Procrastination: Pathology in Students

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A B S T R A C T
One of the problems that human beings and students and university students are faced with is procrastination in doing tasks and duties. It is centuries that procrastination meaning postponing the task of today to tomorrow is problematic. More attention is been paid to this phenomenon and its emergence and treatment in recent years. In psychology perspective, procrastination is postponing a task which we have decided to do it. This undesirable and faulty behavior is changed to become a personal characteristic of the person. The common form of procrastination of learners is at the beginning of the task, so they have to work very hard to do finish it on time. Since procrastination is very widespread among students and university students, it is effective on their different educational aspects, health and future occupation. Therefore, procrastination in students and university students is been studied in this study.

Keywords: Procrastination, Academic Performance, Personality, Student

INTRODUCTION
One of the problems that human beings and students and university students are faced with is procrastination in doing tasks and duties. It is centuries that procrastination meaning postponing the task of today to tomorrow is problematic. More attention is been paid to this phenomenon and its emergence and treatment in recent years. In psychology perspective, procrastination is postponing a task which we have decided to do it. This undesirable and faulty behavior is changed to become a personal characteristic of the person¹. The common form of procrastination of learners is at the beginning of the task, so they have to work very hard to do finish it on time. Since procrastination is very widespread among students and university students, it is effective on their different educational aspects, health and future occupation. It is necessary to focus on personal characteristics to find the reason s of academic procrastination in this research. Although procrastination is a part of human behavior, it is considered as a negative and undesirable characteristic and it can have irrecoverable consequences when it becomes normal for the person. According to Moon and Illingworth², procrastination has various aspects, but the most common is that of academic procrastination. This type of procrastination is of most interest to researchers than other types. The cause of this attention is its negative consequences for millions of students and

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university students on the one hand and the easier access of these groups for survey and treatment on the other hand.

Academic procrastination negatively affects the learning and current and future success of learners. Delay in the beginning and completing tasks will cause misfortune in learning and the person has to learn in inappropriate condition and with time limit\textsuperscript{1-3}. This leads to disorder in the learning process and causes the accuracy decrease, stress increase and frequent error in tasks and learning process\textsuperscript{3}.

According to studies, procrastination has a relationship with poor academic performance, inability to pass the courses, depression, anxiety, low self-esteem, lack of motivation, low effort to achieve success and neurosis\textsuperscript{4}. Procrastination threatens the mental and physical health of the person especially in long term\textsuperscript{3} and is followed by social and economic damages\textsuperscript{3}. Therefore, according to academic procrastinating behavior impact on the personal, academic, social aspects of the individual and the economy of the society, the importance and necessity of research on this issue is made clear.

According to some researchers, about one fourth of students report that they have had procrastination so many times that it has caused them stress or poor academic performance\textsuperscript{4,5}. Procrastination rate among university students is variable from 46 percent\textsuperscript{4} to 95 percent\textsuperscript{6}.

Since understanding the procrastinating behaviors of students effective on learning process facilitates their skills to prevent procrastinating behavior and despite various research in recent years, the reasons of this problem (academic procrastination) is vague.

**THE DEFINITION OF PROCRASTINATION**

Procrastination in Latin language is made up of two sections: Pro means "forward", "before" and "in support of" and Crastius means "tomorrow" form and the meaning of the word is "up to tomorrow". Its synonyms include neglecting, hesitance, postponing and putting off work especially for the sake of carelessness or laziness and unnecessary postpone or delay\textsuperscript{6}. With expanding the domain of the definition of procrastination, it ranges from delay in the start or completing of the task to delay to linkage of the task with mental sadness\textsuperscript{4} and unreasonable change of the behavior\textsuperscript{7}. In total, it has been defined as a delay or postponing of a task that a person should do and therefore experiences a level of anxiety caused by procrastination\textsuperscript{3}.

**ACADEMIC PROCRASTINATION**

Ellis and Knaus\textsuperscript{6} have defined procrastination as to postpone work associated with unpleasant outcome in the person. Academic procrastination includes completing homework assignments, preparing for exams and semester projects at the last minute\textsuperscript{4}. Procrastination is the intention to voluntarily delay an action, despite the deterioration forecast due to the delay\textsuperscript{3}. In the opinion of Rothblum, Solomon and Murakami\textsuperscript{4}, procrastination would result in the students to postpone their academic activities and eventually develop problems with their education. Some research has shown that procrastination is related to academic achievement\textsuperscript{4,8}. In Study of Counter, procrastination has a negative relationship with academic self-esteem, academic performance and academic satisfaction. Klassen, Krawchuk and Rajani\textsuperscript{7} found that procrastination has a significant negative impact on academic performance, self-regulation, academic self-value and self-esteem. Procrastination is the gap between intentions and behavior. It is interpreted as the delaying and replacement of essential tasks by doing unnecessary work. Van Eerde\textsuperscript{9} knows procrastination as to avoid start and continue something; in fact procrastination is in the sense that
a person decides to do something, but he has not the motivation to do it in the expected and determined time frame. Also, Ellis and Knaus have defined procrastination as the tendency to avoid activity, postponing doing a task to future and apologizing for justifying delay in doing activities. Procrastination is the art of continuing yesterday and avoiding today. Procrastination is said to the deliberate delay in the process despite the awareness of its negative consequences. It represents the delay in initiating and maintaining something that a person does not feel comfortable about.

Moreover, procrastination is the delay in a purposeful periodic activity despite the worsening expectancy due to a delay. In total, procrastination is postponing a task that has been decided to do and it is not done reasonably or unreasonably.

Procrastination has various faces given the complexity and cognitive, emotional and behavioral components including academic procrastination, decisional procrastination, neurotic procrastination and compulsive procrastination. But the most common form is academic procrastination. Rathbloom et al have defined procrastination as the habitual and dominant tendency of learners to postpone educational activities, which is almost always associated with anxiety.

**PROCRASTINATION STYLES**

1. Perfectionism procrastination: these people cannot start from small and minor tasks. Perfectionists require high power and focus to do their homework. Time is critical for them, and they try to do anything in the future. They are never satisfied with the current situation and believe that they can choose big targets for themselves in their lives.

2. Postpone procrastination: these people live for today and for now. Their feeling of inadequacy in doing tasks will cause weakness and they usually avoid difficult tasks in achieving success. Time is enjoyable and experienced for them. They believe that future is the continuance of now and they live life as if there is no tomorrow.

3. Politician procrastination: they tend to connect with friends and achieve personal high power. They have priority for making time for their friends, family and social issues over personal planning. Their arousal level is high for dependency and loving others. They spend much of their time for others because they think they will get sad and consequently, they spend less time for their own plans.

4. Punisher procrastination: They believe what is going to happen will happen. Procrastinate people do not believe in their own power and think that they do not have the power to control others. They feel they have little control over their lives. Most of them are pessimistic, insecure and self-critics and they are always aware of their previous failure and inadequacy.

**PROCRASTINATION PATHOLOGY**

Not doing works is something beyond avoiding doing them. Procrastination, in the form used by Alice, is a person syndrome. It means the task that the person decides to do it and it can have some consequences for the person to the future and is postponed to future without any reason. Meanwhile, not doing it is a disadvantage for the person and he will reproach himself. Such a process makes the person to bring various reasons to justify his habit, so that, according to be able to remove his intellectual engagement and overcome his cognitive inconsistencies. The procrastinated person is forced to defend himself against the delay and being blamed at the same time. Therefore, he brings excuses for postponing his activities on the one hand and postpones doing his tasks to the last minute on the other hand. In the view of Alice, such a process is indefensible and is considered a failure.
Delay in decision-making is one of the features of negligent people. Chronic procrastination in decision-making causes the chronic procrastination in doing tasks because procrastinated person cannot decide to do what activity in what time and based on what priority\textsuperscript{6,8}.

Non-procrastinate individuals may also occasionally delay works. But this behavior deeply affects the thought of the person. Deep thoughts about a procrastinated person cause the occurrence of delayed behavior in various forms. In addition, these thoughts may appear even earlier than their participation in the work\textsuperscript{13}.

Chronic procrastination in decision-making and doing tasks will cause stressful reactions in the person including the sense of losing control of your own life (involvement sense) associated with undesirable consequences in the field of mental and physical health\textsuperscript{4,9,12}.

Rationalization and irrational thoughts that lead the person to a neglect and procrastination include:

- Delaying the work would cause precise performance and confidence maintenance.
- Delay eliminates stress and the person can do his job freely and easily.
- That is what I have done for years and I am almost tired of it, so I am reluctant to do it.
- Delays and doing last-minute tasks would save my time.
- I have a more enjoyable and better job now that may lose it tomorrow, so it is better to postpone it to tomorrow.

Negligent people often have unrealistic interpretations of the actions of efficient individuals. They may think that successful people always feel safe and have confidence and easily reach their goals. It is a really unrealistic imagination. Often times, you will face various obstacles. If you believe in the comfort of life and if you think others do not try, you may come to this conclusion that there is a problem in your work and consequently, you will remove the problem in the face of it and your tolerance level decreases. Hard workers know that life is full of problems and know that there are obstacles and failure in the way of reaching goal. So, they will easily accept obstacles while encountering them and stand against problems strongly.

Often, negligent and procrastinating people actions are considered to be irresponsible but their main problem is something else. The problem is that they know success too important and therefore they escape risk than welcome it. People, who are afraid of failure, often measure their success with self-esteem and when they fail to do a job, they consider themselves failed. Much procrastination is also done due to lack of decisiveness and agreeing to do the things they do not want to. Sometimes, the reason is that you think others have improper expectations because of dominance and thousands of other reasons.

Although procrastination has allocated a wide collection of investigational issues and priorities in the world, its relationship to a diversity of personality disorders is been approved so that the development of procrastination in tasks has found a sickness aspect in high levels that not only threatens mental and physical health, but also creates irrecoverable economic and social damages.

\textbf{CONCLUSION}

Many of us have been grown up with the belief that our work must always be excellent and believe that to be the best has special rewards. Unfortunately, perfectionists target the star and reach nothing but the air. This does not mean that having high standards is a bad thing. But obsessive perfectionism is not a good way to raise quality. A perfectionist stated that: “when I personally try harder and force myself to be the best, I am so stressed that I tend to procrastination and I leave the job. However, when I justify my standards, I have better feeling and I would better
and more beneficial.” Such obsessions in doing a task are not an appropriate way of increasing the quality.

Sometimes, negligent people act exactly the opposite of successful people. Most successful people rate themselves because of what they are doing and feel excitement, but careless and negligent people always underestimate themselves.

REFERENCES