hour's 6 hours 8 hours Greater than 10 hours Total	20 50 20 19 109	18.3 45.9 18.3 17.4 100.0

the week (Monday- Friday) 38 participants response as less than 5hours 21 in favor of 10 hours 34 use to answer 15hours and 10 students answer as greater than 20 hours.

Table3. Hours of homework/study during the Weekends (Saturday-Sunday)?

In the response of question The hours participants use for home work/during the weekend (Saturday –Sunday) 20 answer as research participants use less than 4 hours 50 participants answer as 6 hours 20 response in the favor of 20 hours 19 use to answer greater than 10 hours.

Table4. What type of homework takes the longest amount of time?

Q	Statements	Options	Freq-	%
3	What type of homework takes the longest amount of time?	Research Paper Textbook assignments Presentation Total	10 43 56 109	9.2 39.4 51.4 100.0

When we ask what type of home work takes the longest amount of time 10 participant's answer as research paper, 43 as text book assignments 56 were in favor of presentations.

Table5. Do you feel you eat healthy?

Q	Statements	Options	Freq-	%
1	Hours of homework/study during the week (Monday-Friday)?	Less than 5 hour's 10hours 15 hours Greater than 20 hours Total	38 21 34 16 109	34.9 19.3 31.2 14.7 100.0

Q	Statements	Options	Freq-	%
4	Do you feel you eat healthy?	Always Sometimes Never Total	32 38 39 109	29.4 34.9 35.8 100.0

In the response of ask about the food the participants use to eat 32 always eat healthy 38 eat sometimes and 39 participants never eat healthy food.

Table6. How many times do you eat fast food or eat out per week?

Q	Statements	Options	Freq-	%
5	How many times do you eat fast food or eat out per week?	0 1-3 time 4-6 times more than 7 times Total	5 50 43 11 109	4.6 45.9 39.4 10.1 100.0

When we ask the participants how many times they eat fast food per week 5 participants' answer as 0 times 50 said they eat 1-3 times 43 answers as 4-6 times and 11 participants' response as more than 7 times eats the fast food.

Table7. How many times per week do you eat home-cooked meals?

Q	Statements	Options	Freq-	%
6	How many times per week do you eat home-cooked meals?	0 1-3 4-6 More than 7 Total	15 45 33 16 109	13.8 41.3 30.3 14.7 100.0

In the response of question how many times per week do you eat home cooked meals? 15 participants response as 0-4, 5 as 1-3, 33 answer 4-6 times 16 participants answer as more than 7 times

Table 8. In regards to your well-being, how important is it to set aside time for yourself?

Q	Statements	Options	Freq	%
7	In regards to your well-being, how important is it to set aside time for yourself?	Very important	43	39.4
		somewhat important	38	34.9
		Neutral	18	16.5
		Not important	10	9.2
		Total	109	100.0

In the answer of in regards to wellbeing how important is to set aside time for you 39.45% participant's response as very important, 34.45% answer somewhat important 16.51% where neutral and 9.17% response as not very important.

Table 9. How much time per day does you to set aside for yourself

Q	Statements	Options	Freq	%
8	How much time per day does you to set aside for yourself	0-30 min	32	29.4
		30 min- 1 hour	26	23.9
		2 hours	14	12.8
		More than 2 hours	37	33.9
		Total	109	100.0

About 29.36% of total participant's stats that they spend 0-30mins, 23.86% spend 30mins -1hour, 12.84 %spend 2hours and 33.54% of participants set more than 2hours for their selves.

Table 10. On average, how much time per day do you spend engaging with your family/housemates?

Q	Statements	Options	Freq	%
9	On average, how much time per day do you spend engaging with your family/housemates?	30 min- 1 hour	29	26.6
		2 hours	57	52.3
		More than 2 hours	109	100.0
		Total		

The responses of participants regarding the average time they spend with their families. 26.61% participant's response as 30mins-1hours 21.10% as 2hours and 52.29% response in the favor of more than 2hours.

Table 11. How much time do you spend per week on household management (ex. Errands, chores, Grocery shopping, etc.)?

Q	Statements	Options	Freq	%
10	How much time do you spend per week on household management (ex. Errands, chores, Grocery shopping, etc.)?	0-2 Hours	42	38.5
		3-5 hours	22	20.2
		7-9 hours	21	19.3
		More than 10hours	24	22.0
		Total	109	100.0

About 38.53% respondents response in the favor of 0-2hours 20.18% response as 3-5hours 19.27% as 7-9hours and 22.02% as more than 10hours.

Table 12. On a scale of 0-10, rate your average stress/anxiety level (0 being no stress/anxiety and 10 being overwhelmed) -----

Q	Statements	Options	Freq	%
11	On a scale of 0-10, rate your average stress/anxiety level (0 being no stress/anxiety and 10 being overwhelmed)-----	None	8	7.4
		1-2 hours	57	52.3
		3-4 hours	14	12.8
		5+ hours	30	27.5
		Total	109	100.0

On scale of 0-10, 7.34% participants score 4, 8.26% score 5, 29.36% score 6, 21.10% score 7, 7.34% score 8, 19.27% score 9 and 7.34% participants score 10 in the response of asking average level of stress and anxiety

Table 13. On a scale of 0-10, rate your time management skills. (0 being poor and 10 being excellent) -----

Q	Statements	Options	Freq	%
			-	

12	On a scale of 0-10, rate your time management skills. (0 being poor and 10 being excellent) -----	1	11	10.1
		2	13	11.9
		3	10	9.2
		4	15	13.8
		5	13	11.9
		6	10	9.2
		7	2	1.8
		8	35	32.1
		9	0	0
		10	0	0
		Total	109	100.0

On schale Of 0-10,10.09%participants schore1, 11.93%schore 2 ,9.17% schore 3,13.76% schore 4,11.93% schore 5 , 9.17%schore 6 and 1.83% participants schore 7and 32.11%schore 32.11% participants schore 8 in the response of asking average level of stress and anxiety .

Table 14. How would you measure your individual well-being using one of the four terms?

Q	Statements	Options	Freq-	%
13	How would you measure your individual well-being using one of the four terms?	Thriving	5	4.6
		Managing	36	33.0
		Struggling	17	15.6
		Suffering	51	46.8
		Total	109	100.0

shows the 4.59% of 109 participants measure their well being in term of thriving,33.03% managing,15.60% struggling 46.79% use the term suffering to measure their well being.

V.DISCUSSION:

The results of the study indicate that the nursing students are facing more challenges and less time management they tried their best to increase their academic value by giving the extra time to their studies .but this make unbalance in their social life and decrease their rest time However less stressful life and more satisfaction observed in the students used a balance devion of time in their all activities This study also indicate that most of thstudents have a good understanding of wellbeing and they response in the favor its importance in their life but the results consistent with the other studies

presenting the Well-being of nursing students is highly affected by educational and clinical stressors as well as the optimistic aspects of their training life (Salehi et al., 2017).

Academic inexperience is also reported as a very stressful phenomenon for students (Ardyna et al., 2013). The results of the study indicates that nursing students realized that all their educational activities for example papers, presentations, readings, and lab experiments along with the family, work, and other responsibilities need to be planned and managed on time. As the previous studies focused on importance to keep both educational and social activities managed on time and perform side by side (Oishi, 2010).

The study results gives a negative response related to the job related responsibilities because most of the students are not doing full time or part time jobs but they have experienced about the responsibilities of the clinical sites and they are also performing the households and parents care and also carry role and responsibilities of their social life (Brunton, Chabner, & Knollmann, 2011). The results of the study also indicate the poor and unhealthy diet habits of the nursing students lack of time is reported as the main reason for the poor diet habits most of the student use to eat the fast food because it is less time consuming to buy food except cook fresh meal most of the students used to eat home cooked meal only 2-3 times per week. Working longer hours were crucial predictors of time constraints (Pelletier & Laska, 2012).

According to the results of the study most of the participants need to increase their sleeping time they found difficult to manage adequate rest which irrupt their well-being and their physical health but also their cognitive performance (Coveney, 2014).

In conclusion of this study 62.39% of the participants are thriving or struggling to maintain their well-being and are not satisfied from their academic status. They need to improve their time management skill to improve their academic status and also to manage their social, personal and extra curriculum activities in a sense of well

being. They need to improve their rest and sleep habits to maintain their physical health as well as their mental health. Time management and well-being are important variables in the success of college students. Each student is unique in the way they manage their time, but there are outside influences that help each student in creating a system that works.

Limitations

There are a number of limitations which can affect on study results.

- First, although the study population of the research was the nursing students from one public Hospital, but this restricts the extent to which these findings might be applied to nursing students of Private Hospitals.
- Secondly, the data in the current study was gathered at one time, perception of the participants may have been influenced by some factors on other times.
- Thirdly, the current study was limited to self-report data, which may raise the potential problems with desirability bias which can affect the results of the study.

Suggestions

- The findings of the study should be interpreted and need to be replicated with more representative sample of nursing students.
- The relationship between time management and other variables also could be an area of investigation
- A convenient sampling technique was used for this study which is a kind of no-probability sample it is better to use probability sampling method.

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