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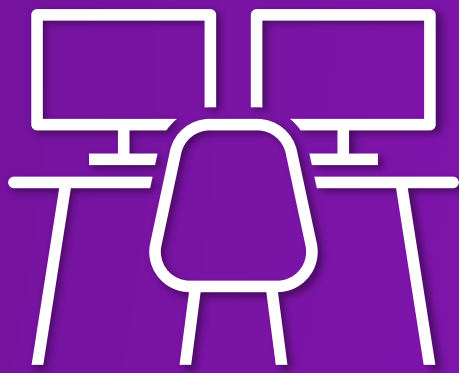
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Academic procrastination and perfectionism – the mediating role of temporal thought

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Introduction

- Academic procrastination is a problem experienced by many students and is associated with poorer academic performance.
- Research has shown that **perfectionism is linked to academic procrastination**. However, the underlying mechanisms of this relationship are less understood.
- The purpose of this study was to investigate how the **negative repetitive thought processes** of rumination and worry may mediate this relationship.

Method

- A sample ($n = 254$) of university students was recruited for this study.
- Participants completed self-report measures of academic procrastination, perfectionism, rumination, and worry, with two bootstrapped multivariate models being tested.

Results

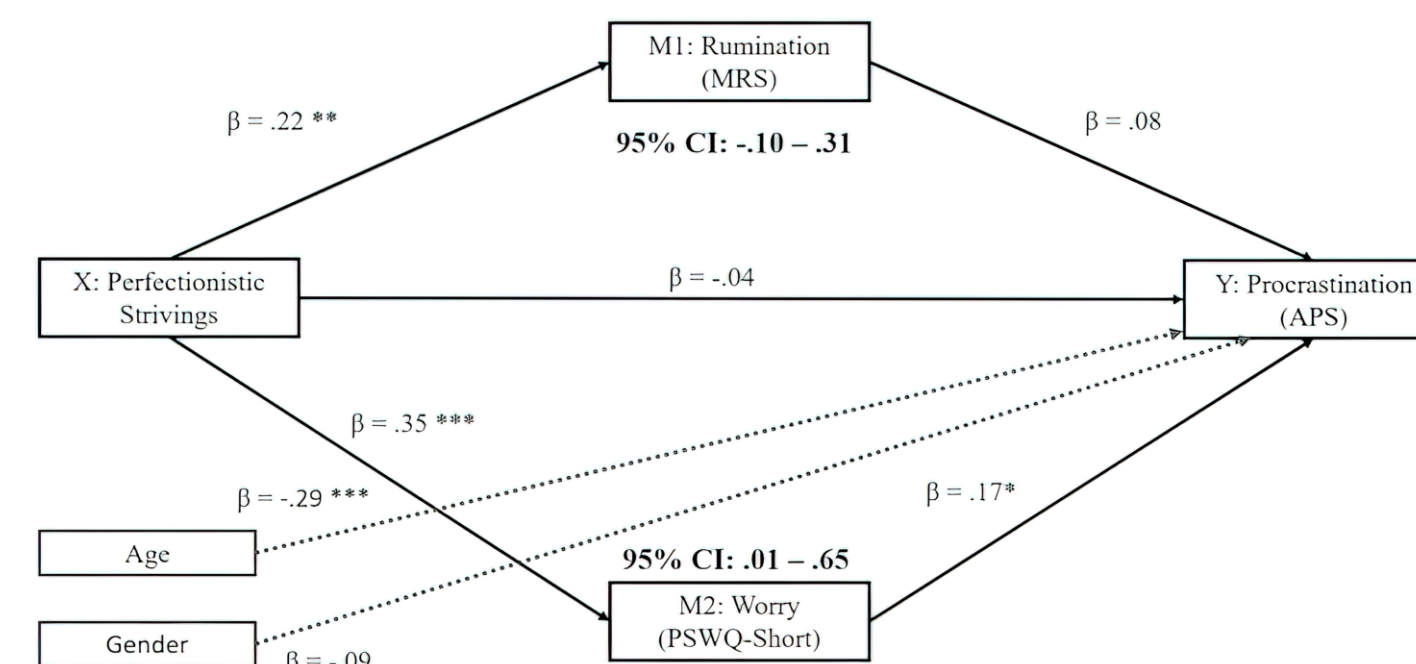
- Correlation analyses:** All variables, except for academic procrastination and the perfectionistic dimensions, were correlated.
- Mediation analyses:** Worry independently mediated the relationship between perfectionistic strivings and academic procrastination.

Correlations between all continuous variables

Variables	1	2	3	4	5
1. Academic procrastination	1				
2. Perfectionistic strivings	-.09	1			
3. Perfectionistic concerns	.08	.67***	1		
4. Rumination	.20**	.26***	.56***	1	
5. Worry	.17**	.31***	.38***	.52***	1

Note. Statistical significance: ** $p < .01$; *** $p < .001$

Indirect effects of negative repetitive thought on perfectionistic strivings and academic procrastination



Note. Statistical significance: * $p < .05$; ** $p < .01$; *** $p < .001$; 95% CI = 95% Confidence Interval.

Conclusion

- These findings suggest that **worry plays a role** in the relationship between perfectionism and academic procrastination.
- In essence, students who strive for excellence, setting high standards for themselves, procrastinate their academic responsibilities as a result of **repeatedly worrying about future events**.
- Future research should aim to use **targeted based interventions** to address worrisome thoughts in perfectionistic students as a means of reducing academic procrastination.

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