



ACADEMIC PROCRASTINATION AMONG UNIVERSITY STUDENTS: A SIGNIFICANT ISSUE FOR CONSIDERATION

Dr. Madhuri Hooda

Associate Professor, Dept. of ducation, M.D.U. Rohtak

Kavita Ladwal

Ph.D Scholar, Dept. of Education, M.D.U. Rohtak

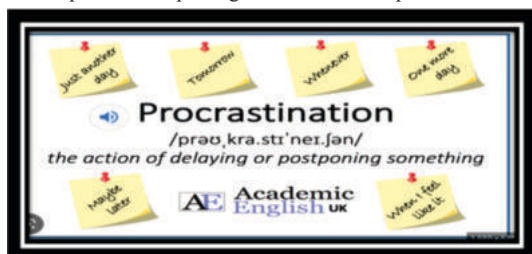
ABSTRACT In our daily lives, we have to perform multiple tasks in different areas. This leads people to two paths: carrying out the task as soon as possible or postponing it; the latter being part of the tendency to delay the start or completion of a task. This act also known as procrastination. procrastination is the characteristic or behavioural propensity to put off or delay completing a task or making decisions. Procrastination behavior is very common and a serious problem in the era we live in. Academic procrastination appears to be common in academic environments as students frequently put off their obligations without good reason and submit their work right up until the deadline. All levels of kids are impacted, and it may lead to major problems including declining grades and decreased wellbeing. The notion of academic procrastination, reasons why it occurs, negative effects of academic procrastination and several methods for dealing with it are all discussed in this article. It is suggested that some programs should be devised and executed to teach task-oriented coping strategies to students. For this one should reflect on the reasons why you procrastinate, your habits and thoughts that lead to procrastinating.

KEYWORDS : Academic Procrastination, University Students, Significant issues for Consideration

INTRODUCTION

Procrastination behavior is very common and a serious problem in the era we live in. The Latin words "pro" and "crastinus," which mean forward and of tomorrow, respectively, are the origin of the English term procrastination. It is described as a self-defeating habit that happens when people put off doing something they set out to do, potentially resulting in lost productivity, subpar performance, and elevated stress levels. If students feel they are unable to perform particular chores, they will be more inclined to put them off, whereas ones they feel they are capable of completing will be finished without delay. In one trial, it was discovered that participation in an online exercise was five times greater in the penultimate week before a deadline than it had been for the previous three weeks combined. In recent years, there has been a lot of research on the subject of procrastination (Steel, 2007). This is due to the fact that there are more and more individuals in society who procrastinate, as well as the serious harm that this behaviour does to an individual's life. Procrastination may be described as a function of the behavioural output—delaying taking action—or the cognitive output—delaying making a decision—and can be either temporary or permanent (Dewitte & Lens, 2000). The delaying of work completion, which typically results in a state of displeasure or subjective pain, is known as procrastination. In the final week before a deadline, procrastinators wind up performing the majority of the work. Additional explanations given for student procrastination include fear of failure and achievement, demands for perfection, and legitimate pursuits that may take precedence over academic obligations, such a job. A common definition of procrastination is the characteristic or behavioural propensity to put off or delay completing a task or making decisions. Academic procrastination, in particular, is a widespread and possibly harmful tendency that affects a lot of university and college students, frequently leading to psychological suffering (Solomon & Rothblum, 1984 cited by Binder, 2000). Generally people particularly students often say that the particular subject is boring, this assignment is boring, and they will do it later on. Procrastination may be of two types:

1. **Purposely Delaying:** Purposely delaying is the result of subjective discomfort of the job where the topic or the type of work is not within one's interest and the person goes on delaying the work. He will do it later on, he has a lot of time etc. excuses are always with him.
2. **Voluntarily Delaying:** Voluntarily delaying is an intentionally delaying of work though one is aware of the loss of the consequences or expecting to be worse off for procrastination.



It simply means that people know that delaying is not a good thing yet there are some circumstances for which the work is delayed. Purposely delaying may sometimes not be, a bad thing particularly when one is aware of one's responsibility and even has a lot of other jobs to be completed before and even the work for which one is delaying is less important than the others It may cause less harm.

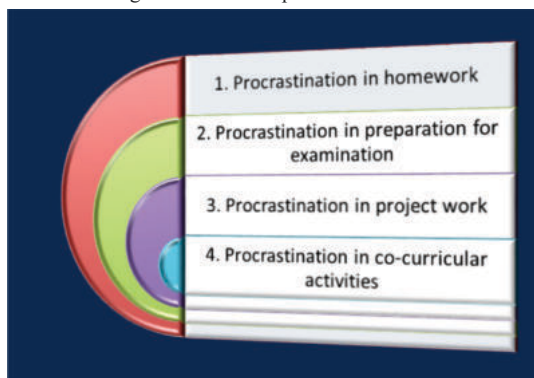
In spite of the fact that procrastination is a problem that affects everyone in every field, academic settings are one of the most frequent settings where it is observed. Such delays usually lead to ineffective or subpar performance of the personnel in their assigned work (Ferrari et al., 2005; Solomon & Rothblum, 1984). This phenomenon has a significant impact on how effectively people accomplish a specific work on a daily basis. Many recent research have offered data to support the idea that procrastination has a detrimental impact on people's daily routines (Letham, 2004; Hoover, 2005; Morelli, 2008; Schmitt, 2008). On the other hand, it is believed that one of the most important personality traits that characterise every human being is their capacity to take into account how their present-day actions may affect their future outcomes (Strathman et al., 1994).

❖ Concept Of Academic Procrastination

Academic procrastination appears to be common in academic environments as students frequently put off their obligations without good reason and submit their work right up until the deadline. As an illustration, consider a high school student who spends hours on social media before beginning a homework task. According to research, 30–40% of students believe that procrastination is a serious issue that interferes with their ability to maintain personal and functional balance. This is especially true for elementary school students who put off completing many assignments until the very last minute, which increases stress levels and may have a negative impact on their academic performance and psychological well-being. Nearly 50% of college students acknowledge that they procrastinate frequently, which results in a variety of issues. When a pupil advances through the educational system, parents and instructors gradually relinquish influence over a student's performance, reaching a peak during the college years. A 1984 survey of university students found that roughly 46% put off writing a term paper almost often or always, 27% put off studying for tests, and 30% put off completing weekly reading assignments. It is a habit that is pervasive in the academic setting and may be connected to issues that many college students face. Academic procrastination is a word used frequently in education and training to describe the delay in academic work. Procrastination causes a person to feel helpless and hopeless; it damages his confidence, makes the future look bleak, and can result in low self-esteem. For instance, Tice and Baumeister (1997) found that procrastinating students often ended a semester with inferior academic performance and more health issues than their non-procrastinating colleagues. Basically, hope of parents aims to make their children's lives to be better in the future.

❖ Forms Of Academic Procrastination

Academic procrastination is the practice of students delaying important academic tasks like preparing for exams or working on projects for school. This is a frequent condition that can cause problems including worse academic performance and more stress.



Procrastinating on schoolwork entails delaying completion of assignments without a good reason. For instance, a student is engaging in homework procrastination if they wait until the very last minute to start an assignment even though it would have been better for them to start earlier. This is a problem since, in addition to impairing your academic performance and resulting in poorer marks, it may also lead to a number of other problems, including frustration, anxiety, and stress.

❖ Causes Of Procrastination Among Students

Academic procrastination happens when a student's motivation and self-control are outweighed by problems like worry and perfectionism. This explains why students frequently put off completing academic projects, despite their desire to do so, and why they frequently start their work only just before the due date, when the mounting pressure eventually compels them to do so. Academic procrastination thus has a variety of similar internal and external factors that can be the causes of procrastination among students.

- **Anxiety:** In some cases, students suffer from various issues that interfere with or oppose their self-control and motivation, such as exhaustion and anxiety. When these issues are stronger than their self-control and motivation, they end up procrastinating.
- **Fear Of Failure:** Fear of failure often due to concerns over how failure might reflect on the student's abilities and skills, either in their eyes or in the eyes of others.
- **Task aversion,** especially in cases where the students find an assignment boring or unpleasant.
- **Lack Of Motivation,** often as a result of not caring about academic performance, feeling disconnected from their future self, or having rewards that are too far in the future.
- **Physical Or Mental Exhaustion,** often due to a combination of reasons, such as a high academic workload together with lack of sleep.
- **Problematic Work Environment,** generally as a result of having many distractions or temptations around.

In general, students postpone because their motivation and self-control are outweighed by problems like fatigue and nervousness. Abstract objectives, feeling overburdened, perfectionism, failure-aversion, task aversion, resentment, a poor work environment, and sensation seeking are common problems that cause students to procrastinate. Last but not least, underlying conditions including ADHD, depression, and sleep deprivation can cause procrastination.

❖ Negative effects of academic procrastination

Academic procrastination is linked to a number of detrimental outcomes, including worse academic achievement, emotional distress, and worsened mental and physical health. As a result, academic procrastination frequently has a negative impact on the participants.

The following are the principal problems connected to academic procrastination:

Poorer Academic Results: For instance, procrastination is linked to a host of academic problems, such as worse work quality, lower test scores, lower grades, an increase in academic dishonesty and misconduct, an increase in course failures, an increase in course withdrawals, and a higher risk of dropping out (rather than graduating).

A Decline In Emotional Health: For instance, procrastination might result in a range of unfavourable feelings including despair, guilt, and humiliation.

Poorer Physical And Mental Health: As an illustration, procrastination can result in both physical and mental health problems, such as stress and sleep deprivation.

Several of these problems are connected. For instance, academic procrastination can raise stress at the same time that it increases negative feelings. Similar to the last example, when academic procrastination causes more stress, this can result in problems like tiredness, which raises the possibility that people will put off completing their academic work and then do poorly academically. Also, procrastinating tendencies are linked to a number of problems from a job viewpoint, such as poorer pay, shorter employment durations, and a higher chance of unemployment. Both students who work while pursuing a degree and those who start their careers after graduation may be impacted by this.

❖ Sorts Of Methods For Overcoming Academic Procrastination

There are three primary sorts of methods for overcoming academic laziness:

- **Student-led Approach.** "This involves students taking most of the responsibility for reducing their academic procrastination, with little to no external guidance. External guidance in this case might include something as minimal as a lecturer mentioning the problem of procrastination and giving students a link to a relevant guide on the topic".
- **Externally Led Approach.** "This involves stakeholders, such as educators or administrators, using relevant anti-procrastination techniques to reduce students' procrastination, without directly discussing the issue of procrastination with the students. For example, this can involve an instructor setting a series of intermediate deadlines for all students in their course".
- **Joint Approach.** "This involves using both external guidance and having students take an active role in their attempts to stop procrastinating. For example, this can involve going over relevant anti-procrastination techniques with students, and helping them choose and implement their preferred ones".

These methods are not intrinsically better than one another. As a result, the best course of action in a particular circumstance should be chosen based on pertinent factors including efficacy, cost, and feasibility. For instance, it's crucial to consider the amount of students you're attempting to assist, since a method that works well when assisting a single student might not work well when assisting dozens of students.

CONCLUSION

In this 21st century education is essential for all. It is recognized that education plays an important role in planning the future, especially for the secondary level. The goal of education is not just to educate the child but to make him fit for a successful life. All programmers of education try to maximize student success. Procrastination is a common behavior in contemporary societies (Ferrari, et.al. 1995; Callaghan, & Newbegin, 2005). Academic procrastination is a word used frequently in education and training to describe the delay in academic work. Academic procrastination is a phenomenon where students unnecessarily postpone academic assignments, like studying for a test or working on a school project. This is a common problem, which can lead to issues like worse academic outcomes and increased stress. Academic procrastination is viewed as a complex phenomenon that encompasses cognitive as well as behavioral components. Many students were found to be conscious of their procrastination and reported that they want to decrease its frequency in their daily routine during exams and making assignments as well as writing a term paper. So, researches should find some practical ways to help students to reduce their frequency of such behavior. It is suggested that some programs should be devised and executed to teach task-oriented coping strategies to students. For this one should reflect on the reasons why you procrastinate, your habits and thoughts that lead to procrastinating. Breaking down big tasks into little ones is a good approach. Keep track of any time you spend working toward your goals and reward yourself for it. This can reduce feelings of being overwhelmed and increase satisfaction.

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