



University Students' Engagement with Time-Management Apps and Academic Performance in South Africa: A Twelve-Month Study

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Abstract

University students in South Africa often struggle with time management, leading to academic underperformance. A mixed-methods approach was employed, including surveys and qualitative interviews among South African university students. Twelve percent of participants reported using time-management apps regularly for at least one hour per week, with significant differences in engagement across faculties. The study suggests that effective use of time-management apps can positively impact academic performance among university students. Educators should integrate technology training into curricula and promote the use of evidence-based time management tools. University Students, Time-Management Apps, Academic Performance, South Africa

Keywords: *African Geography, Time-Management, Engagement Rates, Student Well-being, Qualitative Research, Quantitative Analysis, Psychological Wellbeing*

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