

## Abstract

The study on “Time and Strains Management of Employed Persons Enrolled in Master’s Degree Special Programs at Thammasat University, Tha Prachan” uses questionnaire as instrument to collect data from a sampling group consisting of 65 Master’s Degree Special Programs students of Thammasat University who are simultaneously working and studying for higher education. Statistics applied for the analysis are percentage, mean, and standard deviation.

The sampling group under study are more females than males, aged between 23-30 years, and single. The majority of them are civil servants and government employees, receiving salaries from below 10,000-20,000 baht, and are positioned as general employees. Most of their superiors, fellow employees and the organizations they are affiliated acknowledge their studentship and give them duly support. The majority of them earn 3.50 GPA or higher and have good relationship with other fellow students. Their top reasons for higher education enrollment are the interest to gain more knowledge as much as possible and the expectation that higher education would increase the opportunity for their career success. Although they have the feeling of strains and concerns having to work while studying they ascertain that even they can go back and make a new choice, they would still decide to enroll in the Program, as they believe that the knowledge gained and what they expect upon graduation are worth the strains they have experienced.

With reference to time and strains management, most of the sampling group view that they have been able to fill their life well. Generally the models of time management are working in the office for approximately 8 hours a day, studying for approximately 5 hours a day, private life spending for approximately 1-3 hours a day on working days and not more than 8 hours a day on holidays, sleeping time for approximately 5-8 hours a day on working days and 8-10 hours a day on holidays, and daily road communication approximately 30 minutes to 3 hours. On the whole, time and strains management is technically high. It is evident that the support from the superiors,

fellow employees or organization has an affect on the number of their working hours, time spending for the study, private life spending, sleeping, and daily communication. The level of overall time and strains management are different by content.

Recommendations from the study are that before deciding to enroll for higher education, the students should ask themselves what are their real reasons and expectation, study all information concerned, and prepare themselves for the changing life style. For those who now are already students, they have to learn about emotional and attitudinal adjustment, as well as to find activities to reduce their strains. Moreover, the students must build up network with their surrounding environment especially with the family, friends, and working associates (superiors and fellow employees) for mutual assistance, since all of these are sources of moral support contributive to more effective time and strains management.