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A STUDY ABOUT PROCRASTINATION SEEN AMONG THE SCHOOL STUDENTS AND THE REASONS BEHIND IT AND TIPS TO OVERCOME THE SAME

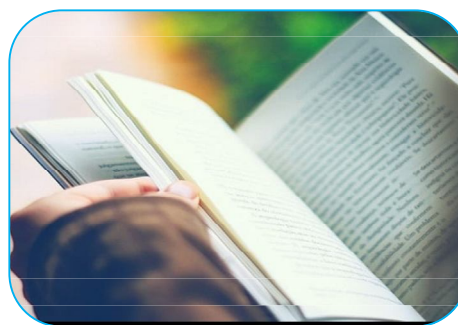
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ABSTRACT

Procrastination is the delaying behavior in doing a task. This research is focused on studying about procrastination behavior seen among the students. When the new academic year begins, mostly all the students take it as a goal to finish their work on time, giving their best, and getting good marks. But when we see the real picture, most of the students push all their works till the last minute. Even though it becomes a part of their lifestyle, it's found that many students regret for this later on. In this paper we are interested to understand the reason as to why students procrastinate? Is the work difficult for them to accomplish? Is it because they don't have enough time to complete their work? We are going to study about the reasons why the students procrastinate and the consequences associated along with that behavior.



KEY WORDS: - Procrastination , delaying behavior , procrastination behavior.

INTRODUCTION:

Procrastination is the tendency to postpone tasks that have a deadline date. Academic procrastination involves postponing the performance of academic tasks. We human beings are found to be procrastinating from centuries. The problem is so immemorial, in fact, that ancient Greek philosophers like Socrates and Aristotle developed a word to describe this type of behavior: Akrasia. Akrasia is the state of acting against your better judgment. It is about one thing you do even though you know you

should do something else. Loosely translated, you could say that akrasia is procrastination or a lack of self-control. In recent times procrastination is defined as the act of delaying or postponing a task or set of tasks. Procrastination is a challenge we all have faced at one point or the other. Throughout the history of mankind, we have been struggling with delaying, avoiding, and procrastinating on issues that matter to us.

A REVIEW OF THE LITERATURE

The review of literature comprises of some researchers who did research in the same area i.e. about procrastination among the students. The review will throw light about the findings of the other researchers in this procrastination area and help us understand more about this behavior globally among all others. An article published by American Psychological Association says, "...students worry about performing inadequately or fear

their success" (Novotney, 2010).

In our study, we asked some of the students whether they procrastinated because of their fear to succeed. But students mainly were of the opinion that they were not good enough in completing their tasks and that they were not motivated to complete the tasks. Because of this reason they didn't perform well in their academics. At research study conducted at the Ohio State University, it was found that "high procrastinators suffer more stress than the other students" (Grabmeier, 2002). Thus it's shown that the students who procrastinate are stressed. Our aim is to find out whether they are stressed out because of the difficulty they face in studies or due to their habit of waiting till the last minute to complete their work. It's seen that the students tend to procrastinate because they don't find the task interesting and so they push the task till the last minute. If the students set firm goals and work sincerely they are able to accomplish the task on time.

METHOD

The research was conducted by using both the qualitative and quantitative methods. An electronic survey was conducted asking multiple questions which explain the reasons for procrastination, their daily lifestyle, the academic task completion etc. The research aimed at studying about the types of the procrastinators and also to find out the underlining reasons behind it. The sample consisted of 100 students randomly selected studying in government schools in Chennai. The students answered the survey online through the e platform. The questionnaire had options from strongly agree to strongly disagree and students were free to choose which ever option they felt was correct for them.

RESULTS

Table 1 - Shows the results about the types of procrastinators

Types of procrastinators	Population percentage
Passive (not accomplishing goals on time and postponing the work)	28.65%
Active (procrastinates and likes to complete the tasks under pressure)	71.35%

Most of the students don't have the fear to do work. Students are postponing the work just because they don't set goals. It's seen that the majority of the students like to work under pressure.

Table 2 - Shows the results about the reasons for procrastination

Reasons	Population percentage
Lack of motivation	85%
Getting distracted	75.78%
Not wanting to do anything	68%
Preferring to do another task	64%
Not knowing what to do	58%

The majority of the population were found to procrastinate because they lack motivation to do the task. It's also seen that students procrastinate because they get distracted easily. The other reasons why students procrastinate is they don't want to do anything, preferring to do other tasks without a set goal to accomplish.

When enquired how they would control procrastination they told that they would create a timetable and try to adhere to it. It is seen that most of the students lack self motivation and don't strictly follow the instructions given by the teachers. Students shared that the teaching material was not so interesting to motivate them to study and complete the task. It shows that students are trying to put the blame on the teaching material to feel comfortable that it's not their fault.

CONCLUSION

To conclude it is found that most of the students procrastinate in their life by not completing the tasks on time. It is seen that students are not interested with the academic system and the assessment procedure that is presently used. Most of the students lack motivation to complete the task. The students planning a timetable are not seen among most of them. If in case some students plan things, they lack adherence to it, because they get distracted easily and get carried away doing some other task. It's found that self motivation is needed and the students must fix a goal of achieving great heights.

The goals must be short term ones because they will get the drive to reach it and once accomplished they will feel happy for achieving it and it will become a motivating factor for them to reach the other goals set for them in the future.

The task given to them must be achievable rather than being a burden for them. The task which is burdening will only make the student procrastinate naturally. The tasks given to the students everyday must not be boring but should push them to achieve their goals. Thus different tasks requiring different skills and different methods will motivate the students to complete the given task.

While giving any task for the students involve them and ask what task they would like to take home and get their assurance that they would do it. This is proved effective because it made the students complete the task because they have given a word (promised) to do it and it is the one which they wished to do. Procrastination cannot be totally avoided in a short span of time but it can be eliminated through practice.

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