



Study of Academic Procrastination

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Abstract

Every everyone, whether in school, college, or the workplace, has experienced some degree of procrastination at some point in their lives. This is true even if you are dedicated and enthusiastic about your job and duties. Intentional procrastination occurs when a deadline for finishing a task is missed. It's something we do on a daily basis, whether it's in the home or at work or even at school. Any work may be put off for a long period of time, yet doing so might result in serious repercussions. It is the deliberate delaying of a planned course of action in spite of the potential for negative consequences that constitutes procrastination,

Key Words: Academic, Procrastination, Self Confidence, Behavioural etc.

Introduction

Procrastination is an attempt to avoid or avoid unpleasant duties. This is a dull project, or I'll complete it later, the procrastinator generally justifies. Another definition of procrastination is a purposeful, unjustifiable postponing of actions, knowing that this would have bad repercussions. Procrastination is a prevalent problem connected to self-regulation, shown as delaying the start and completion of crucial tasks. Procrastination can lead to personality issues like anxiety and sadness. Procrastination can be intellectual, decisional, neurotic, or obsessive, depending on its cognitive, emotional, or behavioural components.

Self Confidence

Possession of self-belief in one's well-recognized personal abilities, which enables one to navigate life's challenges with ease. A person might gain confidence and grow in life when faced with a slew of challenges and manages to overcome them with relative ease. Confidence in his own abilities makes him stronger, mentally stout, and able to take on any upcoming obstacles with ease. Experiences of mastering certain activities boost one's self-confidence. Self-confidence is a good power of mind, one should know while discussing its characteristics. It gives a person confidence that he will be able to confront



similar challenges in the future. In order to boost one's self-esteem, one must have a strong sense of self-worth. Zellner likens it to the capacity to attain one's goals and achievements (1970). Self-confidence is a common quality of certain authors, but it may also be a distinct take, talent, or difficulty for them.

Behavioural Procrastination

As a self-sabotage method, procrastination enables individuals to transfer responsibility and postpone action, such as a student who fails an exam and blames procrastination. As a result, Ferrari believes that individuals who procrastinate have poor self-esteem and are concerned about how others perceive their talents. Long-term procrastination and poor performance lead to a negative spiral in one's self-esteem as a consequence of this cycle of self-defeating behaviour. Eventually, this type of self-degradation and humiliation leads to stress and health issues.

Decisional Procrastination

When faced with dilemmas or options, the decisional procrastination method is to put off making a decision. High-level decisional procrastinators are more likely to be perfectionists because they are terrified of making a mistake. In order to make an informed choice, these procrastinators seek out more and more information about the many options that are available to them..

The Causes of Procrastination

Procrastination is the subject of much empirical research. Researchers have been relentless in their pursuit of links and correlations between seemingly unrelated phenomena. There is no better way to demonstrate procrastination's homological network than via this large collection of work. There are four main aspects to the results: task features, individual differences, outcomes, and demographics. Procrastination may be attributed to a variety of factors, including the nature of the task. A five-factor model of personality characteristics is used to structure the section on individual differences. Procrastination's near-term consequences are evident from the study's findings. There is also a discussion of probable physical and cohort influences in the demographics section. It then breaks down into more particular constructions, which are studied together with the underlying theory in each section. The meta-analytic review takes into account the links uncovered in the original study. Here are a few examples:



- **Mood:** For a long time, procrastination has been seen as a technique to momentarily avoid worry, which only serves to exacerbate it later on. Delaying gratification may temporarily lift your spirits, but it's almost certain to make you feel down in the long run. There is a chance that this might lead to a spiral of despair. With procrastination and depression both having the potential to lead to one another, it's possible that being depressed may not only cause but also contribute to procrastination.
- **Performance:** Procrastination has been claimed to be detrimental to one's performance, although other individuals claim to use it as a performance-enhancing tactic in order to better prepare themselves for a looming deadline. This last-ditch effort, however, should be less effective than attempts undertaken long before the final minute if procrastinating is illogical and symptomatic of poor conscientiousness. Poor performance, like low mood, may have a cascading effect, such as a failure spiral linked to one's own sense of self-worth. Procrastination may exacerbate the cycle of procrastination by reducing one's confidence in one's own abilities, which in turn leads to even more procrastination.
- **Demographics:** It is quite rare that any one personality feature will be found in all members of a group. Age, gender, and year of birth are three putative demographic moderators of procrastination that have been repeatedly presented by studies.
- **Age:** Procrastination decreases with age and education. Many individuals who postpone only minimally do so because they have devised strategies to combat procrastination, rather than because they lack fundamental self-control. It is clear that procrastination may be avoided..
- **Gender:** It's impossible to predict how gender affects procrastination. Gender differences and the associated notion of self-control have been studied in the past with varied findings. Some measures are more favourable to women than others. Girls, on the other hand, seem to have a greater level of effortful control than males. As a result, it is reasonable to assume that procrastination is only slightly connected with men.



- **Year:** Procrastination is on the increase, as previously stated. Self-regulatory failures (including obesity, gambling, and excessive debt) have been on the rise over the last two decades. A rise in procrastination may be possible due to cohort effects in personality and contextual factors on procrastination (e.g., task aversiveness). A change in cultural response sets (e.g., more readiness to acknowledge procrastinating) rather than an actual shift in underlying behaviour may explain any apparent trend, even if self-reports give the finest data available for analysing the historical prevalence of procrastination.

Procrastination, Academic Procrastination and Personality Traits

A prevalent and passive kind of procrastination is academic procrastination. Students become more prone to procrastination and laziness as a result. A student may be hesitant to begin or continue an activity or assignment because of anxiety, fear of failure, and perfectionism, among other factors. Academic procrastination has been linked to both good and bad personality qualities, according to several research. Positive personality qualities have been linked to higher academic achievement, according to research. Several studies have shown a strong link between academic achievement and the Big Five personality characteristics, and the majority of these studies are based on the Five-Factor Model of personality.

Parenting Styles and Academic Procrastination

Procrastination is caused by a variety of reasons, including personal, environmental, and familial influences. Procrastination is linked to a variety of familial issues, including parenting style. The expression of parenting styles may be seen as a collection of attitudes toward the kid that are passed on via the child's conduct. The many types of parenting approaches have been around for a long time. Authoritarian, authoritative, and permissive are three distinct forms of parental authority. Later, families were categorised according to their degrees of parental demand and responsiveness, a scale for assessing parenting styles that was developed using real-world models, and it underwent revisions throughout time. Acceptance/involvement, psychological autonomy, and behavioural strictness/supervision were the three components of this measure. Acceptance is warm, strong, engaged, and se. Psychological autonomy-granting parenting styles relate to views and utilise democratic discipline in parent-ch complying with the regulations in parent-ch conforming to these opinions. Parental control and evaluation of the kid's



behaviour and attitudes is done in accordance with a set of norms, generally absolute standards, and the child is not permitted to voice his/her own thoughts or use logic in the process. In addition to academic accomplishment and motivation, adolescents' self-worth and procrastination are also factors to consider in the course of these relationships' growth. The relationship between indecision or persistent avoidant procrastination and parental authority. Procrastination and parenthood are linked. A study of the links between procrastination and parenting style. Furthermore, The quality of women's and men's relationships -a network of support.

Overcome procrastination and lack of motivation

- **Acknowledge unhelpful thoughts and feelings.** Make a mental note of the ideas and sensations that are making you nervous and uneasy. Keep your distance and don't get in their way. Your body and mind react to stressful situations by producing unpleasant thoughts and sensations! Allow yourself to experience these emotions and ideas, and then use positive self-talk and action to move on with your life. Rather of focusing on your emotions and feelings, shift your attention to your objectives and ideals. Follow these guidelines and take the appropriate action.
- **Identify your values and set goals.** What's the most important thing to you? What do you do for a living? What do you want to accomplish in your life? What are your short-term, medium-term, and long-term objectives for the work at hand? Do you have objectives that are precise, attainable, and realistic? Make a mental picture of oneself succeeding: see yourself beginning, progressing, and completing the task at hand.
- **Plan.** When it comes to achieving your objectives, how are you going to make it happen? Make a list of priorities and then subdivide each one. Set aside periods of 15 minutes to two hours each day for studying, with regular breaks in between. Increasing your drive to begin the following shift begins with starting and finishing shifts on schedule. You'll come closer to your objective no matter how little the change is! Start your shift by striving for five!—dedicate yourself to five minutes of work, and then review.
- **Identify what motivates you.** What will keep you going till the job is done? Is it a result of anything inside or external? Find a driving force behind each of your objectives, and keep it in mind while you tackle each assignment! Identifying how



what you're attempting to achieve corresponds with your beliefs and objectives might help boost your motivation if you're having trouble staying motivated. Make a commitment. Inform people about your aspirations and strategies. Don't be sucked into the action illusion, as mentioned previously, by publicly committing to anything. Not making any progress only by talking about your objectives and strategy is counterproductive!

- **Reward yourself.** If you've been a frequent procrastinator, and you're now changing the habit, reward yourself to a break, a treat, or anything nice. You are doing fantastic!, It's not easy, but I'm getting there, I am focused on what I need to do in order for me to reach my objectives, and so on.

Effect of procrastination on academic performance of students

There are three factors that determine online education student success: technology, teacher qualities, and student characteristics.. Student learning and performance are negatively affected by the prevalence of procrastination in the online world. Consequently, the authors continued their investigation of procrastination and its influence on online academic performance in this study. Our research did not discriminate between active and passive procrastinators, but the association between assignment and test performance between remote learning and face-to-face students was examined. Academic procrastination was shown to be associated with worse grades in both the face-to-face and distant learning groups. In the group that received their education through distance, this impact was more pronounced. Only in the face-to-face group did academic procrastination and test results correspond, however in the remote learning group there was no link between total assignment and exam score.

Conclusion

Procrastination can also be a function of the control attributions. Control attribution refers to the fact that to what extent individuals hold back the important consequences of their existence. The idea that one can direct his academic success will facilitate his actual control over the events related to success. There is no consistent data concerning the role of attributions in procrastination. however, demonstrated that procrastinators attribute passing the exams to external factors more that the other students. The procrastinators have a more external control source than non-procrastinators. The examinees with external control source are more reluctant to complete the assignments on time compared



with those with internal source control. procrastinating students had more external control by comparison with normal ones.

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