

CHAPTER V

CONCLUSIONS AND SUGGESTIONS

In this chapter, the conclusions of the results are displayed. it restates and summarizes the current research result that were obtained within the research period. Besides, several suggestions also appear to provide recommendation for some parties regarding to this research context.

5.1 Conclusions

At this point, the research results obtained through the analysis of the data gathered from the academic records and questionnaire are made into deductions as follows:

5.1.1 The Effect of Study Time Allocation on Students' GPA

Based on the analysis result that has been explained above, students' GPA is significantly impacted by how much time they spent studying, which align with Eisenberger's Second Reward Theory. Academic achievement is higher for students that engage in self-regulated academic practices, such as prioritizing tasks and scheduling study time. This is consistent with Spitzer's (2022) study, which discovered that students' academic performance increased significantly when weekly study hours were increased. The study backs up the idea that enhancing behavioral patterns especially time management can improve academic performance. Different study habits can lead to positive outcomes, emphasizing how crucial study time allocation is for academic success.

5.1.2 The Effect of Extracurricular Activity Involvement on Students' GPA

This research discovered that extracurricular activity involvement did not significantly impact students' semester GPA, contradicting Mahoney et al.'s theory that extracurricular activities can improve academic performance. The research found that most students participated in social-related organizations or activities, with academic involvement coming second. This suggests that social growth and interpersonal skills may be enhanced by extracurricular activities, but not directly related to academic goals or cognitive engagement. The study also found moderate levels of involvement, with most participants engaging less than eight hours a week. The participants were in their fourth semester, during the prime period of their university career, when extracurricular activities were typically observational rather than heavy-response.

5.1.3 The Interaction Effect between the Two Factors on Students' GPA

Regarding to the interaction effect between study time allocation and extracurricular activity involvement, there is no significant relationship effect in affecting the dependent variable which is the students' fourth semester GPA. The results suggest that involvement in extracurricular activities does not affect the impact of study time allocation on academic achievement. However, students who allocate more time to study tend to perform better academically. This suggests that study habits are a crucial indicator of academic achievement, and their effectiveness is not dependent on their involvement in extracurricular activities. The study suggests that the relationship between academic and extracurricular areas is more likely to manifest in situations where one area

significantly limits or facilitates the other. The possible reason of such result might be the sample's extracurricular activities which were more social oriented and recreational rather than academically enhancing, hence the study time allocation effect on students' GPA was not significantly affected by the extracurricular activity involvement.

5.2 Suggestions

Considering the knowledge acquired throughout the research period, some suggestions that can be applied for future improvement have come from this study. The following is a list of the suggestions:

5.2.1 For Students

Since this research results showed a significant effect, students are suggested to balance their academic priorities and the extracurricular or non-academic commitments. Moreover, the researcher also recommends the students to be prioritizing and managing their study time efficiently to establish appropriate academic routines and self-regulation especially for those who are still in the early stages of the university career. Students can use the weekly study planner by using the online applications for study schedule. Other than that, students can also join the academic-related extracurricular to foster their academic performances. This is due to that although small increases in maintaining study habit can improve the academic success.

5.2.3 For Institution

In order to better serve students' needs, Jenderal Soedirman University may modify its support systems or student engagement initiatives by determining how factors like study time allocation and extracurricular activities impact students' academic achievement. Moreover, to maximize the balance between educational responsibilities and other activities that support student development, this could result in changes to extracurricular programs or academic policies. The sort of changes that may occur such as credit conversion for those who have achieved any awards on certified competition. This institution can also provide event such as study skill workshop for the students.

5.2.3 For Researcher

For the future research, researchers should consider to explore further about the extracurricular involvement quality, intensity, and role and the other indicators that might directly or indirectly influence students' academic achievement. This research also suggests to expand the sample in order to maintain the normality and the homogeneity of the data. Moreover, mixed-methods approach with qualitative data is recommended to gain deeper understanding and perception regarding to the students' study time allocation and extracurricular activity involvement impact on academic achievement.