

Role of Goal Management in Academic Performance : An empirical study

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Abstract

Goal Management is an integral part of academic performance. It provides directions as well as corrective actions in students' pursuit for their desired performances. The purpose of the present research is to understand students' approach to formulate the goals for their academic endeavors and how they implement this process of goal management. For the same, a survey of students was conducted in National institute of Fashion technology kangra over the above 600 students using a self administered survey instrument. The study results revealed crucial understandings and practical implications for goal management discipline.

Keywords: Goal Management, Academic Performance, Objective formulation

1. Introduction

Goal is defined as an objective toward which an endeavor is directed in a broader perspective. In order to achieve the desired goal, it is necessary to understand the importance of goal management. It is very useful in a student's hectic schedule. It ensures that students are well prepared, organized and focused to manage their daily lives and complete academic assignments on time. It can lead to achieve desired level of success. Goals are achieved by formulation of specific objectives followed by effective planning of activities and strategies. When you have determined where you want your life to be in one year or five or even 20, it will have an impact on what you do today.

Keeping in mind the above mentioned utilities of goal management, it becomes inevitable to understand how students formulate their goals, how they work on them and how they fulfill or discard their goals. Students' lives are full of psychological, emotional and physical changes. Even though India has around 112 million people in the age group of 20-24 so it becomes evident that the country has a huge number of young educated population and consequently it can generate a more competitive environment among students to compete. This situation also entices a high degree of intense competition where government jobs are unable to provide every one's dream job. So, finally students have to rely on either private

sector jobs or they have to start their own business. But this all depends on how they set their goals in their early life, say at the level of senior secondary school or at college level.

At this juncture, it can not be denied that students are not mature enough to formulate their life or professional goals at their adolescent stage or early adulthood. So, they require support or sometimes compulsion from their parents, society and interests. In this way, it can be inferred that students sometimes follow their own goals or sometimes few goals are imposed on them to pursue. So, this study highlights how students perceive different goals and how they embrace different goals and how they fulfill or discard them.

2. Review of Literature

Role of goal management is very crucial in academic performance as it helps students to plan, prioritize, and organize their academic tasks effectively. It involves setting specific, measurable, achievable, relevant, and time-bound (SMART) goals that align with the students aspirations and academic requirements. Effective goal management helps in enhancing and improving academic performance by developing self-discipline, motivation, and the ability to focus on tasks that matter most. Research has shown that students who set academic goals achieve higher academic performance than those who do not set goals. Empirical studies have focused on the relationship between goal setting and academic performance, with some studies indicating a strong correlation between the two. For instance, a study by Zimmerman and Kitsantas (2014) found that goal setting and self-efficacy were significant predictors of academic performance. In empirical studies, goal management plays a critical role in ensuring the research is conducted effectively and efficiently. Goal management involves setting clear research objectives and identifying the necessary steps to achieve them. Effective goal management in empirical study can help in the following ways: Focus: Clear goals provide researchers with a clear direction that helps them to focus on specific areas of study. Goals help to define the scope of the research, ensuring that the research stays focused, relevant, and achievable. Planning: Setting goals helps researchers to plan their research effectively. By setting specific goals, researchers can identify the necessary resources, tools, and methods required to achieve those goals. Time Management: Clear goals and objectives help in managing time effectively. Researchers can prioritize their work based on the goals set. This ensures that the research is completed within the expected timelines. Evaluation: Goal management in empirical studies enables researchers to evaluate the progress of their research. By tracking progress based on the set goals, researchers can measure the success of

their research and identify areas that need improvement. Overall, the role of goal management in academic performance is essential. It not only helps students to achieve their academic goals but also prepares them for career success as they develop valuable skills that will benefit them in their future endeavors.

3. Objective of the study

- ❖ To understand the orientation of students towards goal management in general.
- ❖ To determine students' inclination towards various goals and objectives based on their intentions to pursue.
- ❖ To explore students approach towards formulation and implementation based in time horizon

4. Data Interpretation and Results

The purpose of this paper is to understand how students are setting their goals and how they fulfill them. To achieve this objective purpose, a survey of 600 students of National Institute of Fashion Technology Kangra was conducted using google docs as a survey instrument and their responses were collected by convenience sampling. According to the data provided by the students after conducting the Goal management workshop, following is the analysis of the activities on which the students spend most of their time:

4.1 Short and Long Term Goals

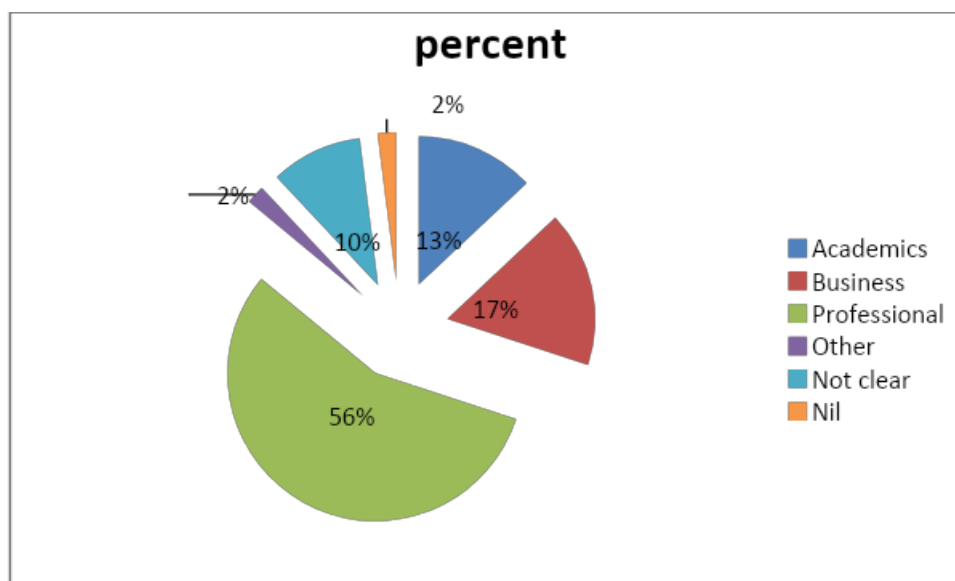


Figure 1: Short and Long term goals

Figure 1 shows that Majority of students are willing to do jobs in MNCs in good positions whereas some want to join family business after pursuing higher studies. One student wants to prepare for a government exam. 10% of the respondents were not clear about their long term goal. They want to do many things at a particular time.

4.2) Long Term Goals after seven years

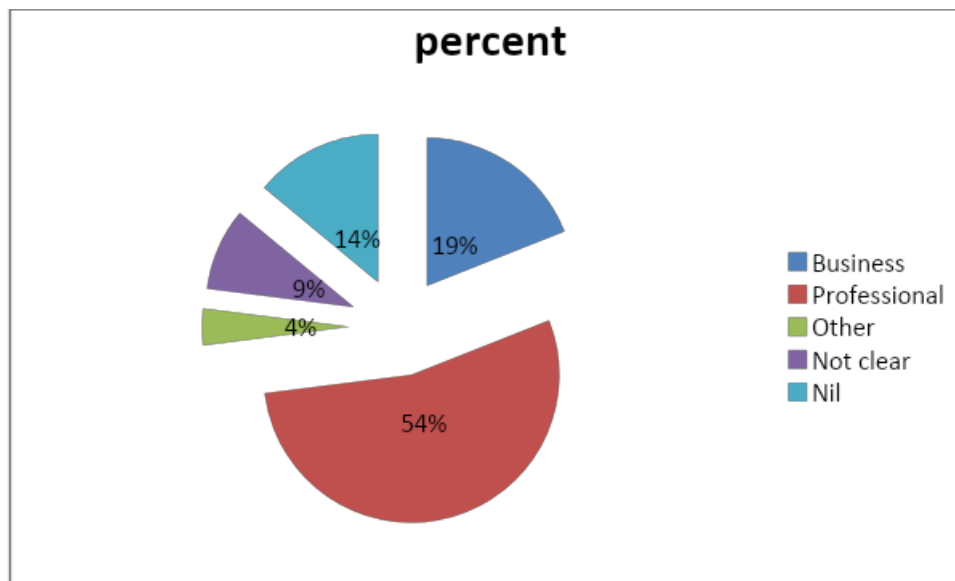


Figure 2: Long term goals

In figure 2 it has been found in the study that most of the students have clarity of goals regarding their long term career. Most of the students want to gain work experience in their interested area. Some students want to expand their business. Two students want to do jobs in the government sector and one student wants to pursue a PhD.

4.3) Integrity and Dedication towards goal

In figure 3 the study reveals that 78% of the students are wholeheartedly dedicated for integrity and dedication towards their goal whereas 20% of the students are half heartedly dedicated for integrity and dedication towards their goal. Only 0% of the students are indifferent.

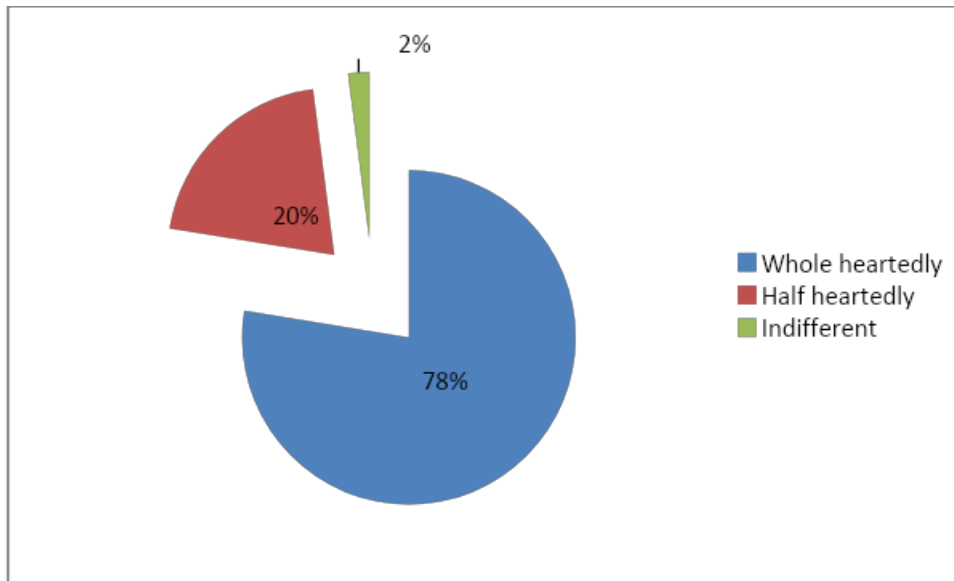


Figure 3: Integrity and dedication towards goal

5. Conclusion

Majority of students belong to various parts of India. The study provided crucial findings towards formulation of the goals by students based on the time horizon. Majority of students want to do post graduation in the short term and are looking for a good job in the private sector in the medium term. Also, initially they want to follow the goals suggested by their parents rather than their own.

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