



PROCRASTINATION IS NOT ALWAYS HARMFUL

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ABSTRACT

The present article shed light on benefits of procrastination. Procrastination does bring short-term benefits to health. Procrastinators do appear to benefit from the carefree, causal situation they create for themselves early in the project phase. Non-procrastinators get right to work on the project and apparently begin to suffer from the stress and health problems right away, too. We all know that man is a social animal. He wants to live in a group and he shows group behavior as well as individual behavior. Studies shows that group behavior is dynamic as it ever changing process. So, there is a burden of group and individual tasks on him. Thus, he has to perform many tasks at a time. Now, it is human behavior that he does more pleasurable tasks first instead of less pleasurable tasks. By doing so, he feels pleasure. So, he does less urgent work for his pleasure. Sometimes, he trifles by this type of behavior. He seeks to do unfavorable things. He leaves some tasks which have to be accomplished. Procrastination is common in about all human being or generally says procrastination is a common event and is often unavoidable because there are thousands of potential tasks that human could be doing at any time. Active procrastinators are people who are capable of acting on their decision in timely manner, and their effectiveness is not negatively impacted. Active procrastinators understand the purpose of time, knows how to control their use of time, and demonstrates appropriate coping styles. Thus active procrastinators will display different characteristics than passive procrastinators and might be exposed to short-term benefits.

KEYWORDS :Procrastination, Individual, Demonstrate, Dynamic, Pleasurable

INTRODUCTION

We all know that man is a social animal. He wants to live in a group and he shows group behavior as well as individual behavior. Studies shows that group behavior is dynamic as it ever changing process. So, there is a burden of group and individual tasks on him. Thus, he has to perform many tasks at a time. Now, it is human behavior that he does more pleasurable tasks first instead of less pleasurable tasks. By doing so, he feels pleasure. So, he does less urgent work for his pleasure. Sometimes, he trifles by this type of behavior. He seeks to do unfavorable things. He leaves some tasks which have to be accomplished. He becomes task skulker. So he delays some task or he puts off something which is necessary. He with hold the essential work. This type of behavior of delaying something is termed as PROCRASTINATION.

DEFINITION

The word procrastination originates from the Latin word "PROCRASTINATUS". It can be divided into two parts as—

PRO + CRASTINUS

Here 'PRO' means 'FORWARD' and 'CRASTINUS' means 'TOMORROW'. This expression is given by KLIEN in 1971.

A commonly used definition in procrastination research is according to Lay, 1986, P.475

“The putting of that which is necessary to reach some goal”

This definition describes that procrastination hinders the individual's goal. The goal is always necessary for the individual.

Thus procrastination translates to delaying something until tomorrow. So, the comprehensive meaning of procrastination is delaying any tasks which are necessary to do. He can do this intentionally or unintentionally. Procrastination is common in about all human being or generally says procrastination is a common event and is often unavoidable because there are thousands of potential tasks that human could be doing at any time. So many of these tasks, he must delay. Slowly and finally, this delay becomes a habit. So, meaning of procrastination comes out to be the habit of delaying something. Man delays the tasks until the last moment of dead line. Procrastination makes human being just like handicap. So,

it is a selfhandicapping behavior. It creates tantrum in the individual. It occurs when the people show delaying in completing tasks. There is a lot of mental stress due to procrastination. Many studies have shown that procrastination affect the individual psychologically which spoil his health also. So, it is avoidable and everyone has to give up. It brings the problem of unadjustment in man's life. It brings the situation of lash. He gets mentally disturb due to procrastination. It should not overcome the man's important tasks.

Procrastinators might claim that focusing on the last minute efforts and stresses are misleading. Obviously, procrastinators may suffer more than other people at the last minute, but conceal a pattern of stress suffered by non-procrastinators who do their worrying and hard working earlier in the project period. In this view, procrastinators may suffer late, whereas other suffer early, but total amount of suffering could be the same. Likewise, some procrastinators defend themselves by pointing out correctly that if one puts in the same amount of work on the project, it does not matter whether this is done early or late.

Indeed, it could even be that procrastinators suffer less, because they compress the stress into a short period. Another possible benefit of waiting is that efficiency may increase. Some people may find that in the absence of external constrains, they waste time exploring tangential ideas and possibilities, and so they perform effectively and efficiently only under the discipline imposed by the deadline. Other may find that without external constraints, they lack motivation to perform well; after all, a deadline is an important form of extrinsic motivation and in the relative absence of intrinsic motivation, a deadline may be the main or sole motivator (see Amiable et. al.1976). The procrastinators claim that they do their best work under pressure thus could have some justification. It seems plausible that procrastination could result in less effort on the task.

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et. al., 1976). The procrastinators claim that they do their best work under pressure thus could have some justification. It seems plausible that procrastination could result in less effort on the task.

Despite the plethora of findings illustrating procrastination's damaging impact to life satisfaction and mental health recent research discovered that not all procrastination has negative consequences, such as downgrades and mental health issues (Chu & Choi, 2005, Ferrari et al. 1995; Schouwendurg, 2004).

The present article shed light on benefits of procrastination. Procrastination does bring short-term benefits to health. Procrastinators do appear to benefit from the carefree, causal situation they create for themselves early in the project phase. Non-procrastinators get right to work on the project and apparently begin to suffer from the stress and health problems right away, too. There are thus at least two significant benefits of procrastination, which are that stress is lowered and illness is reduced by putting off the task. As long as the deadline remains remote, procrastinators are better off. The procrastination is innocuous or beneficial appear to be rationalizations for self-indulgent behavior. Procrastinators enjoy themselves rather than working at assigned task, until the rising pressure of imminent deadlines forces them to get to work. In this view, procrastination may derive from a lack of self-regulation and hence a dependency on externally imposed forces to motivate work.

Procrastination may confer genuine benefits in short run. Procrastinators may find that they feel better and healthier when the deadline is far off and they postpone the task.

According to chu & choi (2005)

There are two types of Academic Procrastination.

1. Active Academic Procrastination
2. Passive Academic Procrastination

1. Active Academic Procrastination – It may not have a negative on a person's effectiveness. Results suggest that an active procrastinator might be exposed to short-term benefits when choosing to delay the completion of the task such as being able to work better under pressure. Thus, active procrastinators are capable of taking decisions on time, know the purpose of time, control of time and have appropriate coping styles.

Active procrastinators suffer less stress than the others. So, the quantity of stress which an individual faces is diminished.

In a study, there were 44 students taking a health psychology course. They volunteered. At the start of semester & at the end of semester they completed daily symptom checklists and weekly measures of stress and work requirements. Related to health, procrastination scores were correlated with stress, $r = -.29$, and symptom reporting, $r = -.36$. The negative correlation mean that procrastinators experienced significantly less stress and fewer symptoms than non-procrastinators. Procrastinators also reported significantly more relief after turning in their papers than non-procrastinators.

Passive procrastination: - It is the standard type of procrastination, occurs when participants are passive in completing tasks & experience negative emotion while completing a task.

Choi & Moran (2009) suggested that the difference between those who engage in active and passive procrastination involves the ability to self-regulate.

But, active procrastinators exhibit successful time management skills and self-regulations while passive procrastinators exhibit deficits in these abilities.

Procrastination is often condemned, particularly by people who do not think themselves guilty of it (Burka & Yuen, 1983, Ferrari et al., 1995). Critics of procrastination depict it as a lazy, self-indulgent habit of putting things off for no reason. According to them it is self-

defeating in that it lowers the quality of performance, because one ends up with less time to work (Baumeister & Scher, 1988; Ellis & Knous, 1977)

CONCLUSION

From the above discussion, we can say that procrastination cannot be harmful always. People who engage in passive procrastination demonstrate self-regulation deficits. However, people who engage in active procrastination do not demonstrate similar deficits in their ability to self-regulate (Choi & Moran, 2009). Active procrastinators are people who are capable of acting on their decision in timely manner, and their effectiveness is not negatively impacted. Active procrastinators understand the purpose of time, knows how to control their use of time, and demonstrates appropriate coping styles. Thus active procrastinators will display different characteristics than passive procrastinators and might be exposed to short-term benefits. In addition, active procrastinators may work better closer to the due date when they are under pressure.

These benefits are eventually more than offset by the cost, however, because the stress and illness suffered by procrastinators late in the task exceed and outweigh the initial benefits. Furthermore, procrastination appears to result in work of more inferior quality. Thus, despite its apologists and its short term benefits, procrastination cannot be regarded as either adaptive or innocuous. Procrastinators end up suffering more and performing worse than the other people.

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