

## SOME CONSIDERATION ABOUT VALUE OF TIME

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### **Abstract**

*Time is always insufficient for us regardless how valuable it is. Time is more precious than gold, more precious than diamonds, more precious than oil or any valuable treasures. It is time that we do not have enough of; it is time that causes the war within our hearts, and so we must spend it wisely. From a social point of view time has got a great importance by having an economic value- time means money; and a personal value because of the limited time that we have every day and in life in general. time is valuable and we must use it in the best way. We want to achieve and so time management becomes vital as we must work efficiently and effectively and make time work for us.*

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The present moment is being felt special. It is real. We remember the past or we can anticipate the future, but we live in the present which is constantly updating itself. Is the future open until it becomes present? Is the past fixed? As time is flowing, this structure of fixed past, immediate present and open future is getting carried forward in time. This structure is being built into our language, thought and behavior. It is up to us how we live our lives and consider the passing of time!

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Our life depends on time. Everything we consider life means time consumed, managed, waited for. The cycle of our bodies, our biologic rhythm, the Universe, life everything begins and starts at what is being called time. Time is a dimension of the Universe and settles in an order the events in an irreversible succession. It is the reference point to determine and manage changes, to catch the dynamics and the perception on existence, it is the indefinite process of the existence concerning past, present and future events. It has entailed a diversified approach and we take into consideration the cosmic, the physical, the biological, the human, the genuine and the psychic time. From a social point of view time has a great importance having an economic value- time means money; and a personal value because of the limited time we have every day and in life in general.

Genuine time is irreversible but unlike this, the psychic time is not being modified according to the subjective experience we live. It may shrink or stretch. So often did we have the feeling that time passed quickly whenever we witnessed a situation, success, event with a powerful significance...

We also asked why time is not passing away quicker and how comes that so few moments elapsed since a boring moment started, or an unpleasant discussion, a frustrating situation or a quarrel.... Even if time is the same, hours have the same rhythms, each of us live time subjectively according to the significance of the objective situation. On the clock we have the minutes equal to one another but time lived as destiny, psychological time, tragic minutes are different from mere contemplation, youth minutes are different as those of old age.

Time has a special value in our society as it is so often seen as insufficient. The hectic rhythm of our life means the continuous adjustment to all that is seen as change entailing a continuous effort. We so often wish to make the moments lived last longer. It seems that nothing is really finished and all the time we must pass to the other state having the feeling that we did not close satisfactory the previous activity or action.

Lack of time begins to transform into a genuine stress factor and very often it is difficult to solve this problem. Time becomes harmful and sometimes turns against us when we do not know to divide our activities correctly, when we sacrifice the essential for insignificant details, when we learn chaotically without combining knowledge and practical work, when we get too much responsibilities without assessing our potential and skills adequately. But it is very important if we forget to rest, to relax as far as our

body asks for a certain rhythm. A correct approach of the way we are can save the unpleasant outcomes for everything that means having "insufficient time".

An adjoining factor for the general lack of time, the activities lived in an subjective way as being negative, unpleasant, seem to have an important significance for us. We know that time is very short and we spend time doing things that create discomfort and lack of balance. A good reason would be the place of work, crowded places, everyday life worries, infinite quarrels with those around us... We know that they are natural as such! But this can turn into stress and then problems appear and everything can change our life in a bad way.

Time is turned into account and lived intensely when we feel the respective moments as being satisfactory. It is true that pleasure is often associated with moments of relax and parties but moments of joy can be created by professional satisfactions, by positive relationships with those around, by a correct understanding of our role and condition.

Trying to live as suitable as possible with what we really wish can make us look for perfectionism. We think that a certain thing might have been done differently or within a situation we might have behaved differently or say something else. But we choose to act according to the moment we live, when we have a certain mood, when being conditioned by the answers of those around us.... The wish to go back in time and the regret that we cannot change the situation with a new one does not help us to go on. It is important to understand that we did the best choice at that moment.

The bias to maximize time we have at our disposal is very often harmful unless we assess correctly. We get tired then and satisfactions loose of intensity, events do not have the same significance. We often sacrifice the value of situation for the conformist impulse to tally with time. It is advisable not to modify the personal rhythm (its slowing down) but to avoid the superficial involvement. It seems difficult to involve and to have enough time too. But time is valuable when we wish and feel what we really do.

In most cases the insufficiency of the necessary time is being associated with a negative feeling. We can avoid to include lack of time among the factors that generate stress by giving it the correspondent significance in our mind. To be short of time can mean to live with intensity, to do something all the time, to turn into account the energetic, intellectual potential, to discover interesting things according to the moment, to learn how

to get along in different situations, to discover how you get along in many cases, to get acquainted to new persons, to develop relationships; it is incumbent to meet the challenge for everything that is new, unpredictable and to understand that you can be never the same. The significance that we give for time and the activities we accomplish help us conceive life in the correspondent terms. If we carefully listen to the discourse of balanced people or of successful ones we notice that they lack negative words. This might give us an idea about time considered in a pleasant way.

Time transforms us and enriches or limits the ways and options how we behave during our existence. Our development and transformation means passing through some stages of age. Time becomes necessary and compulsory, useful and hostile, harmful and its irreversibility offers some stages we can live in a certain way. We cannot turn back so have to choose the nicest way to be ourselves from now on.

Time means past, present and future. The possibility to live the past is being offered by the psychic, subjective time through significant memories. The present is offering us the chance to live what is irreversible and concrete and to find the best personal way to adapt within the social and situational context that very moment. The future can be anticipated, projected, planned but in psychical terms( an important role being held by imagination and creativity).

Time is also the attribute of youth when we making references to the number and diversity of activities that can be undertaken in a day. Biological time cannot be always measured with the unity of physical time and this aspect can be illustrated through the different rhythm of bodies that are aging. This is being compared to the young bodies much more expanded than the old ones(life second is richer in physiological processes). The day is longer for the young people as the events are taking place both in a physiological and psychic plan and the activity is much more intenser.

Each stage in life must be lived properly and within the social context. Since we are born we are being conditioned by social systems around us. We each have the freedom to choose, and the written and unwritten laws, moral, social laws have an impact to our evolution.

Looking for the most suitable option in life, time has an important role. When so often we cannot summon up our energy, or direct our life as we would like to, when all events seem to confuse us towards something that is not suitable, when personal and social life are far from what we had in mind,

worries and sadness are frequent and we then ask ourselves what can there be done.

Once being sufficient and flexible time has become a fleeting and showing deficit source and the perception about its value has dramatically changed. A good time management entails the saving of at least one hour a day... The question is : what will the manager do with these two additional hours? Will he take over another task starting from beginning?

The value of time management means not time control as such but the way in which the manager uses time to improve his life. I do think that time makes success possible. -Let's take as such:

1. stress – a good time management can avoid stress  
businesspeople are subject to
2. balance- good habits regarding the use of time allow a much more balanced life
3. productivity- in business time is equaling output so the manager who uses it efficiently enhances the productivity
4. targets- to progress towards the accomplishing of professional and personal objectives we need sufficient time otherwise nothing can be accomplished

These four domains can be named as windows towards progress and so the real value of time management is that it can improve the quality of life in all domains. What we can manage by time management does not mean more time but a better life.

Whenever the manager is in time crises his stress increases as he wishes to do too much within a period that is too short. Decisions are taken in a haste and activities are under pressure. Planning is abandoned, impulses replace thinking and working hours multiply while the manager is trying to finish his work. Efficiency is diminishing and deadlines are not met and then stress comes out of this.

The manager must learn that he should better focus on an efficient management of time therefore, time management means stress management at the highest point.

Analyzing the balance between work and personal life is being done on the bases of the answer to the question: is the manager work addicted? If he has a long working program we might agree that he is. But not all who have a longer working program are work addicted. Many have no other choice, others are unable to organize their work. Some wish to be all the time busy, maybe

they are attracted by routine that consumes much time. Those who are work addicted are not necessarily addicted to the results. Their work does not have a major impact. Such people never discover anything, never take position in any problem and do not attain superior managerial positions.

Many so called practices of the work addicted regarding time management are considered strange:

- they are inclined to work more for less productive objectives
- they have a bias to focus on most visible tasks and not those with a higher priority
- they refuse to authorize tasks when they can;
- they react in an exaggerated way to time crises.

The treatment against work addiction is establishing objectives that should reflect the balance among different aspects of the manager's life and his ability to learn how to use time as good as possible.

Studies have been made on managers and the result was that they have their own productivity very low with 70% as compared to possibilities. The manager has an efficiency of only 30%; the manager usually consumes 6 minutes for each telephone conversation and then after he sees the detailed registrations on time the conclusion is that problems could have been solved more quickly in 2 minutes. If the phone conversation be reduced to half, meaning 3 minutes then productivity would double and a limited resource, namely -time- has been saved.

Managers have the most difficulties in using time and those who do this are the ones who have no clear objectives. They do not have problems related to time as they have no direction where to go to. Those who have objectives need to control time in this way being able to carry on their objectives. So time is needed to carry on objectives and on the other hand there is a need for objectives to get serious results in time management.

Time is the most important resource we have at our disposal. Time is limited so often and expectations increase in a constant way and objectives become harder and harder to attain, performance and efficiency depend on our ability to plan time more efficiently. To be efficient has become imperative now in a society that has rapidly evolved. We must focus on ways to tackle suitable things at the right time and we must take into account the problem of personal efficiency and mindset.

## **Conclusion**

As each moment passes, things change, and once these changes have happened, they are never undone. We can all feel a "flow" of time in which an unknown and unfixed future becomes our present moment. Time is what we want most, but unfortunately what we use worst so often. Time = Life, Therefore, if we waste our time we waste our life, or if we master our time we master our life, this being a way to value ourselves. Until we value our time, we will not do anything with it. The present time has one advantage over every other - it is our own, so we must turn into account this.

If we waste our money we are just without it, if we lose knowledge we replace it by study but if we waste our money we have lost a part of our life, that is why we do not have the time to take our time! We must keep in mind that yesterday is history, that tomorrow is mystery and today is a present. That is why time does not wait for anyone!

Managing time has to be seen as exactly what the manager can do by using time in a better way, to avoid stress, to improve productivity, to be more successful. We should take advantage of each occasion. We should make each second be precious. Each opportunity that we waste means lost money.

Time is the most valuable thing on earth: time to think, time to act, time to enlarge relations, time to become better men, time to become better women, time to become better and more independent citizens.

At the end of our life, we should never regret not having passed one more test, not winning one more prize or not closing one more deal. We will regret time not spent properly or wisely because if we waste our money we're only out of money, but if we waste our time we've lost a part of our life

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