

## The Synergistic Role of Time Management and Meaning in Life in Promoting Mental Well-Being

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### ABSTRACT

Adults frequently experience increased stress, decreased life satisfaction, and deteriorating mental health in today's fast-paced society. This study investigates the relationship between the mental health of adults between the ages of 18 and 64 and two psychological resources that are frequently disregarded: time management and meaning in life. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS), the Meaning in Life Questionnaire (Steger, 2005), and the Time Management Questionnaire (Macan, 1990) were used to evaluate a sample of 301 participants (154 men and 147 women). The Mann-Whitney U test, linear regression, and Spearman's rank correlation were used to analyze the data. The findings showed a strong and favorable correlation between mental health, life purpose, and time management. These predictors' combined influence was highlighted by the fact that they accounted for 45% of the variation in mental well-being. There were no discernible gender differences. The findings highlight the need for interventions that enhance time-use skills and existential purpose as strategies to improve psychological health across the adult population.

**Keywords:** *Time management, meaning in life, mental well-being, psychological health, adults, life satisfaction, purpose*

Mental well-being is increasingly recognized as a fundamental component of human health, influencing how individuals think, feel, and act, as well as how they manage stress, maintain relationships, and pursue personal goals (World Health Organization [WHO], 2021). As adults navigate a range of personal, professional, and societal demands, the importance of psychological resources that foster resilience and life satisfaction has come to the forefront. Two such resources: time management and meaning in life have shown considerable promise in supporting mental well-being but remain underexamined in combination.

Time management, defined as the process of planning and exercising conscious control of time spent on specific activities, has been linked to reduced stress, greater productivity, and improved life satisfaction (Aeon & Aguinis, 2017; Häfner & Stock, 2010). Adults with strong time management skills are more likely to feel in control of their lives and less

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overwhelmed by external pressures, which can translate into better psychological functioning (Macan et al., 1990).

Parallel to this, the construct of meaning in life, the extent to which individuals perceive their lives as purposeful, coherent, and significant has gained substantial empirical support as a buffer against distress and a predictor of positive psychological outcomes (Steger, Frazier, Oishi, & Kaler, 2006; Park, 2010). Individuals who perceive a strong sense of meaning are more resilient to mental health challenges, including anxiety, depression, and suicidal ideation (Krause, 2009; DeZutter, Luyckx, & Wachholtz, 2015).

The synergy between these two constructs may offer a deeper understanding of mental well-being. While effective time use structures one's daily experience, the presence of meaning imbues those experiences with significance. Recent evidence suggests that individuals who manage their time effectively are more likely to align their actions with personal values and long-term goals, thereby reinforcing a sense of purpose (Peeters, Montgomery, Bakker, & Schaufeli, 2005; Steger, 2012).

However, few studies have explored how time management and meaning in life jointly influence mental well-being, particularly within a diverse adult population in the Indian context. Additionally, while previous research has considered gender differences in these variables (Hamama & Hamama-Raz, 2021), findings remain inconclusive, necessitating further exploration.

### ***Purpose of the Study***

The purpose of this study is to investigate how time management, life purpose, and mental health relate to one another in adults between the ages of 18 and 64. It specifically looks into whether time management and life purpose are important indicators of mental health, how closely these factors are related to one another, and whether there are any discernible gender differences in these constructs. In order to inform the creation of future mental health interventions and life skills enhancement programs, the research aims to identify the psychological mechanisms that contribute to well-being in adulthood.

### ***Scope of the study***

In order to provide generalizable insights across different life stages, the study focuses on a wide range of adults, from young adults to late middle age. To ensure objectivity and replicability, the research uses a quantitative approach with validated self-report instruments. Psychologists, educators, legislators, and mental health professionals who want to create interventions that improve everyday functioning and life satisfaction will find the findings especially pertinent.

## **REVIEW OF LITERATURE**

### ***Time Management and Mental Well-Being***

Effective time management has become a vital personal asset that affects psychological well-being, professional success, and academic achievement. One of the earliest studies to show empirically that good time management practices, including scheduling, goal-setting, and prioritization, are strongly linked to college students' reduced stress levels and increased life satisfaction was Macan et al. (1990). In a similar vein, Häfner and Stock (2010) discovered that time management training decreased work-related stress in organizational settings and considerably improved perceived control over time.

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A meta-analysis conducted by Aeon and Aguinis (2017), confirmed that time management resulted in higher performance and improvement in subjective well-being, especially in terms of improved perceived control and less time-related anxiety. Peeters et al. (2005) also found evidence that individuals who managed their time well, to balance home and work demands, had less chance of suffering from burnout and emotional exhaustion.

Wang et al. (2011) investigated time management of leisure time and life satisfaction in a cross-cultural study, discovering that undergraduate students who managed their leisure time better reported more life satisfaction and psychological well-being. They also emphasized that time management is a factor in both structured and unstructured time.

### ***Meaning in Life and Mental Well-Being***

The construct of meaning in life has been increasingly understood as a foundational aspect of psychological well-being. As noted by Steger et al. (2006) meaning in life includes two distinct dimensions: the presence of meaning (the experience of purpose and coherence) and the search for meaning (the ongoing process of exploring purposes for one's life). Their development of the Meaning in Life Questionnaire (MLQ) showed that both dimensions of meaning in life could be related to indicators of psychological health in separate but independent empirical studies.

Empirical studies have supported the buffering role of meaning in life toward issues of mental health. For example, Krause (2009) studied older adults and found that those participants who reported greater meaning in life also had lower rates of mortality, as well as better overall health. Similarly, DeZutter et al. (2015) found that among individuals with chronic pain, the presence of meaning predicted lower depressive symptoms and higher life satisfaction over time.

A study by Hedayati and Khazaei (2014) reported significant negative correlations between meaning in life and depression among university students. These findings were further supported by Elkins et al. (2017), who showed that individuals with a high presence of meaning and active search for meaning experienced reduced health anxiety.

More recently, Arslan and Yildirim (2021) conducted a longitudinal study during the COVID-19 pandemic and found that meaning in life significantly predicted resilience and mental well-being, with resilience partially mediating this relationship.

### ***Interplay Between Time Management and Meaning in Life***

Time management and meaning in life have traditionally been viewed as two separate fields of inquiry but new research suggests that the two may be interconnected. Steger (2012) argues that people who intentionally manage time are likely to act in purposeful ways consistent with their values and thus enhance meaning in their life. More specifically, time spent doing personally meaningful activities is significant to intrinsic motivation and subjective well-being (Park, 2010).

Moreover, Van Zyl et al. (2020) maintain that interventions focusing on time-use strategies and meaning-based goals can allow people to create action structures based on their core beliefs or values, leading to functional and existential results.

### ***Gender Differences in Time Management, Meaning in Life, and Mental Well-Being***

The literature on the differences by gender in these constructs contains contradictory evidence. Finding that there were small but statistically significant gender differences in their measure of psychological well-being, Roothman et al. (2003) found women reported higher emotional responsiveness than men, although women were also more susceptible to stress. Hamama and Hamama-Raz (2021) identified having more self-control and negative effect in their adolescent girls; and boys were slightly higher in mental wellbeing scores.

For Nasrullah and Khan (2015) in their study of time management, we see male and female university students' time-use behavior was different in a very small way, and the effectiveness of time management was more dependent on personality or situational influences than gender identity. Similar to Steger and Dik (2009), although men and women may pursue meaning through different domains of life (e.g., career vs. relationships), they produce about the same levels of meaning in life overall.

### ***Gaps in the Literature***

While there is evidence that time management and meaning in life are independent predictors of mental well-being, little is known about how these factors operate together as predictors of psychological health, especially in non-Western contexts. Moreover, much of this research has predominantly engaged either adolescents or older adults, leaving a void in the understanding of many of these variables across the entire adult lifespan. Thus, this study seeks to address these gaps by assessing the combined influence of time management and meaning in life as predictors of mental well-being across a sample of Indian adults aged between 18 and 64 years old.

## **METHODOLOGY**

### ***Research Design***

This study adopted a cross-sectional, correlational design to examine the relationships among time management, meaning in life, and mental well-being among adults. A quantitative, ex post facto approach was employed, as the independent variables (time management and meaning in life) were not manipulated but measured as they naturally occurred.

### ***Objectives***

- To assess the relationship between time management, meaning in life, and mental well-being among adults.
- To determine the extent to which time management and meaning in life predict mental well-being.
- To examine gender differences in time management, meaning in life, and mental well-being.

### ***Participants and Sampling***

A total of 301 participants (154 males and 147 females), aged between 18 and 64 years, were recruited using simple random sampling through online distribution via Google Forms. Participants were included if they met the following criteria: adults within the specified age range, the ability to understand and respond to English-language questionnaires, and consent to voluntary participation. Individuals were excluded if they were undergoing psychiatric treatment, had diagnosed psychological disorders, or were experiencing acute crises such as bereavement or major illness. The sample represented diverse demographic backgrounds,

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including variations in marital status (married or unmarried), residential areas (rural, urban, and suburban), and birth order.

### *Measures*

- 1. Time Management Questionnaire (TMQ):** The Time Management Behavior Scale, developed by Macan et al. (1990), is a 20-item instrument designed to assess behaviors related to planning, organizing, and prioritizing time. Each item is rated on a 5-point Likert scale ranging from 0 (never) to 4 (always), with total scores ranging from 0 to 80. The scale has demonstrated high reliability, with Cronbach's alpha ranging from 0.79 to 0.90 in previous studies and  $\alpha = 0.90$  in the present study. It also possesses strong construct and criterion validity, as established by Macan et al. (1990).
- 2. Meaning in Life Questionnaire (MLQ):** The Meaning in Life Questionnaire (MLQ), developed by Steger et al. (2006), consists of 10 items rated on a 7-point Likert scale ranging from 1 (absolutely untrue) to 7 (absolutely true). The scale includes two subscales: Presence of Meaning (5 items) and Search for Meaning (5 items). In the present study, the subscales demonstrated acceptable reliability, with Cronbach's alpha values of 0.69 for Presence and 0.79 for Search. The MLQ has shown strong construct validity across various populations, as confirmed by Steger et al. (2006).
- 3. Warwick-Edinburgh Mental Well-Being Scale (WEMWBS):** The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) consists of 14 positively worded items that measure both emotional and functional aspects of mental well-being. Each item is rated on a 5-point scale ranging from 1 (none of the time) to 5 (all of the time), resulting in total scores between 14 and 70. In the current study, the scale demonstrated good reliability with a Cronbach's alpha of 0.85, while previous research has reported reliability values above 0.89 (Tennant et al., 2007). The WEMWBS has also been shown to possess strong content and construct validity.

### *Procedure*

Data collection was carried out through an anonymous online survey distributed via various digital platforms. The survey comprised an informed consent form, a demographic questionnaire, and standardized scales administered in the following order: the Time Management Questionnaire (TMQ), the Meaning in Life Questionnaire (MLQ), and the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). Participation was entirely voluntary, and no personal identifiers were collected to ensure confidentiality. The average time to complete the survey was approximately 10 to 12 minutes. Upon completion, the data were exported and analyzed using IBM SPSS Statistics (Version 25).

### *Statistical Analyses*

The study employed several statistical techniques to analyze the data. Descriptive statistics were used to summarize means, standard deviations, and frequency distributions. Reliability analysis was conducted using Cronbach's alpha to assess the internal consistency of all scales. Due to the non-normal distribution of the data, Spearman's rank correlation was applied to examine relationships between variables. Multiple linear regression was performed to determine the predictive power of time management and meaning in life on mental well-being. Additionally, the Mann-Whitney U test was utilized to investigate gender differences in the key variables.

## RESULTS

This section presents the detailed findings of the study, including descriptive statistics, reliability analysis, correlation results, regression analysis, and gender comparisons. All statistical analyses were conducted using IBM SPSS Statistics (Version 27).

### *Descriptive Statistics and Scale Reliability*

#### Participant Characteristics

The study included 301 participants (154 males, 147 females) aged 18–64 years ( $M = 25.6$ ,  $SD = 8.2$ ). The majority (84.1%) were young adults (18–29 years), while 8.6% were aged 30–39, and 7.3% were 40–64.

#### Means, Standard Deviations, and Reliability

The descriptive statistics for the key study variables: Time Management (TMQ), Meaning in Life (MLQ), and Mental Well-Being (WEMWBS) are presented in Table 1.

**Table 1: Descriptive Statistics and Reliability Analysis ( $N = 301$ )**

Variable	Mean (SD)	Possible Range	Observed Range	Cronbach's $\alpha$
Time Management (TMQ)	45.18 (14.40)	0–80	12–78	0.90
Meaning in Life (MLQ)	45.10 (9.65)	10–70	18–68	0.85
- Presence of Meaning	22.15 (4.32)	5–35	8–34	0.69
- Search for Meaning	22.95 (5.01)	5–35	7–35	0.79
Mental Well-Being (WEMWBS)	46.55 (10.65)	14–70	19–68	0.85

Participants scored moderately on the Time Management Questionnaire (TMQ) with a mean of 45.18 ( $SD = 14.40$ ), suggesting participants could benefit from further developing their time management skills. The Meaning in Life Questionnaire (MLQ) scores were balanced between Presence of Meaning ( $M = 22.15$ ) and Search for Meaning ( $M = 22.95$ ), suggesting participants were actively searching for purpose. Mental well-being, measured using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) had a mean score of 46.55, which was slightly above the mid-point of 42, indicating moderate well-being. Reliability analyses revealed good internal consistency for all scales (Cronbach's alpha scores above .70), except for the Presence of Meaning subscale which marginally met the minimum performance with an alpha of .69. The Presence of Meaning was retained despite being just on the threshold of acceptable reliability since it was important to retain it conceptually.

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### Correlation Analysis (Spearman's $\rho$ )

To examine the relationships between Time Management (TMQ), Meaning in Life (MLQ), and Mental Well-Being (WEMWBS), Spearman's rank-order correlations were conducted (Table 2).

**Table 2: Correlation Matrix of Study Variables (N = 301)**

Variable	Time Management	Meaning in Life	Mental Well-Being	Presence of Meaning	Search for Meaning
Time Management	—				
Meaning in Life	.493	—			
Mental Well-Being	.583	.538	—		
Presence of Meaning	.364	.822	.402	—	
Search for Meaning	.459	.791	.515	.312	—

*Correlations were significant at  $p < 0.01$  (two-tailed).*

All correlations in the study were significant at the  $p < 0.01$  level (two-tailed). Moderate correlations were observed between Time Management and Meaning in Life ( $r = .493$ ), Time Management and Presence of Meaning ( $r = .364$ ), and Time Management and Search for Meaning ( $r = .459$ ). Stronger correlations were found between Time Management and Mental Well-Being ( $r = .583$ ) as well as Meaning in Life and Mental Well-Being ( $r = .538$ ). Key findings include support for several hypotheses: Time management was significantly associated with higher mental well-being ( $r = .583$ ,  $p < .01$ ), and meaning in life also demonstrated a positive correlation with mental well-being ( $r = .538$ ,  $p < .01$ ). Both Presence of Meaning ( $r = .402$ ) and Search for Meaning ( $r = .515$ ) were linked to mental well-being, with Search for Meaning showing a slightly stronger relationship. Additionally, Time Management and Meaning in Life were positively correlated ( $r = .493$ ,  $p < .01$ ), suggesting that individuals who manage their time effectively tend to report a greater sense of life purpose.

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### Regression Analysis (Predicting Mental Well-Being)

A multiple linear regression was conducted to determine how much variance in mental well-being was explained by time management and meaning in life.

**Table 3: Linear Regression Analysis Predicting Mental Well-Being (N = 301)**

Predictor	B (Unstandardized)	SE	$\beta$ (Standardized)	t	p	95% CI
Constant	15.494	2.242	—	6.911	<.001	[11.09, 19.89]
Time Management	0.348	0.036	0.470	9.713	<.001	[0.28, 0.42]
Meaning in Life	0.341	0.053	0.309	6.386	<.001	[0.24, 0.44]

The regression model summary showed that time management and meaning in life together explained 45% of the variance in mental well-being ( $R^2 = 0.45$ , Adjusted  $R^2 = 0.44$ ), with the overall model being highly significant ( $F(2, 298) = 121.3$ ,  $p < .001$ ). Time management ( $\beta = 0.47$ ,  $p < .001$ ) demonstrated a slightly stronger predictive power compared to meaning in life ( $\beta = 0.31$ ,  $p < .001$ ). These results indicate that both time management and meaning in life are significant predictors of mental well-being, accounting for a substantial portion of its variation.

### Gender Differences (Mann-Whitney U Test)

Since the data were not normally distributed, non-parametric **Mann-Whitney U tests** were used to compare males ( $n = 154$ ) and females ( $n = 147$ ).

**Table 4: Gender Differences in Study Variables (N = 301)**

Variable	Males (Mdn)	Females (Mdn)	U	p
Time Management	44.0	46.0	11,201.5	.932
Meaning in Life	45.0	46.0	10,876.0	.509
Mental Well-Being	47.0	46.0	11,145.0	.837

No significant gender differences were found in time management ( $p = .932$ ), meaning in life ( $p = .509$ ), or mental well-being ( $p = .837$ ), indicating that these variables function similarly across genders. This suggests that the relationships between time management, meaning in life, and mental well-being are consistent regardless of gender.

## DISCUSSION

The current research assessed time management and meaning in life predicting mental well-being in adults aged 18–64 years. Findings provided strong evidence to suggest that both time management and meaning in life significantly influence psychological health, while

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time management was a slightly stronger predictor than meaning in life. We provide a detailed discussion of the results, comparison to previous research, recommendations, and limitations.

The study found a strong positive correlation between time management and mental well-being ( $r = 0.58$ ,  $p < 0.01$ ), aligning with Macan et al. (1990), who observed that effective time management reduces stress and enhances productivity. Regression analysis further supported this relationship, showing that time management alone explained 47% of the variance in well-being ( $\beta = 0.47$ ,  $p < 0.001$ ), consistent with Claessens et al. (2007)'s assertion that structured time use promotes psychological stability. A moderate correlation was also observed between meaning in life and mental well-being ( $r = 0.54$ ,  $p < 0.01$ ), supporting Steger et al. (2006), who found that individuals with a strong sense of purpose report lower levels of depression and anxiety. Both subscales of the Meaning in Life Questionnaire - both Presence of Meaning ( $r = .40$ ) and Search for Meaning ( $r = .52$ ) - were positively correlated with well-being, which means possessing some purpose and seeking purpose both contribute to mental wellness (Martela & Steger, 2016). When combined time management with meaning in life accounted for 45% of the variance of mental well-being ( $R^2 = .45$ ), which means they are related but separate. This supports Aeon and Aguinis' (2017) work which demonstrated time management was useful for extracting the benefits created by a sense of existential purpose. Further, there were no significant differences between the metrics of time management, meaning in life, or mental well-being based on gender ( $p > .05$ ), which contradicts Peeters, Klinkenberg, and Schaufeli's (2005) earlier findings, and suggests these psychological dynamics may now be functioning more similarly across genders reflecting potentially evolving societal roles (Gestsdottir et al., 2015).

### ***Implications***

The results of this study have strong theoretical, practical, and policy-level implications that will be useful in many fields of psychology, education, organizational management, and public health. The results show that time-management and meaning in life in combination explained 45% of the variance in mental well-being, demonstrating the relevance of these two constructs in building mental health and resilience with adult samples. Further, there is a strong case for using a multidimensional approach to interventions on mental well-being that do not focus on clinical cases or symptom reduction but rather include positive psychology, or the value of having meaning in life, and positive time-use in proportion with potential committee time-use outcomes.

### ***Theoretical Implications***

At the theoretical level, our research extends positive psychology frameworks in its exploration of the combined influence of meaning in life and time management on mental health. While prior research has isolated time management and meaning in life, our findings indicate their synergistic influence and helps to establish support for more holistic models of well-being. Holistic models of well-being in positive psychology account for cognitive (i.e., planning, time awareness), emotional (i.e., life satisfaction), and existential (i.e., meaning) factors in their understanding of well-being.

Our study offers support for the dual-factor model of mental health, which holds that well-being is not simply the absence of psychopathology but also the presence of positive functioning. Time management then emerges as not just a task competency, but as a psychological resource which can support self-regulation, autonomy, and fulfillment; three key aspects of eudaimonic well-being. Meaning in life, as well as the two distinct dual

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constructs of “Presence” and “Search” of meaning in life supported positive psychology's emergence of more theoretical frameworks which frame meaning as both state and process. Such a position aligns with Steger's work around meaning in life and is further conceptualized in existential theory.

The findings also could be framed through self-determination theory (SDT) by emphasizing autonomy, competence, and relatedness. Effective time management enhances perceived control (autonomy and competence), while meaning in life fulfills existential and relational needs, thus covering all three pillars of SDT.

### ***Practical Implications***

The results of this study have several implications for practice in mental health, education, and organizational contexts. In clinical settings, interventions must include time-management coaching and meaning-centered approaches directed toward the adult client. Cognitive-behavioral therapy (CBT) may incorporate reframing time through time structuring exercises in order to help clients feel more in control. In clinical situations employing Logotherapy (meaning-centered), discovering personal meaning can be fulfilled by behavioral approaches that include Positivity and the effect of time on one's quality of life. Mindfulness-based interventions should also aid in helping to align how someone is using their time with their meaningful goal(s). This would be most beneficial to individuals suffering from burnout, mild depression, anxiety, or issues of adjustment in non-clinical populations. In educational and career advising, particularly in institutions of learning or employment, the findings from this study support a need to incorporate life skills as modules related to time-use strategies (e.g., scheduling, prioritization, energy management); as well as time-use modules that addressed exercises in existential awareness (e.g., value clarification, goal setting). Especially considering many of the participants involved were at the age of adults, these recommendations may be most timely and necessary. In career counseling settings, practitioners can add value to the service by helping the individual toward finding a career path in line with their meaning or values and equipping them with productivity approaches to improve their productivity pursuing meaningful work, job satisfaction, and ultimately reduce the amount of occupational stress they experience.

Within organizational psychology, employers and HR professionals can utilize these concepts by creating well-being programs for their employees that consider more than just physical wellness and basic productivity. Programs that include time-management workshops (i.e., Eisenhower Matrix, Pomodoro Technique, SMART goals), job crafting exercises that pursue one's own purpose while also aligning with the organizational purpose, can help promote employee engagement, improve morale, reduce absenteeism, and create psychological safety—displays of well-being that are especially valuable in high-stress work environments.

### ***Policy Implications***

On a larger scale, the findings of this study highlight the need for public health advocacy for preventative mental health interventions, calling on policymakers to introduce life skills, such as time management and purpose making, into school and university curricula as part of mandatory education of well-being. Local community workshops aimed at adults who are in transitional life stages (such as new parents, retirees, changing careers, etc.) are also warranted for both rural and urban communities. As described above, there are also opportunities for digital health interventions with supportive mobile applications (eg. mobile apps with prompts for times use audits) and online disturbances (e.g. purpose building

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journaling) offering scalable and expansive possibilities. There is a growing awareness of the importance of mental well-being to the individual and society, the link to economic productivity, societal stability, and public health make it a clear and strategic responsibility to embed psychosocial skills into public education and public health interventions. Culturally, this study's Indian framing demonstrates tensions between collectivist values: family, and duty, and the increasing individual aspirations of autonomy and self-fulfillment. Effective time management is a mechanism in which an individual is able to assess and balance changing social expectations with personal aspirations, with a sense of meaningfulness providing a culturally relevant framework in which to understand their responsibilities and roles. These constructs provide a culturally adaptive pathway to enhance mental well-being without undermining traditional values. To increase relevance and impact, interventions can be tailored in local languages and enriched with themes from Indian mythology, philosophy, and contemporary life.

### ***Future Research***

This research project leads to a variety of possibilities for future research. Future research could use longitudinal studies to examine how changes in time management behaviours or changes in life purpose over time affect mental health. More attention to variables that mediate these relationships such as resilience, social support, or emotional regulation could help us better understand how time management and meaning in life, contribute to psychological outcomes. Qualitative inquiries such as narrative interviews or life-history methods would enable researchers to examine how participants experience and make sense of these constructs. Finally, cross cultural comparative studies could help to understand whether and how these relationships hold true across cultures, and in particular between collectivist and individualist societies.

## **CONCLUSION**

This research aimed to assess the combined and unique contributions of time management and meaning in life to predicting mental well-being in adults aged 18 to 64. The survey studies used a total of 301 participants. This research clarified that both meaning in life and time management were significant positive predictors of mental well-being, and time management was a slightly greater predictor than meaning in life. The two constructs accounted for a sizable 45% of the variance in mental well-being, highlighting the importance of these two positive constructs to adult mental health.

The study findings confirm and extend prior research by providing empirical evidence of the interrelationship of cognitive-behavioral (time-use) and existential (life purpose) resources for improving well-being. In addition, there were no meaningful gender differences across any of the variables, indicating that these predictor variables contribute to mental health for all people, irrespective of sex.

The conclusion rests on this: mental health depends not only on clinical factors or external contexts but also on humans' ability to manage their time and make meaning about their lives. More extensive capabilities for managing time and developing a sense of meaning in life promote psychological resilience, life satisfaction, and emotional stability.

These findings call for a more expansive, preventative, and proactive approach to mental health that promotes the ability to manage time and develop capabilities for making meaning throughout one's life. As the development of time management skills and meaning making

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capabilities should be included into all potential interventions, public programs in mental health, at schools, places of employment, and in the community, should follow suit.

In an increasingly rapid-paced, demanding, and complex world, equipping people with the tools to organize their time and gain meaning from their daily lives may be one of the best sustainable ways to foster well-being, help to decrease psychological distress, and contribute to sustained mental health throughout one's life.

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