



## A review of Procrastination and personality

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### Abstract

New study in procrastination studies has been connecting procrastination with personality factors. Procrastination is seen as a personality feature from a differential psychology approach. When examined from the standpoint of personality, procrastination may be seen as a lack of conscientiousness, which has been regarded as a flaw in one's character. Procrastination has attracted attention as an alternate method to analyse maladaptive ways of being in the environment based on this perspective. Several later empirical research found that procrastination was strongly associated with poor conscientiousness.

**Key Words:** Procrastination, personality, academic, education etc.

### Introduction

Even in the nick of time, students put off completing their assignments. The stress of upcoming tests causes many students to put off other aspects of their education, such as studying for examinations, doing homework, and completing projects. To put it another way, students are purposefully delaying completing their academic assignments. As a result, some people postpone tasks that should have been finished at the appropriate time because they are afraid of making errors. Students that exhibit controlled qualities tend to hide important events and outcomes that suggest their presence has been a failure. It's a way of thinking that may help a student focus on his or her abilities, capacity to exert control over circumstances, and even his or her ability to do well in tests in order to achieve academic success. Despite this, other researchers aren't so sure. As far as they are concerned, there is no link between procrastination and the source of control. As opposed to non-procrastinators, procrastinators have a greater external control source.

### Types of Academic Procrastination

Academic procrastination, despite several studies showing that procrastinating negatively impacts life satisfaction and mental health, new study found that not all



postponement has bad implications, such as poorer grades and mental health difficulties. Passive procrastination, the most common kind, occurs when people put off doing activities because they are afraid of the consequences of failing to do so. There is some evidence to suggest that procrastination might have a positive influence on a person's ability to get things done. When a procrastinator delays the completion of a job, he or she may be exposed to short-term advantages, such as the ability to perform better under pressure. This means that active procrastinators have the ability to act on their judgments quickly, understand the importance of time and how to manage it effectively. The capacity to self-regulate may be the key distinction between people who engage in active and passive procrastination. When it comes to time management and self-regulation, active procrastinators excel, whereas passive procrastinators struggle.

### **Procrastination and personality**

New study in procrastination studies has been connecting procrastination with personality factors. Procrastination is seen as a personality feature from a differential psychology approach. When examined from the standpoint of personality, procrastination may be seen as a lack of conscientiousness, which has been regarded as a flaw in one's character. Procrastination has attracted attention as an alternate method to analyse maladaptive ways of being in the environment based on this perspective. Several later empirical research found that procrastination was strongly associated with poor conscientiousness. Procrastination is now being studied with the other four of the Big 5 personality characteristics. Because persons with irrational views question their abilities and perceive situations adversely, they are more likely to be procrastinators, according to several researchers. As a result, they are more likely to self-injure and postpone than other individuals. However, the bond was not as strong as anticipated. Some research found a poor or non-existent connection between the two variables. Similarly, there seemed to be procrastination-inducing features of extraversion. Extraverted and outgoing types of procrastinators. Procrastination was shown to be encouraged by extraverts' tendency to engage in social activities. However, there was a lack of consistency in the empirical evidence supporting this association. Some research suggests that extraversion's impulsive tendency increases procrastination, whereas other studies only find negative or nonsignificant links between the two. Although most research implicitly evaluated procrastination from the passive viewpoint, there was a lack of difference



between active and passive procrastination in past work. Assuming these two kinds of procrastination are connected but distinct, their connection patterns with personality should vary. Unfortunately, little is known regarding the relationship between personality qualities in general and active procrastination. emotional sturdiness and openness of spirit Active procrastination was shown to be associated with each of the five personality characteristics studied. The only major predictor of procrastination is neuroticism. Procrastination might be linked to openness and extraversion, according to researchers. Extraversion and neuroticism have been linked to procrastination in recent years. There has been no conclusive evidence to suggest that being conscientious or amiable has any connection to actively procrastinating.

### **Role of Motivation in Academic Procrastination**

The term "procrastination" refers to the practise of putting off duties that are less important than those that are more important. It's common for individuals to put off chores that are unpleasant or time-consuming. Some examples include washing the vehicle, bringing out the trash, wiping the windows, or making difficult phone calls. To be honest, it's hard to think of somebody who never puts things off. To put it another way, procrastination is the act of putting off something that has to be done. To put it another way, it involves delaying a planned course of action despite the fact that you anticipate to suffer as a result of the delay. "the act of postponing a task to the point that one feels agony as a result." primarily, procrastination consists of:

- postponement is a kind of conduct
- in turn, leading to a worse product in terms of behaviour;
- having to do with anything the procrastinator regards as significant; and
- As a consequence, the person is in an emotional state of distress.

### **Review of literature**

(El Nokali, Bachman, and Votruba-Drzal 2010) studied "*Parent Involvement and Children's Academic and Social Development in Elementary School*" And noted that parent participation bridges two main contexts of early childhood growth, namely home and school environments. The home and school contexts are characterised by an



ecologically based approach as autonomous microsystems and parent participation as an ecosystem that consists of interaction between key microsystems.

(Dandagal and Yarriswami 2017) studied "*A Study of Family Climate in Relation to Academic Achievement of Secondary School Students*" It was also highlighted that the family is an important social unit that influences the child's academic and social achievement, as well as his or her ability to care for him or herself. The family environment determines children's ability, competence, adjustment capability, self-esteem, safety and behavioural behaviours.

(MANSINGBHAI, S and PATEL 2010) studied "*adjustment and academic achievement of higher secondary school student*" It also noted that adaptation is a mechanism that maintains a living organism, balance between needs and circumstances. The variables used for a study apart from the adaptation process (family, social, academic, financial and emotional) include age, gender, education, school form, etc. Male adolescents vary markedly from female adolescents on health change. Male adolescents differ substantially from female adolescents on social adjustment. Male teenagers vary greatly from female teenagers on emotional adjustment. There is a significant gap in academic performance between men and women.

(Bashir 2018) studied "*Educational Aspiration of Secondary School Students: Influence of School Environment and Parental Encouragement*" and noted that educational aspirations were analysed during the teenage years in particular in order to explain educational gaps in the broad range and in the choices and achievements of employees later in life. The term educational goals does not currently have a widely accepted definition, but usually refers to individual plans and objectives in an educational context. The number of career plans of each young person, the status of their educational aspirations and the extent of self-set academic learning goals in terms of educational aspiration with the school environment between students have been used to quantify and elaborate educational aspirations.

(Arora 2016) studied "*Personality Traits of Adolescents of Non-Working and Working Mothers*" And found a mother of particular importance not because she has exceptional ability, but because she has more time with her children than any other person and that her teaching has a very strong impact on children's behaviour, abilities and behaviour.



Since their birth, mothers give love, affection and care to their children. In most countries of the world, childcare has become a big problem. It is a common truth that children most need the mother's love. Mothers have a great responsibility to contribute greatly to children's growth in every physical, social, mental, intellectual etc. dimension. Every child felt secure in the mother's hands.

(Yongo et al. 2016) studied "*Social-adjustment of Secondary school students in relation to their Gender, Academic achievement and Parent-child relationship*" Adjustment is a mechanism whereby the living organism maintains an equilibrium between needs and circumstances. It is a balance between the individual's desires and the demands of the society he lives in. For a happy and stable life adaptation is a prerequisite. We need healthy adjustment in every sphere of life, from birth to death. Adjustment is also called adaptation, in which people who can adjust in their world to change can live in complete harmony and live a happy and well-adjusted life. Adaptation was viewed in two ways: Adaptation as a performance and Adaptation as a mechanism. There are two significant factors in the transition process.

(Gul and Bhat 2020) studied "*Impact of Self Concept, Social Competence and Level of Aspiration on Academic Achievement of Adolescents: A Review*" Findings from a study conducted in the current world of competition and accomplishment show that education plays an important role in inspiring kids to achieve more and to set more realistic goals for themselves as adolescents. After the dawn of civilisation, people started to think about themselves. Even ancient philosophers taught their followers to think as the Greek Socrates did in order to really understand one another. To comprehend the world and the climate as a youngster, a person seeks to know and understand herself as an adult. Humans seem to have a natural understanding of themselves and the variables that impact them and their goals.

(Kaur 2017) studied "*adjustment among senior secondary school students: influence of social competence and achievement motivation*" And he found that Man is a complicated member of society. If we research the variety of human activities, we will find that most of these develop around the adjustment of people to their professional, social and economic problems. Freud sees the underlying motive of each action as seeking pleasure and avoiding pain. The world is not so organised that we are still looking for fun and can



have it. The human being who is adjusted and so confers is so opportune.

Adjustment is linked to achieving a balance between individuality requirements and their fulfilment. If these human needs are not met, he feels insecure.

(Chen et al. 2018) studied "*Effects of Socioeconomic Status, Parent–Child Relationship, and Learning Motivation on Reading Ability*" And found that the educational achievement disparity between economically vulnerable and non-economic allies is well known. The distance is large and irrepressible; this assumption is generally understood and acknowledged. "The topic was brought to the attention of the public. During the 2000 presidential campaign as candidates of both parties promised to act to close the gap if elected. Three days after the inauguration in January 2001 of President George W. Bush, action took the form of the bipartite help No Child Left Behind Act (NCLB). The Act contains 1,100 pages requiring school systems to be accountable to all subgroups of the population, including students who have a low socio-economic background. Under the laws of the NCLB, all students must be competent in mathematics, language arts and science before 2014. by 2014. If any subgroup does not advance at the predicted pace, the entire school is deemed a failure.

(Glascock, Blankenship, and Lampley 2009) studied "*A Study of the Impact of Socioeconomic Status on Student Achievement in a Rural East Tennessee School System*" and saw that Social inequalities are generally believed to raise the likelihood of children experiencing mental health issues. To better explain this, several research on social and mental health inequality have centred on low socioeconomic status (SES) as the main explanatory variable. SES is a term that summarises the social role of a person in society.

(Roya Sherafat and C. G. Venkatesha Murthy 2016) studied "*A Study of Study Habits and Academic Achievement among Secondary and Senior Secondary School Students of Mysore City*" And he discovered that the world of today is moving at a pace unheard of in the past. They just want to excel. The success of individuals determines the personal and social aspects of life. In this respect, academic performance is one of the major factors affecting the success of individuals in any educational setting. It is the guess of every body that good behaviours and abilities can assist us to encourage productivity in our assignments. Proper study habits and abilities in education include both proficiency and high standard of learning.





### **Academic Procrastination's**

Correlation with Success The link between academic procrastination and academic accomplishment is also hotly discussed, much as the link between academic procrastination and age. Cramming, test anxiety, and giving up on studying are all common explanations for poor academic performance. Many studies have demonstrated that academic procrastination in the passive mode has serious consequences, such as missed deadlines, poor marks, and dropping out of courses. Academic procrastination typically leads to a night of cramming and late-night homework. Procrastination and academic success in mathematics. As a result, students who put off their arithmetic homework performed worse. As a result of a lack of self-control, procrastinators are expected to have worse grades and lower academic accomplishment than their colleagues who do not postpone. But a number of studies have revealed that academic procrastination has minimal impact on academic performance.

### **Academic performance of adolescents**

The process of learning starts early in life, when the brain is most susceptible and sensitive, and continues throughout one's whole life. Today's educational system is divided into three distinct phases: kindergarten, high school, and post-secondary education. between school and college, the transition between these three key stages is very critical. A child's journey from adolescence to early adulthood is marked by these developmental stages. There is a dramatic shift from a time of academic effort and constraint to a world of privileges, self-determination, resolve and action. Their academic and professional futures hang in the balance at this last stage, and they learn if their past efforts were fruitful or not.

### **Conclusion**

Everyone delays duties and chores in their lives. Others put off payments, appointments, housekeeping, assignments, schoolwork, or test preparation. Procrastination causes insomnia, high levels of stress, regret, and panic, withdrawal due to lack of time or unsatisfying satisfaction. Then people pledge not to do it again, yet it occurs. In Turkish culture, procrastination means “delaying things to the last minute”, “the notion of rush hour”, “delaying” and “postponing” and negatively impacts many parts of our lives.



Procrastination is a manner of life that causes anxiety and is characterised by insufficient decision making, prioritising, programming, and adherence to the programme. Academic procrastination is delaying academic obligations (assignment) till the last minute, everyday procrastination is delaying daily activities and finishing them on time.

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