

CAB310 Assessment Task 1

A look into procrastination and how it is used to increase motivation and productivity.

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ACADEMIC HONESTY STATEMENT

I declare that all parts of this report are prepared by myself and no uncited material from any external sources is included. I declare that this report genuinely reflects my activities and tasks performed as a part of assessments within the unit CAB310. The work contained in this report has not been previously submitted to any other units offered by QUT or any other universities around the world.

Furthermore, I declare that (place a cross in each box):

- ☒ I did not cut-and-paste information from others without appropriate use of quotation marks and direct reference to their work;
- ☒ I did not re-word the ideas of others without proper and clear acknowledgement;
- ☒ I did not write ideas or suggestions that originated from other students and claim these as my own;
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I understand that any violation of the above will result in a possible:

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- My names will be recorded and will be forwarded to the faculty to handle.

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Cane Neilson, n11013435

Signature



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Executive Summary

How do people use procrastination to better their work and increase motivation? This question is the focus of this report which explores the working habits and procrastination tendencies of two participants, both being young (20's) university students. In a world of emerging technology and technological importance, the aim of this report is to look at how young students manage procrastination throughout their days and whether it amplifies their productivity and motivation. In addition to this, what technological design opportunities can be applied to support positive procrastination.

To attain the information on the participants procrastination habits, three methods were used, a say method, a do method, and a make method. The say method involved two interviews, both interviews going for around 20 minutes, in the first interview questions asking the participants about their procrastination, background and hobbies were asked. In the second interview, question revolving around the do method were asked. The do method involved a daily diary entry over three days that the participants completed after the interview which asked them about what they did that day, if they procrastinated and for how long. Lastly the make method will happen during the second interview where the participant will complete a mapping activity then do card sorting on the map they draw.

The research also found that having regular breaks and procrastinating every hour or so for 10-15 minutes increased their motivation back up to nearly the same motivation when they started. Both participants also had similar procrastination habits, showing that they used social media apps such as TikTok, YouTube, Instagram, Discord and Twitter. They explained why they used it due to it being a non-committal and easy to get into because it didn't require setting up, as well as stating that it didn't require a lot of thought to use allowing their minds to have a rest.

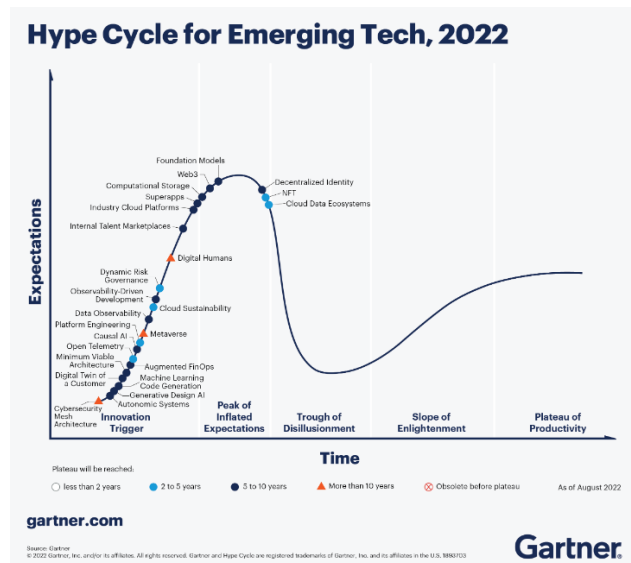
Finally, the field theory shows a diagram of the motivation a student may have throughout the day and how it can be affected throughout the day. Where it begins to drop over time which encourages procrastination, then in turn after a little break recharges the student and increase their motivation ready to complete their studies/next task. It also displays the common procrastination habits showing the apps they use and why they start to procrastinate due to boredom and ease of access to procrastination.

Emerging Technology

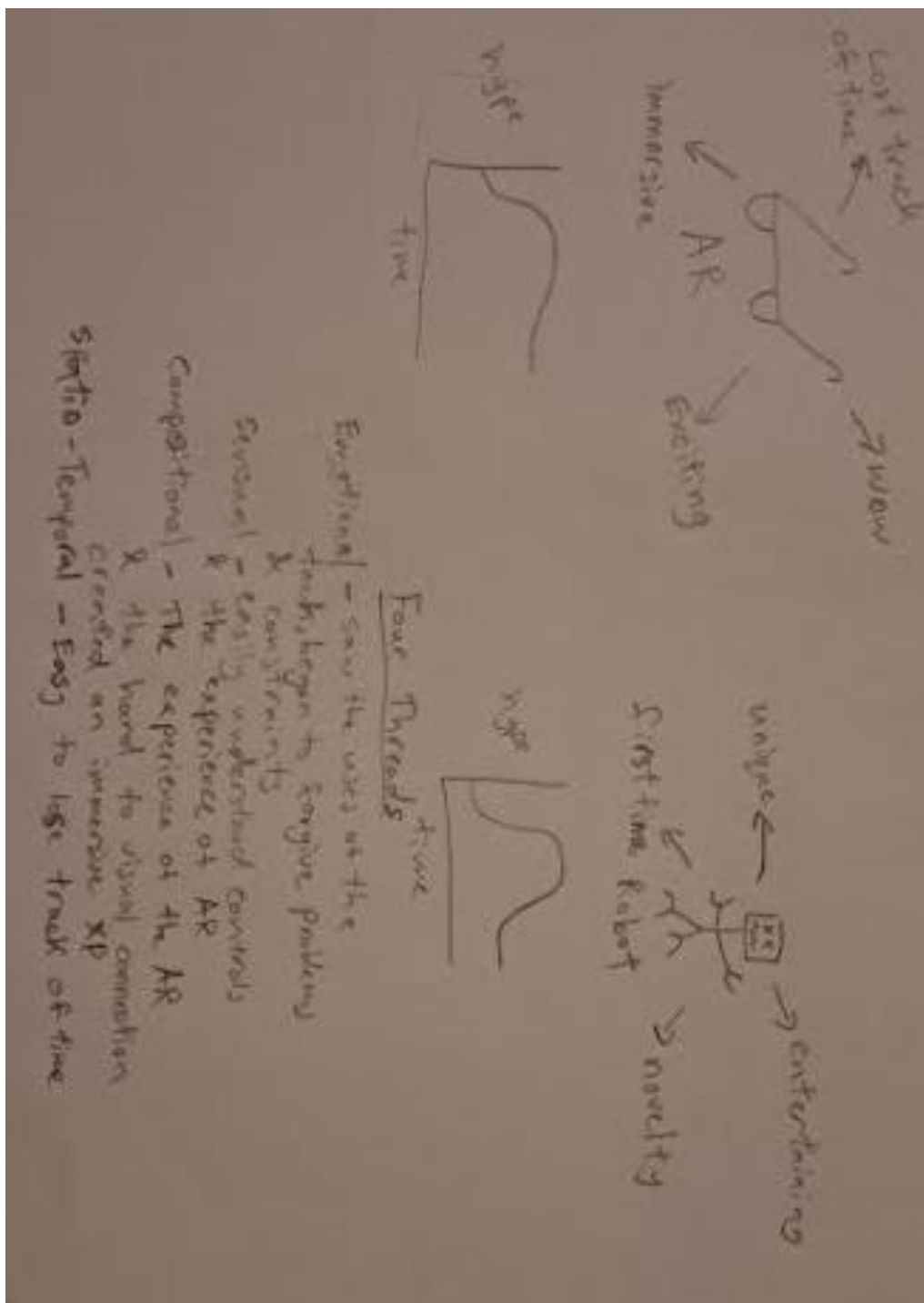
The emerging technologies I had interacted with were the AR headset experience, the Pepper robot, and a smaller robot. Similar to the figure on the right, the initial experience to all the new technologies was extreme interest and amazement of what the technologies could do. However, after a couple of minutes the novelty of the technology would start to wear off and I began to think analytically of what this technology could accomplish and what tasks it could be used for. Before I explain further of what specific experiences were had the four threads four experience should first be explained. The four threads of experience are the Emotional, Sensual, Compositional and Spatio-Temporal threads. The Emotional thread describes the user's emotions and investment when interacting with the technology, allowing them to make sense of the experience. This varies from person to person and is dictated by their goals, needs, desires, and values. The Sensual Thread focuses on the user's sensory engagement with the experiences, drawing attention to things understood pre-reflectively. The Compositional thread relates to how the experience relates to the parts of the situation and the whole experience. It looks at the "narrative structure, action possibility, plausibility, consequences, and explanations of actions" (McCarthy, J, J., & Wright, P.,2007,p.87). Spatio-Temporal thread of experience looks at the user's sense of time and how the experience may change the user's perception of time and space.

For example, when using the AR headset, I had a strong sensual experience where I knew what the controls were and what could be done. I easily learnt how to use the technology and pushed the limits of what could be done, being very explorative of all the features and technical aspects. I then also had an emotional experience where I became invested in the technology as I saw the usefulness of the item and began imagining how I could integrate this into my everyday life. While using the technology I also experienced the spatio-temporal thread where time flew by when using the technology and I also felt refreshed after.

Another experience I had with an emerging technology was with the small stacking robot. It was an interesting and entertaining robot that had me intrigued for quite a while. It had many activities that it could do that amazed me and I started to think about the possibilities and what this robot couldn't do. I had a compositional thread of experience here as the robot had many small moves and features that added to the whole experience when completing its task. For example, it would react in an emotive way while doing a task, or it would add in extra movements which made it look like it was struggling or thinking about what to do next.



<https://www.gartner.com/en/articles/what-s-new-in-the-2022-gartner-hype-cycle-for-emerging-technologies>



Methods

The theme for this research was to see how students used procrastination/breaks to increase their motivation and work output. The purpose for choosing this theme was to see how procrastination could be used positively, as well as seeing if procrastination as resulted in bad outcomes. A study on procrastination by Anna Abramowski looked into the hypothesis of positive procrastination stating,

“50% of the participants reported positive attributes. This is indicative of a certain value in procrastinating, which appears to enable their performance and acting in an “adaptive” manner.... ”

“Having more time to think about the task as an advantage of procrastination was mentioned by two participants (John and Alex) who spoke about “pushing things in the forefront of their mind” or getting “your brain working” and having more time to reflect upon the task.”

Henceforth, the methods chosen below will be in line with the findings of the research above, focusing on the participants procrastination throughout their day/week and how it affects their studies, work, and life. The scope of the project is also limited to two university students over a week period looking at both their habits at home and at a work environment.

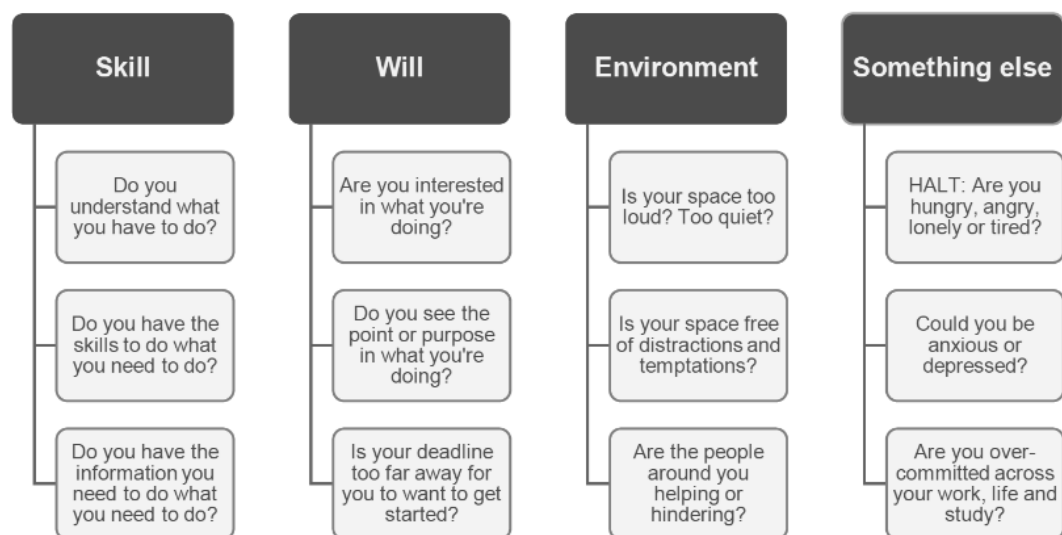
Research Plan

The main question when creating the necessary instruments for the research was, what is the experience of procrastination during the day when studying or when work must be done for university students and how can we enhance their experience? With this in mind, the scope of the project was to attain information on the participants procrastination tendencies throughout their days and what their motivation looked like before and after procrastinating. This would be found by using the ‘say’, ‘do’ and ‘make’ methods to produce diagrams, written diaries and audio files from participants describing their procrastination, focusing on a qualitative method of research. This research will span over 1 week, starting on Sunday and will only focus on university students.

The target demographic for this project were university students that were in their latter stages of their university degree. What they were studying did not matter however students that also worked would be prioritised more. The participants that were used in the research were a current university working student and a recently graduated adult looking for work.

Age	Gender	Degree	Completion	Ethnicity
22	male	Bachelor of Mathematics/ Bachelor of Computer Science	Graduated end of last year	Russian / Israeli Caucasian
21	male	Bachelor of Business	Final Year	Filipino / Australian

The 21-year-old participant works full time as a real estate property evaluator while also having a full-time university schedule. The 22-year-old participant completes online programming modules and applies for jobs and completes technical interviews. These participants were recruited through verbal consent on an online call where they were asked for 1hr of their time spread across all the methods. These participants are friends of mine that I have known through university, so recruitment was casual however the consent forms were still signed before any action was taken (see appendix for ethics documents), with an information sheet and signable consent form being sent to the participants. The say method employed involved two interviews that each take around roughly 20 minutes. The participants were urged to avoid short answers and explain what they were thinking. The interview asked about 3 topics, with questions to be asked in an interview guide (see appendix), the first topic focused on the participants background, asking about their work environment and what they do day to day. The next topic goes more in-depth with the participants procrastination habits and how it impacts their motivation and productivity. These questions were tailored to the theme by having questions inspired by the figure below:



(Information provided by Megan Pozzi, QUT Student Success Group)

The last topic focuses on the participants hobbies and whether they consider them procrastination or not. The second interview asked questions about their diary entry responses to try and gain more information on why and how they were feeling when procrastinating that day. The second interview also includes the make method.

The do method involved an online diary entry that included 8 questions asking them about their daily activities, how many times they procrastinated and what they were doing when they were procrastinating. This diary entry will be filled out every day for three days starting after the first interview. Finally, the make method gets the participant to map out the days they filled out their diary entry, detailing their motivation through a horizontal graph and what activities they did throughout. After they have mapped the day, they will match certain points of their day on their drawn map with a set of emotion cards in a card sorting exercise. In conclusion, the research process was then completed by starting with an initial interview, then to a 3-day diary entry and finally a second interview with questions on the participants diary entry and a mapping and card sorting activity.

The analysis process of the attained research data first started with the coding of the first interview, highlighting pieces of text from the transcribed interview into overarching codes. Afterwards these codes were placed into themes as a thematic analysis becoming an affinity diagram to clearly see the correlations between the two students and any differences. Notes of the participants diary entries and make method will also be taken to gain further insight and to draw patterns to see what the participants procrastination habits were during the day.

The main limitations of this research and its methods are the length of time they are taking place. The methods used take place over a week period don't give enough data on the procrastination habits only giving a small insight of their week instead of their procrastination habits for a month. This is because their deadlines for assignments and current circumstances may change week to week. The timing of the research is another limitation as having the interviews and data collection during a time towards the end of the semester when assignments and test are coming up could give a better insight into the negative and positive effects of procrastination as well as what strategies the participants employ to get their work done.

Findings

From interviewing the two participants the results attained showed similarities between the two, where both participants displayed similar procrastination habits and views.

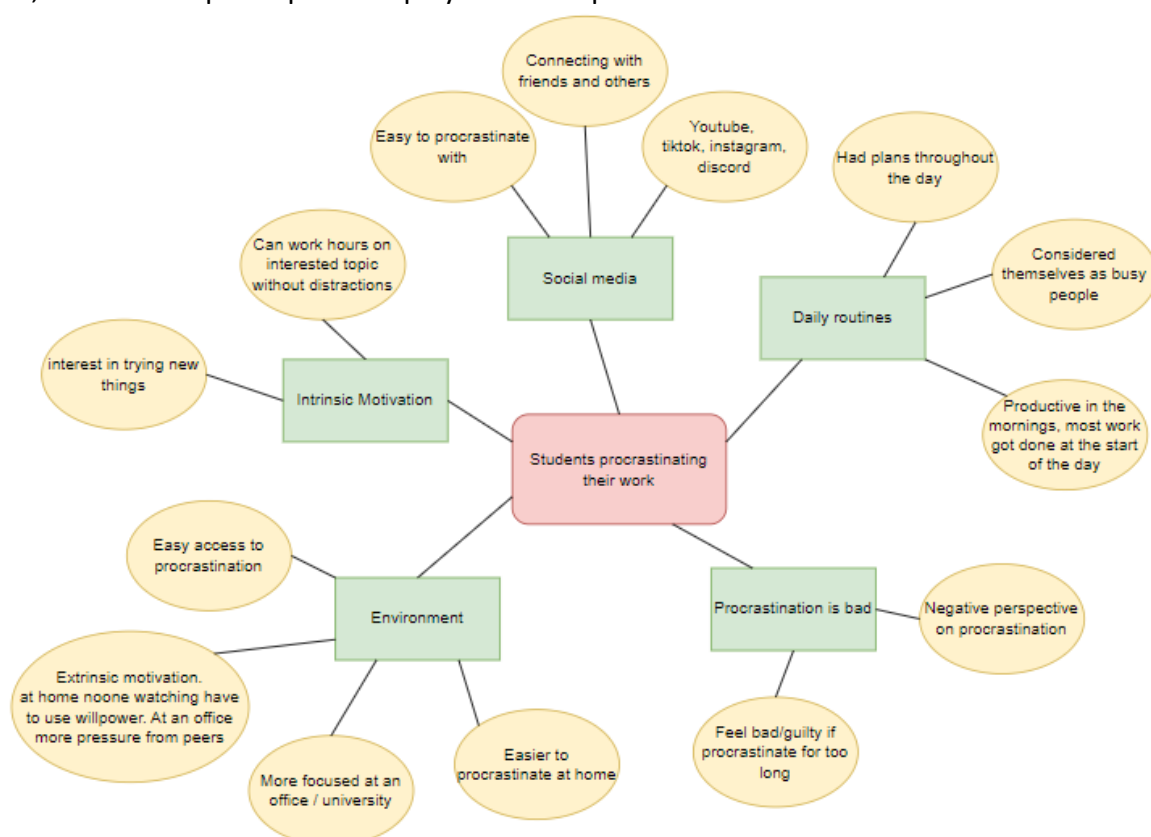


Figure 1 Thematic Analysis

As seen from the figure above, the main themes found with the participants procrastination was social media, daily routines, procrastination is bad, environment and intrinsic motivation. The participants procrastination habits showed that both participants procrastinated with technology. Social medias and video technologies were used as the primary procrastination tool using apps like Tik Tok, YouTube, Instagram, Discord to connect with friends or watch videos to get an easy 'dopamine hit' as described by one participant. When asked for further explanation the participants described that it was easy to access and get into as it only takes a couple of clicks. They also said it was low effort that didn't use up too much of their brain and was a non-committal task, one participant said that it was easier to get out of that state and less of a time sink when comparing social media apps to play games or going outside.

The participants view on procrastination also showed that they saw procrastination as bad, however an important thing to note is that each participant had different definitions of what procrastination is. The student stated that if they were doing something that was somewhat productive (cleaning the house, doing chores) then that wouldn't be classed as procrastination, only when they were on their phone scrolling social media or playing games would they feel negatively towards it. The participants noted that they always had a plan for the day and called themselves busy people with activities that had to be done every day.

Finally, the environment the participants worked in also contributed to their procrastination tendencies where a home environment would make it easier to procrastinate due to lack of external pressures. However, the working student showed that working in an office or public space did allow him to procrastinate less, afterwards when they were home, they were less motivated and more tired. This can be seen in the diary entries and mapping activity, see appendix for more information.

Another interesting finding was found in the diary entries where participants had changing motivation levels day to day. As seen in the diary entries, the participants ranked their motivation from 1-5 each day, the notable finding was that one-day participants would rank highly then the day after their motivation rating would drop. This could then mean that the participants would work hard one day then burn out and require a day of resting resulting in a lower motivation.

The make method that involved the mapping and card sorting showed that the participants motivation was very high during the mornings till noon however, this motivation relied on the participants previous day and how they slept. It also displayed how the participants recovered their motivation when it started to decline. During the mapping activity the graduate student did this by taking breaks/procrastinating as their motivation started to decline. This break allowed the participant to regain their motivation reaching nearly the same motivation they started with, this strategy was something they employed multiple times throughout the day. During the mapping activity, the participants also stated that when they completed tasks they would feel good and their motivation would increase. This could then mean that when the students did smaller activities they would feel like they were completing things and feel more motivated and proud looking forward to what the next activity they can finish is.

Interaction Design Theory

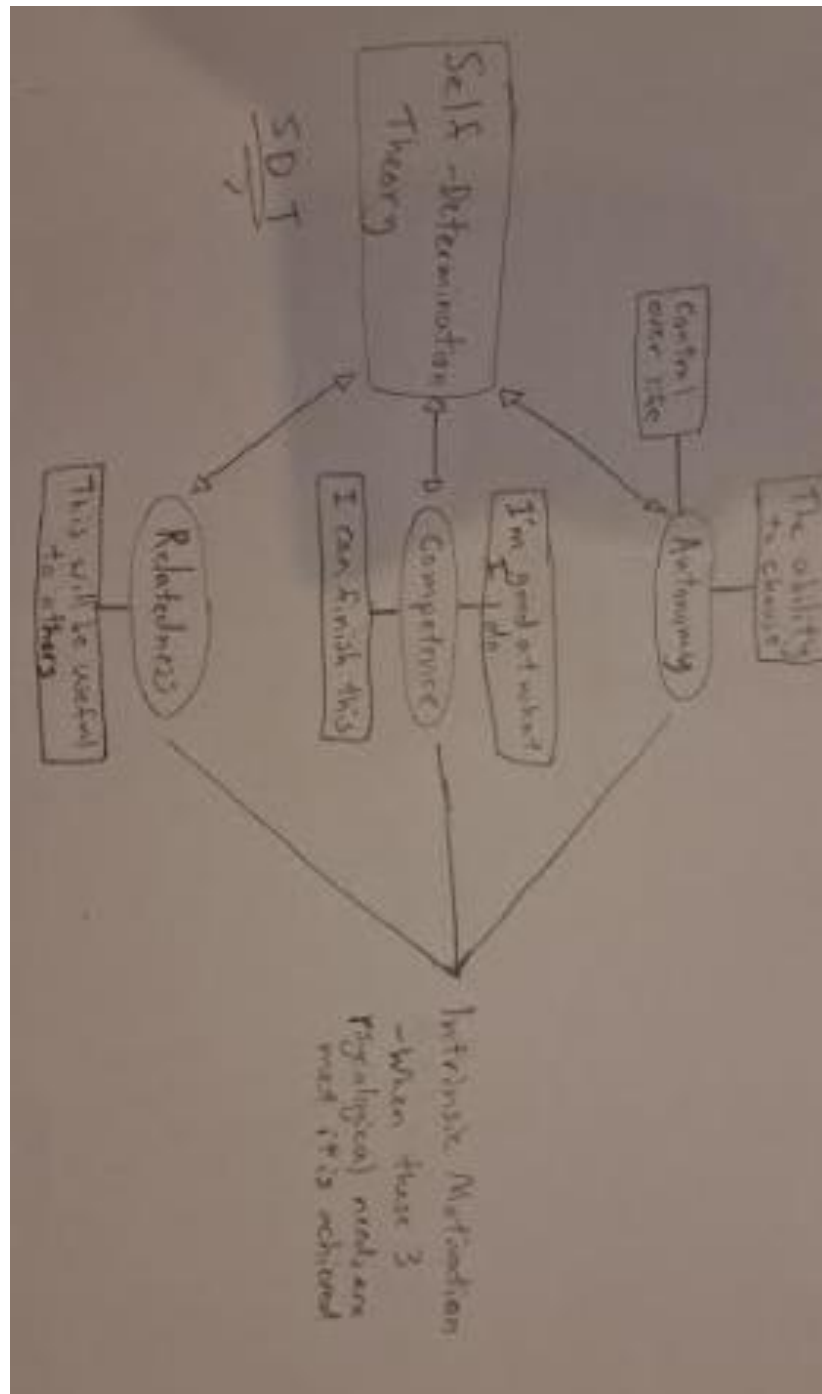
The Self-Determination theory is an interesting framework that looks at people's motivation and the psychological needs that drive the persons motivation. This theory looks at the relationship between intrinsic motivation and extrinsic motivation and how the two differ and can be achieved. Extrinsic motivation is a motivation that arise from external sources, for example, deadlines, a reward for completing a task or to avoid punishment. The intrinsic motivation is orientated around the persons values, interests, and passions devoid of any external gain and factors. Self-Determination theory looks at how to achieve intrinsic motivation, stating that it is possible to be motivated this way by satisfying the persons innate psychological needs, Autonomy, Competence and Relatedness for optimal motivation. Autonomy describes the person's ability to choose what they want to do, by control of their life. Competence looks at the persons self-ability of the task where they can assess their capability on whether they can complete that task. Relatedness looks at the persons introspective value to other people, thinking about how what they do affects people.

Self-Determination theory was created by Richard Ryan and Edward Deci to give an alternative perspective on human motivation and psychology, declaring that intrinsic motivation was better than the traditional extrinsic motivation. Where the most common form of motivation is extrinsic through rewards or lack of punishment, this theory showed a different path to gain motivation in humans, by having the human needs of autonomy, competence and relatedness met a greater and more optimal form of motivation could be reached. Allowing people to work longer, harder, and happier through self-motivation rather than through external factors.

This theory has applications to this project as it can give further explanation to why the participants motivation levels drop and what causes procrastination. It can also help to develop strategies to create positive procrastination strategies and find correlations as to why students some days have a very strong motivation to their study allowing them to work for hours on end. This could be found from the research done where the working student showed a strong motivation on day 3 of their diary entry. That day they focused on university work, completing lectures and tutorials/worksheets. This strong sense of motivation could have possibly come intrinsically and can be explained with the self-determination theory. Where the student may have felt autonomous with their tasks as they could choose what subject they wanted to work on and in what order they wanted to work through. Competence could have also been achieved as they completed the work in a timely manner, having the student working on things they know they can do caused them to want to do more work without taking a break or procrastinating.

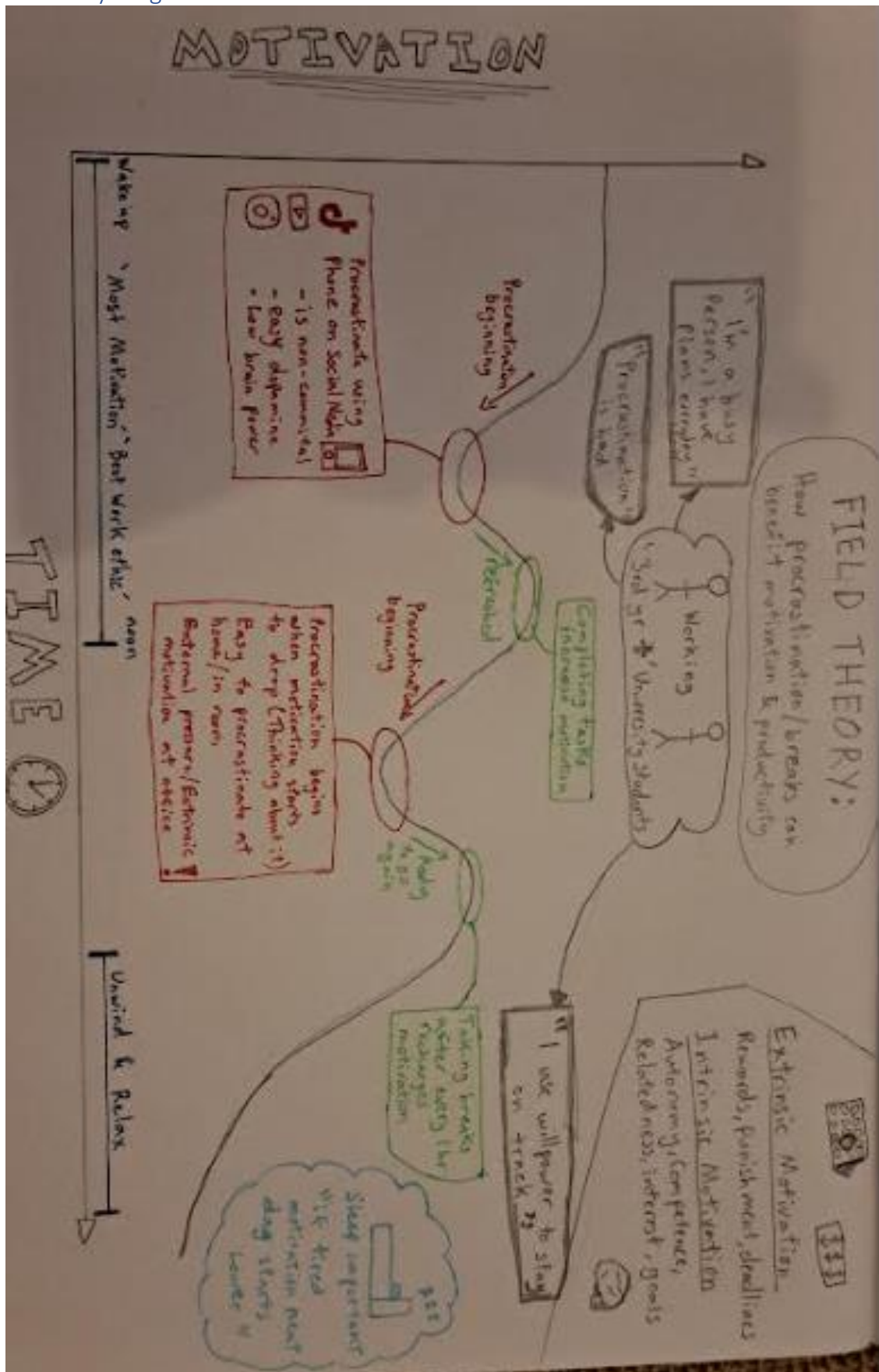
This theory was in turn, helpful in understanding the participants psychological thought patterns when they procrastinate a task, more often they procrastinate tasks when they are at home and after a long day or doing things that they don't necessarily enjoy. When looking at task that are done in a group or as part of a community the relatedness value of Self-Determination theory kicks in, they were able to work longer hours on things that others relied on. It also helped to formulate an idea of how procrastination technologies and thoughts on procrastination can change, where people can begin to think about why

they are procrastinating the task they are doing, thinking about the components of Self-Determination theory. This makes my view of the project different, as I now want to focus on the psychological theories of why the participants procrastinated. Was it because they didn't feel competent, lost autonomy, no relatedness?, instead of just focusing on if they were tired so they didn't want to continue doing the task or didn't have deadlines that were coming up (extrinsic motivation).



Field theory

Field Theory Diagram



Field Theory Description

The field theory presented looks at how students can use procrastination as a tool to increase motivation and productivity. It also shows how their motivation progresses throughout the day and what types of motivation there are, intrinsic and extrinsic. Firstly, the dips in motivation show the beginning of procrastination, where the student begins to get mentally tired or starts to lose focus, they start to think of other activities they could be doing. As it progresses the student looks toward an easy way out, most commonly being their phone in search of a dopamine hit or distraction. This is in the form of social media to look at news and connect with friends/socialise. After a few minutes doing this the students mind is refreshed and they come back with a new spike of motivation. It also shows how completing tasks can keep motivation up and sometimes increase it as it invokes a sense of accomplishment and pride.

The field theory also shows the stages throughout the day when motivation is highest, the mornings/when the student wakes up. It also displays when the student should begin to rest and unwind or allow procrastination, more towards the end of the day. This is because the findings showed that having a well-rested sleep before hand and relaxing after a day of work is vital for an optimal start, motivation wise, the next day. Finally, it shows quotes from the two researched participants about how they stay motivated and how they have a plan for the day, calling themselves 'busy'.

Design Opportunities

Having systems that encouraged having regular breaks that involved activities that have low thought processes is a possible design concept that can be used to increase motivation. This is corroborated in the research by (Abramowski, 2018, Is procrastination all that "bad"? A qualitative study of academic procrastination and self-worth in postgraduate university students) where it found that in the research students that procrastinated had time to thinking about the tasks and what needed to be done and learnt. Therefore, having a technology that incentivises regular breaks that have easy activities every hour/couple of hours to keep the student engaged and not burnout.

A problem that ruined the participants motivation at the start and as a result throughout the day was what they did the day before and how rested they felt. As mentioned in the findings, the participants motivation shifted between highly motivated to lowly motivated day to day. One reason that explained this was a lack of sleep, however it could have also been due to a lack of breaks/procrastination one the highly motivated days as it showed in the mapping activities that having regular breaks increased their motivation and recharged their energy.

Another design opportunity that involves an emerging technology is the use of AR/VR to create an immersive environment for studying or working. This is because the participants stated that the environment does play a part in their procrastination due to the ease of access to it. Therefore, creating a scenario where the user is artificially placed into an environment that promotes focus and eliminates the distractions of studying in their room could be a useful product.

References

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Appendix

Appendix A: Ethics Templates

	CONSENT FORM FOR QUT RESEARCH PROJECT – interviews and mapping activity method –
CAB310 Interaction and Experience Design QUT Ethics Approval Number 1900000131	

RESEARCH TEAM CONTACTS			
Student:	Cane Sora Neilson	n11013435@qut.edu.au	0422457441
Unit Coordinator:	Dr Bernd Ploderer	b.ploderer@qut.edu.au	07 3138 4927
Faculty of Science, Queensland University of Technology (QUT)			

STATEMENT OF CONSENT	
By signing below, you are indicating that you:	
<ul style="list-style-type: none">Have read and understood the information document regarding this research project.Have had any questions answered to your satisfaction.Understand that if you have any additional questions you can contact the research team.Understand that you are free to withdraw without comment or penalty.Understand that if you have concerns about the ethical conduct of the research project you can contact the Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au.Understand that non-identifiable data from this project may be used as teaching material and as comparative data in future research projects.Agree to participate in the research project.	
Please tick the relevant box below:	
<input type="checkbox"/>	I agree for the interviews and mapping activity method to be audio and video recorded.
<input type="checkbox"/>	I do not agree for the interviews and mapping activity method to be audio and video recorded.
Name _____	
Signature _____	
Date _____	
PLEASE RETURN THIS SIGNED CONSENT FORM TO THE RESEARCHER.	



PARTICIPANT INFORMATION FOR QUT RESEARCH PROJECT
– Interview & Diary study –

CAB310 Interaction and Experience Design

QUT Ethics Approval Number 1900000131

Research team

Student:	Cane Sora Neilson	N11013435@qut.edu.au	0422457441
Unit Coordinator:	Dr Bernd Ploderer	b.ploderer@qut.edu.au	07 3138 4927

Faculty of Science, Queensland University of Technology (QUT)

Why is the study being conducted?

This research project is being undertaken as part of an undergraduate project for Cane Sora Neilson for the unit CAB310 Interaction and Experience Design.

The purpose of this research project is to understand how young people utilize breaks/procrastination to enhance their next activity or work and to design interactive technology that may enhance this experience.

The research team requests your assistance because you fit the target audience of a young person and an university/working student

What does participation involve?

Your participation will involve the following activities: 2 Interviews, a diary entry and a mapping activity.

1. An audio recorded and video recorded **interview** online through zoom that will take approximately 20 minutes of your time. Questions will include: Topics covering your background, relationship with procrastination, relationship with technology and your hobbies.
2. A **diary** over 3 days that will take approximately 5 minutes of your time each day. The focus of the diary will be to capture your daily habits and productivity as well as documenting your procrastination tendencies and how they relate to your work. The diary will be transcribed and discussed during the interview.
3. A **Mapping Method** that will take approximately 30 minutes of your time. You will be asked to map out a day where you feel the most productive and chart out what you did and what your motivation levels where at that time.

Your participation in this research project is entirely voluntary. If you do agree to participate you can withdraw from the research project without comment or penalty. You can withdraw anytime during the interview. If you withdraw with 2 weeks after your interview, on request any information already obtained that can be linked to you will be destroyed. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT (for example your grades).

What are the possible benefits for me if I take part?

It is expected that this research project will not benefit you directly. However, it might benefit

CAB310 students to see how the technologies they develop are used by other people, and to learn interaction design methods which will enhance their employability.

What are the possible risks for me if I take part?

There are no risks beyond normal day-to-day living associated with your participation in this research project.

What about privacy and confidentiality?

All comments and responses are coded i.e. it will be possible to re-identify you. A re-identifying code stored separately to personal information (e.g. name, address), will only be accessible to the research team, and the code plus identifying information will be destroyed at the end of the semester.

Any personal information that could potentially identify you will be removed or changed before files are shared with other researchers or results are made public. The information that will be removed includes names, place of work/study, occupation, education and contact details.

Any data collected as part of this research project will be stored securely as per QUT's Management of research data policy. Data will be stored for a minimum of 5 years, and can be disclosed if it is to protect you or others from harm, if specifically required by law, or if a regulatory or monitoring body such as the ethics committee requests it.

As the research project involves an audio and video recording:

- You will have the opportunity to verify your comments and responses prior to final inclusion.
- The recording will be destroyed 5 years after the last publication.
- The recording may be used as teaching material.
- Only the named researchers will have access to the recording.
- It is not possible to participate in the research project without being recorded.

Every effort will be made to ensure that the data you provide cannot be traced back to you in reports, publications and other forms of presentation. For example, we will only include the relevant part of a quote, we will not use any names, or names will be changed, and/or details such as dates and specific circumstances will be excluded. Nevertheless, while unlikely, it is possible that if you are quoted directly your identity may become known.

How do I give my consent to participate?

We would like to ask you to sign a written consent form (enclosed) to confirm your agreement to participate.

What if I have questions about the research project?

Please contact the researchers (details above) to have any questions answered or if you require further information about the project.

What if I have a concern or complaint regarding the conduct of the research project?

QUT is committed to research integrity and the ethical conduct of research projects. If you wish to discuss the study with someone not directly involved, particularly in relation to matters concerning policies, information or complaints about the conduct of the study or your rights as a participant, you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au.

**Thank you for helping with this research project.
Please keep this sheet for your information.**

Appendix B: Methods Used

Say Method

CAB310 say interview – The use of procrastination to improve motivation.

Part 1: introductions

Welcome the interviewee, ensure that they have signed the ethics documents beforehand and tell them that this interview will be recorded. Explain to them that this will be a 20-minute interview asking them about their habits and procrastination. Ask them to say what they are thinking and to avoid short answers.

Part 2: Background

What are your days like?

What do you enjoy doing? Physical activities or inside activities?

Would you consider yourself a busy person?

Describe what a balanced life is to you?

When do you feel most productive?

Do you often leave things till last minute?

Do you enjoy doing things you haven't done before?

Do you often do things you have never done before?

What is your work environment like? Work/uni etc..

Part 3: Use of tech and Procrastination

What is your relationship with procrastination? Do you enjoy it?

Do you feel like it gets in the way of what you are trying to do?

Do you use anything that helps deals with procrastination or to stay focused on your work?

What does the impact of breaks have on you? Do you feel refreshed afterwards? Do you want to continue a break?

Do you work on something you are interested in for long periods of time?

When are you most likely to procrastinate? (Ask for a time) Where are you most likely to procrastinate?

Can you think of a time when procrastination was bad for you and good for you?

How long do you usually procrastinate for? (if given some different times) Do you know why your procrastination length varies?

When you procrastinate what do you usually do? (follow up) Why do you do that activity? (Technological or physical)

What technology's do you use most of the time?

Is it easy for you to access technology that you use to procrastinate?

When your using technology do you find that time passes by quicker when you are procrastinating?

What device do you use to procrastinate with?

Would you say that when you use technology you become emotionally invested? i.e. you are watching a show but you know you have something you need to do so you continue watching worried/anxious of the tasks that need to be completed.

When you go to procrastinate do you often have something that you want to do in mind or do you look for something?

Would you say that technology, e.g. social media makes your procrastinate more? Why?

Does working with technology make you want to procrastinate more compared to working with physical objects.

Part 4: hobbies/leisure

Do you make time for hobbies?

If you had to choose between working or your hobby which would you prioritise?

Would you consider your hobby procrastination?

Part 5: thank yous

Describe to them the do method that they must now complete. Also tell them about the second interview in a couple of days

Interview 2:

Look at the diary entry responses and ask them about any interesting answers or unique patterns that they may enter.

Once again make sure they are explaining themselves with their answers.

Do method

Canes University study

Please answer questions

1. What was the main focus of the day? *

Enter your answer

2. How much did you work did you complete today? How much did you want to complete? *

Enter your answer

3. You felt productive today? 1 lowest 5 highest *

1	2	3	4	5
---	---	---	---	---

4. How many breaks did you take? *

Enter your answer

5. Did you feel a sudden burst of motivation? If so why? *

Enter your answer

6. How many hours today would you classify as procrastination? Why? *

Enter your answer

7. What apps did you use today? Which ones were used for procrastination? *

Enter your answer

8. Does writing out your tasks in this diary help with your procrastination? *

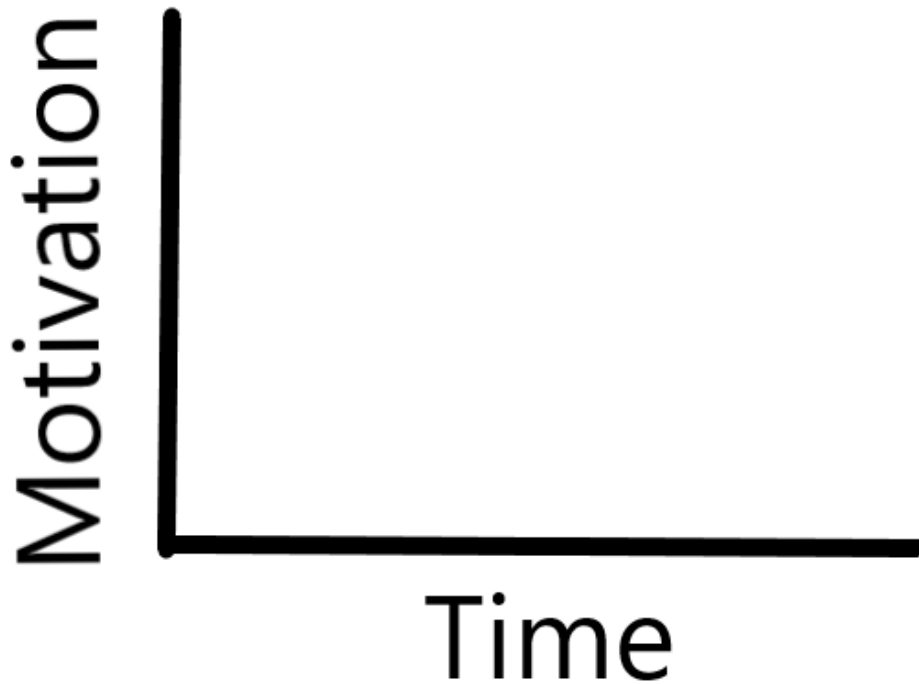
Enter your answer

+ Add new

Make Method

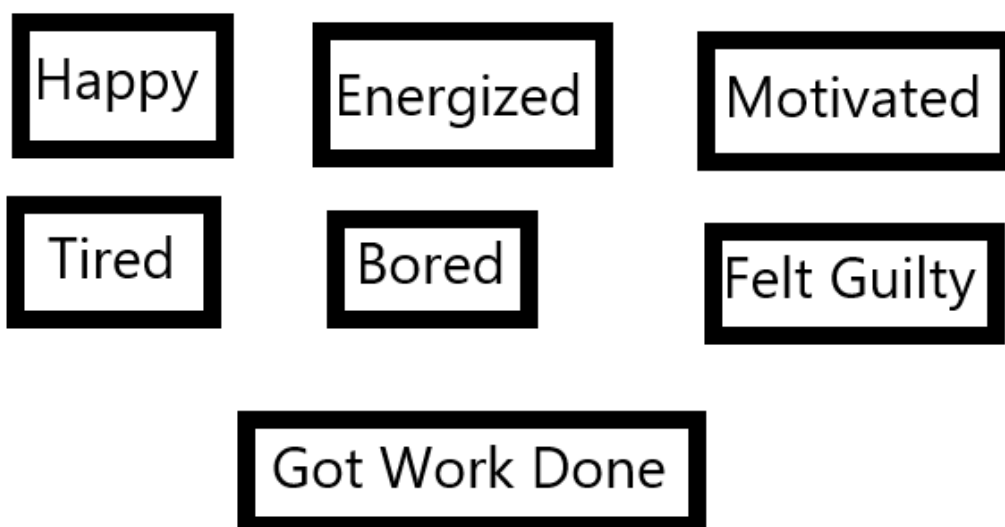
Mapping and Card sorting

Mapping, get the interviewee to draw a map of their day in respect to motivation, tell them to add notable events during the day.



Card sorting

After mapping get them to sort cards dependent on how they were feeling in respect to the map, will be pointing out specific times and tell them to sort cards at that time.



Codes of transcript				
Procrastination habits	Strategies to beat procrastination	Thoughts on procrastination	Work state	Availability of procrastination
Taking new challenges	After taking a break, they felt better	Completing work gets participant happy and more motivated	Extrinsic motivation	Procrastination

Participant 1 graduate

Interview 1

13:43:19 Hello!

13:43:17 La! Welcome to thank you for being my interview. Just one welcome.

13:43:25 I'm gonna ask you a bunch of questions on procrastination and your relationship with it. And pretty much during this interview, I want you to just say what you're thinking and shuttle avoid short answers.

13:43:41 Interview would be about 20 min long. And yeah, just say your thoughts.

13:43:47 So I'll sell us some questions. So.

13:43:54 Could you explain what your days are like?

13:43:57 What do you mean? What my days are like? Like what I do routinely?

13:44:00 So like from when? Yeah, yeah.

13:44:06 Get out of bed, have breakfast. I don't get ready in the bathroom like I don't know.

13:44:14 Brush, teeth, etc. Do you work? It's a gym, cook, food.

13:44:26 Yeah, okay.

13:44:24 Yeah, I don't know. Entirely routine. That was so bad. Yeah.

13:44:31 Day-to-day.

13:44:31 So you like to say so, like to say active, and do so.

13:44:38 Hmm!

13:44:35 Yeah, yeah, exercise is important to me.

13:44:40 So do you enjoy physical activities or more, the inside activities?

13:44:50 Okay.

13:44:46 And physical activities, I like to go out, yeah.

13:44:55 So do you consider. Do you consider yourself a busy person?

13:44:58 Yeah, I could see myself somewhat busy looking for a job right now.

13:45:04 Hmm!

13:47:30 I learnt I know in the past few years to stop procrastinating as much as I used to.

13:47:37 By making like plans and stuff. So these days I feel like I'm pretty good at not procrastinating and getting the things I need to get done as early as possible.

13:47:46 So I have like. So I can look forward to having like like, have a plan so like the plans empty, and then I have nothing more to do like do more things. The early I get things done the more things get to go.

13:48:02 Yeah, but yeah.

13:48:02 So you say so. You say you don't enjoy procrastination.

13:48:08 Hmm!

13:48:07 No procrastinating is not good. Yeah.

13:48:11 So in the mornings you!

13:48:15 When you're doing your work.

13:48:17 I tried one best not to. But yeah, if.

13:48:20 But you still do it.

13:48:23 Okay.

13:48:23 Sometimes like, let's say, like I'm in bed when I wake up, maybe I'll be a little bit on my phone before I like.

13:48:32 Get up and do everything. But once I get into the workflow, it's like once I get into it.

13:48:38 It's hard to stop progressing again, like, I say, as soon as I get out of bed, then it's hard to.

13:48:47 Hmm!

13:48:45 I don't know. Scroll my phone again, cause there's stuff. I'm yeah. I'm in the flow.

13:48:50 Okay. So these anything that helps to say, I guess, and not progressing.

13:48:59 I guess it's just willpower.

13:49:03 Yeah, okay, just so in Willpower.

13:49:06 Yeah, well, I guess I make like a plan. My like having a routine is very good for me.

13:49:13 Of a say routine and like a plan of like, okay, I gotta get this done in this dance.

13:49:18 I guess that helps. But yeah, too, follow that. A text there will power.

13:49:25 But are you like tempted when you're doing your work?

13:49:29 Because you were heat to your bed in your room.

13:49:33 Is it like tempting?

13:49:35 Yeah. It's always tempting. But if there's stuff I need to do, then I don't have to overcome my demons.

13:49:44 I guess.

13:45:03 So after that I'll be even more busy.

13:45:08 Is that? What is that self-imposed, or is that just something that happens?

13:45:18 Yeah, okay.

13:45:16 Well, I try to keep myself busy and do things.

13:45:21 So when in the day do you feel like you're most productive?

13:45:28 I think, from the morning until.

13:45:37 Hmm!

13:45:32 Yeah, from the morning until, like the mid afternoon, I'd say like, right before the evening like what I get up, I'm in like a good mood, and I have things I need to do like cook breakfast.

13:45:47 Get ready for fog the day and go exercise. Yeah, come back, cook food there's stuff that I need to do.

13:45:56 So, there's no other option then to get it done.

13:46:00 So I feel very productive. And later on in day, when I don't have much that I have to do, I guess I can.

13:46:11 Yeah, I'm less productive.

13:46:13 Okay. Do you often leave things till the last minute?

13:46:20 Normally not. I'd wanna get things finished as quickly as I can.

13:46:26 Okay.

13:46:27 Just so I don't have to worry about it later.

13:46:32 So do you enjoy doing things you haven't done before.

13:46:35 Yeah, I really enjoy that.

13:46:38 Do you often do them?

13:46:39 Yeah, I try to look 4 things that I haven't done before.

13:46:45 And yeah, apply myself to trial. New things.

13:46:49 Okay? And could you explain what your work environment is like?

13:46:55 Well, it's right now, just like at home, applying for jobs and doing online.

13:47:00 Courses. So it's just in my room, right next to my bed.

13:47:05 It's probably not the most optimal, because I can get distracted easily.

13:47:10 Okay.

13:47:12 So now I'll deal more into. You'll procrastinate habits.

13:47:19 So could you explain what your relationship with procrastination is?

13:47:25 Yeah, I guess.

13:49:46 Hmm!

13:49:49 So do you take any break, when you're in that?

13:49:51 In that flow state.

13:49:52 Yeah, I take, there's like milestones, I guess, for every time I do work that I think, okay after I get like this much done or after like this amount of time of working on something.

13:50:08 And getting it done. And then, yeah, it takes breaks like pretty often.

13:50:14 I'd say, like every hour, like a break, just like to keep it fresh.

13:50:17 Hmm!

13:50:18 Like, get it. Go downstairs, get a snack, or, yeah.

13:50:23 Just walk around the house for like a few minutes.

13:50:26 So you try to like, keep up technology. Where are you going that break?

13:50:30 Yeah. But then I might get like signed in.

13:50:34 Hmm! So when you go on a break, you want to.

13:50:37 How often do you want to continue going on that break?

13:50:43 Well, if.

13:50:46 If I have like more stuff to do, then it'll be like a very strict break that I'm taking.

13:50:54 Basically it's like, Okay, I wanna go on this rate to just refresh my mind and then go to get back back to work.

13:51:01 I don't. Yeah, I don't try and stay on break for too long.

13:51:07 So when you say refresh your mind after the break. Is it like?

13:51:11 Does it feel like you're starting the day again, or is it a bit less motivation from when you started?

13:51:15 Yeah, it's a bit less. Yeah, it's a bit less. But.

13:51:20 After, like I get something done like some small thing like in the plan towards like a bigger goal.

13:51:28 Then I take break, just like, yeah, my mind off things, or I'm reflect also on, like, yeah, I got this done.

13:51:39 Yeah.

13:51:37 What's next kind of thing, and I get back into it knowing what's next.

13:51:45 So can you think of the last time way you progressed, and it was bad. The.

13:51:53 Yeah, like, back last year, I guess. And when? How are you doing? Uni work?

13:52:00 And I, a bunch of things do. I would do it.

13:52:04 Maybe procrastinating like a bit longer on assessments to finish.

13:52:09 But now that I like it more independent things, it's cause **my work always has a due date** So.

13:52:18 It's like, okay, easy to put, because if I know I'll get the work done, I'll get the work done.

13:52:23 Yeah.

13:52:24 It's procrastinating. It's still kind of bad, more independent and doing things myself.

13:52:28 **Normally, I'd have something in mind that I'd wanna do for break.**

13:52:36 **Normally, I'd have something in mind that I'd wanna do for break.**

13:52:46 So, and if **I procrastinate that, then they could like, I could infinitely.**

13:52:52 Okay. So when in the day are you most likely most likely to procrastinate?

13:53:04 Well, I **guess like towards the end of the day, like once I've done a bit of work well done, like a majority of work for the day.**

13:53:15 That says I. Get me like later and later into the day, like the evening, and not just tell myself, like, Yeah, I get continue tomorrow.

13:53:23 Hmm!

13:53:24 I guess, yeah.

13:53:30 Where? Where was this happening? Was it in your room, or outside, or with your friends?

13:53:41 Oh, like! What would that decision?

13:53:42 I'm like, where did you go to procrastinate?

13:53:45 Oh, **yeah, just like in my room, or, yeah, either, just downstairs with family or on the computer.**

13:53:56 But just like **lose all the work that I've been doing and just hang out with friends online.**

13:54:05 Yeah, that was like the 2 main ones.

13:54:05 Hmm! Was there a time where you did that? And then afterwards you went back to doing more work.

13:54:15 I'd say not recently I'd say, **Yeah.**

13:54:20 Once I **turn off the work and like cause, it normally happens during the evening.**

13:54:30 So yeah, just be done with Web for the day. I'll tell myself.

13:54:34 Yeah.

13:54:34 Yeah, okay.

13:54:37 So with procrastination. What **what** technologies do you use when to like procrastinate? So?

13:54:47 Like, **I don't know just this, for I guess friends, games.**

13:57:36 **Normally, I'd have something in mind that I'd wanna do for break.**

13:57:41 **I wouldn't go on a break to like not do anything.**

13:57:47 I guess the question was more like.

13:57:51 As well like. Do you have? Do you have something that you are wanting to do?

13:57:54 And you're waiting for the hour to come. The outcomes and you're like, Oh, it's a break time.

13:57:59 You go, you go look to do something else **real** quick.

13:58:04 Oh, yeah. A second **second** option. Okay?

13:58:07 Yeah, says, say, it's not like you're thinking of something else.

13:58:11 You **wanna** do while working?

13:58:12 Yeah, yeah, yeah. Now, when I'm working on focus on the work.

13:58:16 Then once the rate comes in.

13:58:20 Hmm, okay.

13:58:21 Yeah.

13:58:24 So Ellie mentioned games. Just go on **Youtube**. Do you think social media makes **supercrystall** more to bed, to like games and other stuff?

13:58:38 Yeah, I think, oh, I mean, like, social media, like **Youtube**.

13:58:43 And like **those kind of things** that we mentioned like this one.

13:58:47 Oh, yeah, if **if** you Japan on social media.

13:58:48 Yeah, yeah, yeah, like.

13:58:54 Yeah, it does. Social media does make me progress anymore. Yeah.

13:58:59 Yeah, okay.

13:59:01 Do you know why that's so? That's that way.

13:59:06 I think it's I don't know. Probably.

13:59:10 Or in **Youtube**. And those kind of thoughts stuff. The algorithms **are** very like algorithms **are** made to like addict people.

13:59:21 Hmm!

13:59:22 Into like watching. More and more and more, and with this it's just like friends.

13:59:29 So I guess it's like more social.

13:59:34 Okay.

13:59:55 So let's **let's** say you're **procrastinating** watching a show.

13:59:59 Right would you say you become like emotionally invested?

13:54:59 Yeah, **Youtube**?

13:55:03 So it's mostly computer **computer** devices and not handhelds.

13:55:08 Hi, oh, yeah, **technology, yeah, computer.**

13:55:11 Yeah, okay.

13:55:18 So would you say it's easy for you to access technology that you use?

13:55:26 Yeah, **it's in my room. And that's where I work.**

13:55:28 Yeah.

13:55:30 And spend a lot of my time. So yeah.

13:55:32 But let's say, let's say you went in your room. You're in the office somewhere on a computer. Would that still be easy to **go** progress in?

13:55:41 Oh, no! I feel like when I'm in an **office environment, and it's a lot harder.**

13:55:47 **I'd wanna do more work. And the engaged with her work, cause I'm like, in a work environment.**

13:55:55 Yeah.

13:55:57 Okay.

13:56:00 So when you're when you're procrastinating, does **does** it feel like time passes by quickly?

13:56:13 I don't know, I guess. **Kinda yes. But then, kinda just like passes the same cause some as I could be like.**

13:56:25 Having more fun procrastinating, or sometimes it's just like.

13:56:31 **A waste of time,** fascinating!

13:56:33 Hmm!

13:56:35 Do you think if you progressing on like technologies, it goes by quicker more often than when you do like actual physical stuff?

13:56:47 No, I feel like those are kind of the same. If I go.

13:56:53 For run also, or if I come on technology, then actually, sometimes I could get immersed.

13:57:05 Yeah, okay.

13:57:01 More in technology which makes the past like a lot bigger, like, if I'm playing someone game, for example, I could lose track of time.

13:57:21 So when you so let's say, after you do your work, and you have, you're going for your break.

13:57:27 But you get to procrastinate. Do you have some?

13:57:30 You already have something in mind planned? Or do you go on your break and look for something else to do?

14:00:04 For example, you're like watching a TV show. But you know, you have a task to do, and you become anxious.

14:00:12 But you continue watching that show because you'll enjoy it.

14:00:14 But those emotions are in the back of your mind.

14:00:21 Normally, I don't. It's hard to relate to watching the shows, because reset, I started.

14:00:29 I tried watching a show, but I don't know. I couldn't get **em** like invested in it, because I don't know just around for too long.

14:00:37 Maybe the show **is** wasn't good, but I think more than cause. It was like a really **good rated** show.

14:00:44 But just feel like the better things to do. Then watch the show so it's hard for me. Yeah.

14:00:49 Yeah.

14:00:50 So I attach more, more worth on doing work.

14:00:58 So **so** you'd rather turn the show off and the other way.

14:01:02 Yeah.

14:01:03 Then like, finish it. Okay.

14:01:06 Yeah.

14:01:08 Okay. Hi, I just have a couple more questions about yeah hobbies.

14:01:17 But do you make time for your hobbies?

14:01:21 Yeah, yeah, all that important stuff. I guess.

14:01:28 Like, work. Yeah.

14:01:27 Okay, yeah. So often, that would mean that you **projective** work over your hobbies.

14:01:34 Yeah.

14:01:38 Is that because you can see the like, your **hobbies**, procrastination or not as important.

14:01:43 I think they're not as important, but I think but there's still an important aspect to have side like me.

14:01:50 I'll make time for them.

14:01:55 Okay.

14:01:56 Oh, yeah, like, not overwork.

14:02:02 But that would you consider, like them, procrastination?

14:02:08 Well, it **depends** what kind of hobbies Hi, **Esik**!

14:02:17 If it's like going outside and doing stuff that I like doing, then I feel like that's not really procrastination.

14:02:22 Hmm!

14:02:23 I guess if.
14:02:26 If I'm doing my hobbies for the china kind of intruding on in my time that I put to do work.
14:02:36 Then, I considered. But if I'm doing my hobbies outside of work like my work hours, then wouldn't consider it procrastination.
14:02:46 Okay. That's all the questions I had. Thank you.
14:02:52 Entity. Thank you for the interesting points I now have.
14:03:00 This starry entry that you have to do over the next 3 days, and it's just pretty much just asking you about what you do that day, and you know the breaks you took.
14:03:12 Did you feel like it was a productive day, and whatnot?
14:03:15 Yeah.
14:03:14 And then after 3 days, I'll contact you for another interview.
14:03:19 And then, yeah, that'll be the research. So thank you very much.
14:03:22 Hey! Thanks!

Interview 2

23:58:17 Hey! Hello! Hello!
23:58:19 Hello!
23:58:22 What I' to the second energy. I have a couple of activities to do.
23:58:31 But first ask some questions about your direct entries, and to get more information on it.
23:58:37 Yeah.
23:58:38 So!
23:58:41 On your first day you said your productivity was out of 4.
23:58:51 Do you know? What do you know? Why it was that high?
23:58:55 I could sleep, or just random feeling.
23:58:58 Yeah, I think I was like the previous days. I was in the form.
23:59:04 I guess you could say like getting still a lot of stuff done.
23:59:05 Hmm!
23:59:07 I was like kinda on a roll
23:59:08 Yeah.
23:59:09 Yeah.
23:59:11 Okay.

00:01:55 And Instagram like it's much easier for me like I can scroll a little bit.

00:02:01 And then of the like conscious Hey, Carl willingness!
00:02:08 I could just like, realize I can't spending like a bit too much time here.
00:02:14 But like if I turn on a game, and it's like a multiplayer game kind of like commits me to like spending like a lot of time and like outside activities, yeah, wouldn't cause that.
00:02:26 Probably also takes like a lot of time I'd rather like, instead of procrastinating.
00:02:30 Using outside activity out dedicate specific time for it.
00:02:34 So I could be like the productive outside rather than just like waste.
00:02:40 My time. Yeah.

Participant 2 working student

Interview 1

13:54:42 And Hello!
13:54:48 Hello!
13:54:49 Afternoon.
13:54:52 Is everything working.
13:54:51 Oh, thank you for the thank you, joining, for the interview pretty much should be a 20 min interview.
13:55:01 Gonna ask you bunch of questions, try to explain your thoughts and avoid short answers.
13:55:07 Yeah.
13:55:10 Pretty much the focus of the interview is to look at students and their relationship with procrastination.
13:55:17 And technologies or habits rolling around it.
13:55:21 And yeah. So I saw some questions.
13:55:29 Background. I guess. So. What is study at University?
13:55:35 And setting a bachelor of property, economics, business, degree.
13:55:39 Hmm! What year are you in?
13:55:42 I'm in my third and final year.
13:55:44 Okay, do you also work?
13:55:48 Yes, full time.
13:55:49 Okay.

23:59:18 Another thing where he said he mentioned it was you found it hard to out of bed that morning.
23:59:26 Yeah.
23:59:27 Because you you had spare time. So if you didn't have a set time, would you get up like instantly?
23:59:35 Yeah. Yeah. What would I know that I have to do something on a specific time?
23:59:42 Then like I have to get up and do it, for example, like, if I have like a meeting setup at some specific time, then I'd have to like be up, and get ready for the meeting.
23:59:52 And yeah, be up, for if I'm going somewhere like our plan arranged with like friends over the weekend.
00:00:00 And I have to like get up early and be somewhere. Then.
00:00:04 Hmm!
00:00:03 Oh, yeah, that kind of motivates me to like, get the day started earlier.
00:00:06 Okay. He also mentioned that all the apps use for procrastination with Instagram discode and Twitter.
00:00:20 Do you know, would you like to explain why social technologies, social apps?
00:00:28 I guess like.
00:00:31 There's something like with interacting with people where it's like I don't know, soothing to the brain. I guess.
00:00:41 Kind of thing like like with Twitter like reading. What's new?
00:00:47 What's going on like keeping up to date, and you can kinda get lost.
00:00:52 And like the continuous scrolling feed. And with Youtube, how like recommends you more and more things to watch over with this quarters are like talking to friends is like being socials like kind of you can like kinda get lost and conversation like keep talking and just hanging out. I guess.
00:01:10 Hmm, okay.
00:01:17 So each is that for procrastination, but some of the people might choose like playing games or going outside and doing something.
00:01:27 Could you explain why you don't do that?
00:01:28 And she's she's the those absence, said.
00:01:32 I think I used to play games like, instead of doing work, but now I I do play games, but it's not to procrastinate doing work.
00:01:44 It's like just as a leisurely activity.
00:01:46 I was found like that. Games like once I open a game.
00:01:50 It's like I have to commit to it. Feel like getting off of Youtube or getting off of like Twitter.

13:55:53 So could you describe to me what your days are like?

13:55:59 Monday through Friday. I'm working. So that's just the usual 9 to 5.
13:56:04 Really I'd get home, maybe 5, 30. Then it's on me to catch up with any lectures or tutorials I might have missed.
13:56:16 Most of my classes are not, but for some subjects they don't have the times that I need, so I'll just watch them.
13:56:24 We'll look at the slides.
13:56:30 And then on the weekends. That's when I'll do more of my bulk.
13:56:36 Assignment, work! Oh, excess, study!
13:56:42 Okay, so would you consider yourself a busy person.
13:56:41 That's really I'd say I I'm not too busy, but.
13:56:58 I think I have something to do every day.
13:57:04 Okay.
13:57:07 So when would you say you feel most productive during the day?
13:57:14 In the morning, so not as soon as I wake up, and maybe after breakfast to about 11 Am.
13:57:23 I'd say, on my most productive hours.
13:57:26 Okay.
13:57:27 So I'd say from about 8 to 11.
13:57:33 Okay, so could could you describe like, what a balance life is for you?
13:57:40 To me. It's doing the things I want to do as much or more than the things that I'm required to do.
13:57:50 Okay.
13:57:53 And what are the things you'd like to do?
13:57:56 Is it like physical cheering inside?
13:58:06 Yeah.
13:58:03 Consume media like television shows, Youtube video games.
13:58:09 Okay.
13:58:14 I've been going to the gym a lot recently.
13:58:16 3 or 4 times a week, and then spending time with, like my family and friends, usually on the weekends.
13:58:26 Okay, so do you often leave things to last minute.
13:58:33 Yes, I'm trying to fix that. But yes, I do.

13:58:37 Okay. Do, do you enjoy doing things you haven't done before?

13:58:44 Personally, not really, I'd like to know what I'm getting into before I do it.

13:58:52 Does that make sense?

13:58:51 Okay. Yeah.

13:58:56 But have you often done things you've never done before?

13:59:03 Okay.

13:59:01 I would say not often. There are times, yes, but not often.

13:59:08 And lastly, can you discuss what your work environment is like for your job, or unique, like the location? And what's around?

13:59:16 Yeah. I'm sorry you need. I do online. I've signed up online classes.

13:59:22 So that's just provide zoom like we are now for work.

13:59:27 Yeah.

13:59:28 I'm in the office 3 days a week, and then I'm working from home for 2 days.

13:59:33 So the days that I have to go into the office is a lot more traveling, and they feel busier than then working from home, because I can skip the trans commute.

13:59:50 Okay.

13:59:50 Feel like I have more time on those days.

13:59:57 Do you feel like you you get? Do you feel more focused when you're like at all at your workplace compared to at home?

14:00:08 Yes, I would say yes, cause my workplace is very.

14:00:18 Hmm!

14:00:14 There's a lot people monitoring you. I guess I could say.

14:00:21 Jay.

14:00:21 It's not really your own spot.

14:00:27 There's you don't really. I don't really have my own office or cubicle even to do my work.

14:00:33 It's kind of an open layout.

14:00:38 Okay.

14:00:42 Moving on to the next section. I'll ask you more about your procrastination.

14:00:47 So could you describe what your relationship with procrastination is?

14:00:53 I would say I've.

14:00:55 Procrastinated all my life.

14:01:02 I've never not procrastinated something like an assignment.

14:03:55 Of the minutes like I would say, I'll take a break every 30 min.

14:04:03 Even less than that.

14:04:08 It, the I would say, the closer it gets to the deadline of something the.

14:04:16 More time between my breaks. So if something's due, and 3 h I probably wouldn't take any breaks.

14:04:24 But if, like 2 weeks, then I'm trying to work on it, I'd probably take a break every 10 min, cause I know I have that time left.

14:04:33 Okay. So so after you finish your break and you go back to your work, do you feel like?

14:04:43 Do you feel refreshing like? Do you feel refreshed and like more like? It's the way.

14:04:47 Yes, yes, I do. Actually, sometimes, when I'm taking those breaks, I'm still thinking about it in the back of my mind, and I'll like, have an idea. And.

14:05:00 Like jump back on it with a new drive, I guess.

14:05:07 Yeah, okay.

14:05:09 But definitely refresh.

14:05:12 Okay.

14:05:16 So you said you take breaks every 30 min. But let's say like you're working on something you were interested in.

14:05:23 Could could you do a. For like longer periods of time?

14:05:26 Yes, definitely, if it's something I'm interested in.

14:05:30 Good could be hours before I take a break.

14:05:32 Yeah, okay. And would you say your motivation for that stays the same the whole time?

14:05:40 Or does it like. So we did all slowly rise.

14:05:43 It fluctuates, I would say, like one day, I could be really interested in it, and I won't take many breaks, or one day really not interested at all.

14:05:56 And that won't even look at it. Kind of thing.

14:06:00 Hmm! And that'd be like your break day, I guess.

14:06:03 Yeah, yeah, like a full day break, I guess.

14:06:05 Okay.

14:06:08 So!

14:06:12 When are you most likely to progress another day? For, like a time, Wise?

14:06:26 Is that an idle in the day?

14:06:19 I would say 11 till.

14:06:33 11 to 12, like Jeremy Day, cause that's sort of like lunchtime.

14:01:07 I feel like I've always waited until the last minute to do.

14:01:12 Is it like something you feel guilty of that? Or is it like something you need?

14:01:20 Us. I definitely feel terrible at the times, leaving everything to the last minute, because then I have to really rush and maybe not to produce my best work, or, you know, really stressed in that timeframe short timeframe.

14:01:35 But.

14:01:37 I feel like.

14:01:40 It doesn't affect me too much, because I know I'll get it done.

14:01:45 Yeah, yeah.

14:01:52 Okay. So these anything that helps like do with your procrastination to say, I guess.

14:02:02 I don't currently, it's kinda lost will power.

14:02:09 Hmm!

14:02:07 I guess I try and do it early, but not really doesn't really happen.

14:02:12 But you say, like at work.

14:02:21 Yes, what? I'm working from home definitely. The office, not as much.

14:02:26 But there are times. Yes!

14:02:35 Yeah.

14:02:33 Okay, could you explain? Like, like, how do you procrastinate at work? And how do you progress it at home?

14:02:43 Okay.

14:02:41 Definitely looking at my phone.

14:02:50 Oh, yeah. Yes.

14:02:46 Are able to name specific thanks, like Tiktok has been a big thing recently.

14:02:59 Cause. That's really like a dopamine injector.

14:03:04 I guess you can call it.

14:03:09 Which is much better than sitting around doing that work. But when push comes to, so will do what I have to.

14:03:28 Yes, I'd say yes. Ready access to any form of media.

14:03:17 Yeah. So would you say, being like having a ready access to social media makes you okay?

14:03:38 So when you're when you're like doing university or work, do you take breaks like, hey?

14:03:45 Couple of hours or so, like just throughout your to doing the activity.

14:03:51 I would say more like every.

14:06:37 I'm kind of winding down, getting ready to go to lunch instead of doing work, sort of thing.

14:06:43 And and then definitely a nighttime after dinner, I really just wanna do nothing.

14:06:50 And then get ready to go to bed. Sort of thing.

14:06:54 Yeah. Okay. So yes. So where are you most likely to location wise?

14:07:03 Location wise definitely at home with my home computer. So I know I can easily access the things that I want to do.

14:07:16 And that's like where my family is like, you know my going. Talk to them, or do something.

14:07:24 Outside with them.

14:07:26 For the most likely place is like on your computer.

14:07:32 Yeah, I guess.

14:07:33 Okay.

14:07:38 So. Could you like name a time when you think procrastinating?

14:07:43 I was like, did you better? Was better off for you?

14:07:46 It'd be better.

14:07:52 I can't say procrastination has been good, should be in any scenario bye.

14:08:03 I sort of just procrastinate.

14:08:08 Because I'm I can't really explain it. I don't think it's ever been better for me.

14:08:14 It's never been good.

14:08:15 Okay.

14:08:26 So when you procrastinate, can you like name of figure of like?

14:08:32 How long you do that for?

14:08:36 Let's say, let's say, for the person I like at work.

14:08:39 How long would you precaution? It would in the office?

14:08:42 I'd say.

14:08:46 I'd say it's a 8 h work day with an hour, lunch.

14:08:50 So 7 h of like actual work I'd maybe procrastinate for.

14:08:56 Like 2 full hours across the entire day.

14:09:03 And is that just on your phone? And so?

14:09:06 Yeah, or like chatting off topic with, okay, workers, stuff like that.

14:09:18 Supercastation for you is more like social.

14:09:23 Yeah, I, guess, yeah.

14:09:30 Okay, so what about how long would you procrastinate when you're at home doing?

14:09:34 University or working.

14:09:38 We'll use the same 8 h timeframe, 7 h work, timeframe.

14:09:45 I would say it's more on the 4 to 5 h of preparation.

14:09:53 And what are you doing during this time?

14:09:56 Just.

14:10:14 Yeah.

14:09:59 Whatever needs to be done around the house so like, if I need to do the washing, I'll do that sort of alongside my work sort of weave it in or like.

14:10:18 I can easily access my phone or TV to watch like a TV show on the side.

14:10:23 Yeah.

14:10:25 Yeah, just a like that.

14:10:32 So when you're procrastinating, do you feel like time passes by quicker when you're using like a technology to procrastinate?

14:10:40 Other than actual physical activity.

14:10:51 Yeah.

14:10:45 Yes, I would say, time goes very quickly with it. Technology like a media consumption

14:10:55 So would you like lose track of time progressing on your phone?

14:11:05 Okay.

14:11:02 I like to closely monitor. So I don't really lose track

14:11:08 But.

14:11:11 Like, I know how much time I'm spending on it, but that doesn't necessarily mean I'm preventing it.

14:11:19 I'm kind of just letting it happen.

14:11:22 With the knowledge of how much time I'm spending on it.

14:11:26 Okay.

14:11:29 I think we touched this before a little, but so we're like when you're procrastinating.

14:11:36 Do you feel like? Do you feel emotionally? I invested into it like when when you say say you're on your phone and you like you feel bad that you're on your phone because you have something to do.

14:11:52 Do you feel that often?

14:11:50 Hmm, yeah, I definitely feel it's sort of that.

14:12:08 Hmm!

14:14:45 Yeah.

14:14:41 Well, 10 h sort of just arbitrary number that I made up to be honest but that gives you at least an hour a day, and then extra on weekends or days off sort of thing.

14:14:58 But I definitely don't think I should be busy for the entire day.

14:15:04 I think I should have times where like, it's okay to be procrastinating, like, it's not really classified as progression. Any sort of just my relax time.

14:15:16 Yeah, okay.

14:15:20 Okay.

14:15:24 Yeah, that's that's pretty much all my questions.

14:15:27 Perfect.

14:15:29 Thank you for the interview.

14:15:31 That's right. Mr. Interview.

14:15:36 Yes.

14:15:33 I have another task for you, however, so I'll be sending you some Google forms I'd like to. I'd like you to fill out every day for the next 3 days.

14:15:44 Yeah.

14:15:50 Okay. Sounds good.

14:15:46 And then, after those 3 days, I'll come back and we'll do another interview about about the day and other stuff.

14:15:56 Okay, perfect.

14:15:58 Okay, well, thank you very much. Have a good day.

Interview 2

17:16:47 Got it?

17:16:45 Okay. Hello. Welcome to the second interview.

17:16:50 Thank you for having me.

17:16:51 Hmm! Thank you for going, I think right now I kinda wanna get more insight on your diary entry.

17:17:04 Yeah.

17:17:03 Your sources, so I'll ask you some questions about that.

17:17:07 So, in one of your answers you said that on the Sunday, he said you would be classified an hour of that day.

14:11:56 Guilt of not being productive, which I think I offset by doing something around the house like cleaning something that probably doesn't need to be cleaned right now.

14:12:12 We're at all.

14:12:15 That makes sense.

14:12:17 Yeah, okay.

14:12:22 So when you progress, sate, you usually have something like that.

14:12:27 You have in mind before, instead of going to look for something to procrastinate with.

14:12:34 No, I'd say it varies. That's there are times when yeah.

14:12:48 Yeah.

14:12:41 Preplanned something to look at to do. But sometimes I'll just like wander around like I'd look at the fridge, even though I'm not hungry or I'm not gonna eat anything.

14:12:52 Okay.

14:12:57 Okay.

14:13:07 Perfect.

14:13:02 I think we covered all my soul. The points I wanted to cover up I'll move on to, I guess.

14:13:10 Hobbies, so could you tell me what your hobbies are?

14:13:15 Like I said before, I'm very media consumption, heavy lots of video games, lots of TV shows and movies.

14:13:26 But I have been increasing my time at the gym, and with like family.

14:13:38 My hope is a sort of

14:13:41 Media.

14:13:43 Working out, spending time with same family and friends.

14:13:51 Do you consider that as procrastination?

14:13:55 I'd say the media.

14:13:58 Aspect, yes.

14:14:02 But it depends on how much I consume. I'd say more than 10 h a week is, yeah, that's procrastination.

14:14:10 But I'd say less than is. That's basically acceptable.

14:14:14 And I view that as healthy worklife balance.

14:14:23 Hmm!

14:14:31 Could you explain why? That's a healthy worklife balance for you?

14:14:38 Does it give you more time to do the other stuff?

17:17:20 As for procrastination.

17:17:21 Yeah.

17:17:22 Is, and said that it's that way, cause it's the weekend just for relaxation.

17:17:30 Hmm!

17:17:32 So when when you feel like of when you feel obligated to do work, do you classify more things as progression?

17:17:42 Yes.

17:17:52 Yeah, okay.

17:17:46 Yes, when I yeah. So I would say anything that isn't that work would be procrastination, even if I was good to go like, do something that is also productive.

17:17:58 I'm still progressing like that specific work.

17:18:01 Okay.

17:18:04 Okay.

17:18:25 I think on the Monday as well. You said that you completed 70%.

17:18:33 Yeah.

17:18:31 Of what you wanted to do, to tell me. Tell me why, that's it.

17:18:38 I like a motivational. You are busy with something else.

17:18:41 Yeah. Some new stuff up stuff came up at work. I had to look at that first, so I was still productive. I guess.

17:18:50 But, like I said, it's this is progressing.

17:18:55 That specific work. I guess.

17:18:58 Hmm, okay.

17:19:00 Just because I had to finish that job before I can do what I set out to do that day.

17:19:10 So it's requesting work with different type of different type of work.

17:19:10 Yeah.

17:19:28 That's fascinating is Tiktok and Youtube.

17:19:34 I? Hell, yeah, yes, it is.

17:19:34 Is. Is that? Why do you choose like these apps? It's procrastinating with.

17:19:42 I think it's because the shorter forms of media that cater specifically to the things I want to see.

17:19:54 Hmm!

17:19:55 Bye, they are media outlets that I get to choose what I see, and I can see it very quickly.

17:20:07 And.

17:20:11 It's just like feeding my dopamine receptors, I guess.

17:20:15 Yeah, okay, just interesting to see? Because presentations like different fellow view.

17:20:23 Some people like choose a do something, although active like a game, or go outside.

17:20:33 Yeah, I guess.

17:20:32 Do you know, why? Do you know why, it's like watching ~~watching~~ videos?

17:20:39 I think **it's just because I don't have to move anywhere like I can.**

17:20:45 Hmm!

17:20:44 **Just it's very readily available.**

17:20:48 I can just pull out my phone and open that.

17:20:52 It's like 5 s to do.

17:20:57 Okay.

17:21:02 Okay.

17:21:15 Not easy.

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Appendix C: Anonymized Study Data

Say Method – Interview Transcripts

Interview 1 Participant 1 – grad student

13:43:19 Hello!

13:43:17 La! Welcome to thank you for being my interview. Just one welcome.

13:43:25 I'm gonna ask you a bunch of questions on procrastination and your relationship with it. And pretty much during this interview, I want you to just say what you're thinking and shuttle avoid short answers.

13:43:41 Interview would be about 20 min long. And yeah, just say your thoughts.

13:43:47 So I'll sell us some questions. So.

13:43:54 Could you explain what your days are like?

13:43:57 What do you mean? What my days are like? Like what I do routinely?

13:44:00 So like from when? Yeah, yeah.

13:44:06 Get out of bed, have breakfast. I don't get ready in the bathroom like I don't know.

13:44:14 Brush, teeth, etc. Do you work? It's a gym, cook, food.

13:44:26 Yeah, okay.

13:44:24 Yeah, I don't know. Entirely routine. That was so bad. Yeah.

13:44:31 Day-to-day.

13:44:31 So you like to say so, like to say active, and do so.

13:44:38 Hmm!

13:44:35 Yeah, yeah, exercise is important to me.

13:44:40 So do you enjoy physical activities or more, the inside activities?

13:44:50 Okay.

13:44:46 And physical activities. I like to go out, yeah.

13:44:55 So do you consider. Do you consider yourself a busy person?

13:44:58 Yeah, I could see myself somewhat busy looking for a job right now.

13:45:04 Hmm!

13:45:03 So after that I'll be even more busy.

13:45:08 Is that? What is that self-imposed, or is that just something that happens?

13:45:18 Yeah, okay.

13:45:16 Well, I try to keep myself busy and do things.

13:45:21 So when in the day do you feel like you're most productive?

13:45:28 I think, from the morning until.

13:45:37 Hmm!

13:45:32 Yeah, from the morning until, like the mid afternoon, I'd say like, right before the evening, like what I get up, I'm in like a good mood, and I have things I need to do like cook breakfast.

13:45:47 Get ready for for the day and go exercise. Yeah, come back, cook food there's stuff that I need to do.

13:45:56 So, there's no other option then to get it done.

13:46:00 So I feel very productive. And later on in day, when I don't have much that I have to do, I guess I can.

13:46:11 Yeah, I'm less productive.

13:46:13 Okay. Do you often leave things till the last minute?

13:46:20 Normally not. I'd wanna get things finished as quickly as I can.

13:46:26 Okay.

13:46:27 Just so I don't have to worry about it later.

13:46:32 So do you enjoy doing things you haven't done before.

13:46:35 Yeah, I really enjoy that.

13:46:38 Do you often do them?

13:46:39 Yeah, I try to look 4 things that I haven't done before.

13:46:45 And yeah, apply myself to trial. New things.

13:46:49 Okay? And could you explain what your work environment is like?

13:46:55 Well, it's right now, just like at home, applying for jobs and doing online.

13:47:00 Courses. So it's just in my room, right next to my bed.

13:47:05 It's probably not the most optimal, because I can get distracted easily.

13:47:10 Okay.

13:47:12 So now I'll deal more into. You'll procrastination habits.

13:47:19 So could you explain what your relationship with procrastination is?

13:47:25 Yeah, I guess.

13:47:30 I learnt I know in the past few years to stop procrastinating as much as I used to.

13:47:37 By making like plans and stuff. So these days I feel like I'm pretty good at not procrastinating and getting the things I need to get done as early as possible.

13:47:46 So I have like. So I can look forward to having like like, have a plan so like the plans empty, and then I have nothing more to do like do more things. The early I get things done the more things I get to do.

13:48:02 Yeah, but yeah.

13:48:02 So you say so. You say you don't enjoy procrastination.
13:48:08 Hmm!
13:48:07 No progresscrastinating is not good. Yeah.
13:48:11 So in the mornings you!
13:48:15 When you're doing your work.
13:48:17 I tried one best not to. But yeah, if.
13:48:20 But you still do it.
13:48:23 Okay.
13:48:23 Sometimes like, let's say, like I'm in bed when I wake up, maybe I'll be a little bit on my phone before I like.
13:48:32 Get up and do everything, but once I get into the workflow, it's like once I get into it.
13:48:38 It's hard to stop progressing again, like, I say, as soon as I get out of bed, then it's hard to.
13:48:47 Hmm!
13:48:45 I don't know. Scroll my phone again, cause there's stuff. I'm yeah. I'm in the flow.
13:48:50 Okay. So these anything that helps to say, I guess, and not progressing.
13:48:59 I guess it's just willpower.
13:49:03 Yeah, okay, just so in Willpel.
13:49:06 Yeah, well, I guess I make like a plan. My like having a routine is very good for me.
13:49:13 Of a say routine and like a plan of like, okay, I gotta get this done in this dance.
13:49:18 I guess that helps. But yeah, too, follow that. A text there will power.
13:49:25 But are are you like tempted when you're doing your work?
13:49:29 Because you were next to your bed in your room.
13:49:33 Is it like tempting?
13:49:35 Yeah. It's always tempting. But if there's stuff I need to do, then I don't have to overcome my demons.
13:49:44 I guess.
13:49:46 Hmm!
13:49:49 So do you take any break, when you're in that?
13:49:51 In that flow state.
13:49:52 Yeah, I take, there's like milestones, I guess, for every time I do work that I think, okay, after I get like this much done or after like this amount of time of working on something.
13:50:08 And getting it done. And then, yeah, it takes breaks like pretty often.
13:50:14 I'd say, like every hour, like a break, just like to keep it fresh.
13:50:17 Hmm!
13:50:18 Like, get it. Go downstairs, get a snack, or, yeah.
13:50:23 Just walk around the house for like a few minutes.
13:50:26 So you try to like, keep up technology. Where are you going that break?
13:50:30 Yeah. But then I might get like signed in.
13:50:34 Hmm! So when you go on a break, you want to.
13:50:37 How often do you want to continue going on that break?
13:50:43 Well, if.
13:50:46 If I have like more stuff to do, then it'll be like a very strict break that I'm taking.
13:50:54 Basically it's like, Okay, I wanna go on this rate to just refresh my mind and then go to get back back to work.

13:51:01 I don't. Yeah, I don't try and stay on break for too long.

13:51:07 So when you say refresh your mind after the break. Is it like?

13:51:11 Does it feel like you're starting the day again, or is it a bit less motivation from when you started?

13:51:15 Yeah, it's a bit less. Yeah, it's a bit less. But.

13:51:20 After, like I get something done like some small thing like in the plan towards like a bigger goal.

13:51:28 Then I take break, just like, yeah, my mind off things, or I'm reflect also on, like, yeah, I got this done.

13:51:39 Yeah.

13:51:37 What's next kind of thing, and I get back into it knowing what's next.

13:51:45 So can you think of the last time way you progressed, and it was bad. The.

13:51:53 Yeah, like, back last year, I guess. And when? How are you doing? Uni work?

13:52:00 And I, a bunch of things do. I would do it.

13:52:04 Maybe progressing like a bit longer on assessments to finish.

13:52:09 But now that I it's like more independent things, it's cause uni work always has a due date. So.

13:52:18 It's like, okay, easy to put, because if I know I'll get the work done, I'll get the work done.

13:52:23 Yeah.

13:52:24 It's progressing. It's still kind of bad, more independent and doing things myself.

13:52:28 No one's gonna hold me accountable. I guess I could be procrastinating like infinitely for years. I guess.

13:52:36 So like stuff like have to apply for jobs, due assessments for jobs and do online courses to better my knowledge.

13:52:46 So, and if I procrastinate that, then they could like, I could infinitely.

13:52:52 Okay. So when in the day are you most likely most likely to progressinate?

13:53:04 Well, I guess like towards the end of the day, like once I've done a bit of work well done, like a majority of work for the day.

13:53:15 That says I. Get me like later and later into the day, like the evening, and not just tell myself, like, Yeah, I get continue tomorrow.

13:53:23 Hmm!

13:53:24 I guess, yeah.

13:53:30 Where? Where was this happening? Was it in your room, or outside, or with your friends?

13:53:41 Oh, like! What would that decision?

13:53:42 I'm like, where did you go to procrastinate?

13:53:45 Oh, yeah, just like in my room, or, yeah, either, just downstairs with family or on the computer.

13:53:56 But just like close all the work that I've been doing and just hang out with friends online.

13:54:05 Yeah, that was like the 2 main ones.

13:54:05 Hmm! Was there a time where you did that? And then afterwards you went back to doing more work.

13:54:15 I'd say not recently I'd say, Yeah.

13:54:20 Once I turn off the work and like cause, it normally happens during the evening.

13:54:30 So yeah, just be done with Web for the day. I'll tell myself.

13:54:34 Yeah.

13:54:34 Yeah, okay.

13:54:37 So with procrastination. What what technologies do you use when to like procrastinate? So?

13:54:47 Like. I don't know just this, for I guess friends, games.

13:54:59 Yeah, Youtube?

13:55:03 So it's mostly computer computer devices and not handhelds.

13:55:08 Hi, oh, yeah, technology, yeah, computer.

13:55:11 Yeah, okay.

13:55:18 So would you say it's easy for you to access technology that you use?

13:55:26 Yeah, it's in my room. And that's where I work.

13:55:28 Yeah.

13:55:30 And spend a lot of my time. So yeah.

13:55:32 But let's say, let's say you went in your room. You're in the office somewhere on a computer. Would that still be easy to to progress in?

13:55:41 Oh, no! I feel like when I'm in an office environment, and it's a lot harder.

13:55:47 I'd wanna do more work. And the engaged with her work, cause I'm like, in a work environment.

13:55:55 Yeah.

13:55:57 Okay.

13:56:00 So when you're when you're procrastinating, does does it feel like time passes by quickly?

13:56:13 I don't know, I guess. Kinda yes. But then, kinda just like passes the same cause some as I could be like.

13:56:25 Having more fun procrastinating, or sometimes it's just like.

13:56:31 A waste of time, fascinating!

13:56:33 Hmm!

13:56:35 Do you think if you progressing on like technologies, it goes by quicker more often than when you do like actual physical stuff?

13:56:47 No, I feel like those are kind of the same. If I go.

13:56:53 For run also, or if I come on technology, then actually, sometimes I could get immersed.

13:57:05 Yeah, okay.

13:57:01 More in technology which makes the past like a lot bigger, like, if I'm playing someone game, for example, I could lose track of time.

13:57:21 So when you so let's say, after you do your work, and you have, you're going for your break.

13:57:27 But you get to procrastinate. Do you have some?

13:57:30 You already have something in mind planned? Or do you go on your break and look for something else to do?

13:57:36 Normally, I'd have something in mind that I'd wanna do for break.

13:57:41 I wouldn't go on a break to like not do anything.

13:57:47 I guess the question was more like.

13:57:51 As well like. Do you have? Do you have something that you are wanting to do?

13:57:54 And you're waiting for the hour to come. The outcomes and you're like, Oh, it's a break time.

13:57:59 You go, you go look to do something else real quick.

13:58:04 Oh, yeah. A second second option. Okay?

13:58:07 Yeah, says, say, it's not like you're thinking of something else.

13:58:11 You wanna do while working?

13:58:12 Yeah, yeah, yeah. Now, when I'm working on focus on the work.

13:58:16 Then once the rate comes in.

13:58:20 Hmm, okay.

13:58:21 Yeah.

13:58:24 So Ellie mentioned games. Just go on Youtube. Do you think social media makes supercrustain more to bed, to like games and other stuff?

13:58:38 Yeah, I think, oh, I mean, like, social media, like Youtube.

13:58:43 And like those kind of things that we mentioned like this one.

13:58:47 Oh, yeah, if if you Japan on social media.

13:58:48 Yeah, yeah, yeah, like.

13:58:54 Yeah, it does. Social media does make me progress anymore. Yeah.

13:58:59 Yeah, okay.

13:59:01 Do you know why that's so? That's that way.

13:59:06 I think it's I don't know. Probably.

13:59:10 Or in Youtube. And those kind of thoughts stuff. The algorithms are very like algorithms are made to like addict people.

13:59:21 Hmm!

13:59:22 Into like watching. More and more and more, and with this it's just like friends.

13:59:29 So I guess it's like more social.

13:59:34 Okay.

13:59:55 So let's let's say you're precascinating watching a show.

13:59:59 Right would you say you become like emotionally invested?

14:00:04 For example, you're like watching a TV show. But you know, you have a task to do, and you become anxious.

14:00:12 But you continue watching that show because you'll enjoy it.

14:00:14 But those emotions are in the back of your mind.

14:00:21 Normally, I don't. It's hard to relate to watching the shows, because reset, I started.

14:00:29 I tried watching a show, but I don't know. I couldn't get em like invested in it, because I don't know just around for too long.

14:00:37 Maybe the show is wasn't good, but I think more than cause. It was like a really good rated show.

14:00:44 But just feel like the better things to do. Then watch the show so it's hard for me. Yeah.

14:00:49 Yeah.

14:00:50 So I attach more, more worth on doing work.

14:00:58 So so you'd rather turn the show off and the other way.

14:01:02 Yeah.

14:01:03 Then like, finish it. Okay.

14:01:06 Yeah.

14:01:08 Okay. Hi, I just have a couple more questions about yeah hobbies.

14:01:17 But do you make time for your hobbies?

14:01:21 Yeah, yeah, all that important stuff. I guess.

14:01:28 Like, work. Yeah.

14:01:27 Okay, yeah. So often, that would mean that you projectize work over your hobbies.
14:01:34 Yeah.
14:01:38 Is that because you can see the like, your hobbyies, procrastination or not as important.
14:01:43 I think they're not as important, but I think but there's still an important aspect to have side like me.
14:01:50 I'll make time for them.
14:01:55 Okay.
14:01:56 Oh, yeah, like, not overwork.
14:02:02 But that would you consider, like them, procrastination?
14:02:08 Well, it depends what kind of hobbies Hi, Es!k!
14:02:17 If it's like going outside and doing stuff that I like doing, then I feel like that's not really procrastination.
14:02:22 Hmm!
14:02:23 I guess if.
14:02:26 If I'm doing my hobbies for the china kind of intruding on in my time that I put to do work.
14:02:36 Then, I considered. But if I'm doing my hobbies outside of work like my work hours, then I wouldn't consider it by nation.
14:02:46 Okay. That's all the questions I had. Thank you.
14:02:52 Entity. Thank you for the interesting points I now have.
14:03:00 This starry entry that you have to do over the next 3 days, and it's just pretty much just asking you about what you do that day, and you know the breaks you took.
14:03:12 Did you feel like it was a productive day, and whatnot?
14:03:15 Yeah.
14:03:14 And then after 3 days, I'll contact you for another interview.
14:03:19 And then, yeah, that'll be the research. So thank you very much.
14:03:22 Hey! Thanks!

Interview 2

23:58:17 Hey! Hello! Hello!
23:58:19 Hello!
23:58:22 What I' to the second energy. I have a couple of activities to do.
23:58:31 But first ask some questions about your direct entries, and to get more information on it.
23:58:37 Yeah.
23:58:38 So!
23:58:41 On your first day you said your productivity was out of 4.
23:58:51 Do you know? What do you know? Why it was that high?
23:58:55 I could sleep, or just random feeling.
23:58:58 Yeah, I think I was like the previous days. I was in the form.
23:59:04 I guess you could say like getting still a lot of stuff done.
23:59:05 Hmm!
23:59:07 I was like kinda on a roll.
23:59:08 Yeah.
23:59:09 Yeah.

23:59:11 Okay.

23:59:18 Another thing where he said he mentioned it was you found it hard to out of bed that morning.

23:59:26 Yeah.

23:59:27 Because you you had spare time. So if you didn't have a set time, would you get up like instantly?

23:59:35 Yeah. Yeah. What would I know that I have to do something on a specific time?

23:59:42 Then like I have to get up and do it, for example, like, if I have like a meeting setup at some specific time, then I'd have to like be up, and get ready for the meeting.

23:59:52 And yeah, be up, for if I'm going somewhere like our plan arranged with like friends over the weekend.

00:00:00 And I have to like get up early and be somewhere. Then.

00:00:04 Hmm!

00:00:03 Oh, yeah, that kind of motivates me to like, get the day started earlier.

00:00:06 Okay. He also mentioned that all the apps use for procrastination with Instagram discode and Twitter.

00:00:20 Do you know, would you like to explain why social technologies, social apps?

00:00:28 I guess like.

00:00:31 There's something like with interacting with people where it's like I don't know, soothing to the brain. I guess.

00:00:41 Kind of thing like like with Twitter like reading. What's new?

00:00:47 What's going on like keeping up to date, and you can kinda get lost.

00:00:52 And like the continuous scrolling feed. And with Youtube, how like recommends you more and more things to watch over with this quarters are like talking to friends is like being social like kind of you can like kinda get lost and conversation like keep talking and just hanging out I guess.

00:01:10 Hmm, okay.

00:01:17 So each is that for procrastination, but some of the people might choose like playing games or going outside and doing something.

00:01:27 Could you explain why you don't do that?

00:01:28 And she's she's the those absence, said.

00:01:32 I think I used to play games like, instead of doing work, but now I I do play games, but it's not to procrastinate doing work.

00:01:44 It's like just as a leisurely activity.

00:01:46 I was found like that. Games like once I open a game.

00:01:50 It's like I have to commit to it. Feel like getting off of Youtube or getting off of like Twitter.

00:01:55 And Instagram like it's much easier for me like I can scroll a little bit.

00:02:01 And then of the like conscious Hey, Carl willingness!

00:02:08 I could just like, realize I can't spending like a bit too much time here.

00:02:14 But like if I turn on a game, and it's like a multiplayer game kind of like commits me to like spending like a lot of time and like outside activities, yeah, wouldn't cause that.

00:02:26 Probably also takes like a lot of time I'd rather like, instead of procrastinating.

00:02:30 Using outside activity out dedicate specific time for it.

00:02:34 So I could be like the productive outside rather than just like waste.

00:02:40 My time. Yeah.

00:02:41 Okay. I think that's gonna show all my questions for the dot entries.

00:02:51 Yes.

00:02:49 I'm gonna send you a link to a whiteboard for an activity.

00:02:56 Okay, it's loading.

00:03:03 Okay. Still loading.

00:03:23 In!

00:03:21 Okay, I'm in. I see a graph. Yeah.

00:03:26 Okay, so for this activity, I plenty to like map out on the graph.

00:03:35 Your motivation for like each day, and like just lists, what you are doing the other day.

00:03:46 Yeah, just do that first.

00:03:47 Okay, yeah, wait. So just for like one specific day.

00:03:51 Oh, yeah, so dude like the first starry entry day.

00:03:54 Okay, okay, okay. So I got, say.

00:03:59 Motivation wise, I think.

00:04:05 Yeah, kinda like, start a high and then it's like kinda dips down.

00:04:11 Okay, take a little bit, break, and then I get a little bit more motivation, and then little bit more down.

00:04:19 One a little bit more motivation. And like, Yeah, and then I dip down.

00:04:24 Yeah.

00:04:23 And I just kinda show like that. So yeah, at the beginning of the day when I'm ready and getting, I guess.

00:04:31 So I gotta write down above the graph.

00:04:37 Oh, yes, sir, yeah. So he like, I wake up. And yeah, I can make it bigger.

00:04:46 Alright, so here like Wake up! And , you are ready to do work.

00:04:52 So here, like.

00:04:55 Hey! Yeah, like, Wake up and get ready to do work.

00:05:00 It's like, I feel like I'm like, cut the most motivated. I'm like, it's a new day.

00:05:07 I have, like this, many thoughts to get done. I have to get them done, and I don't want to procrastinate.

00:05:13 So okay, I start doing my work. Then, like, I'm doing my work for a little bit an hour to maybe even 3.

00:05:22 And then I like kinda dip. And like once I'm realizing like so my motivation is like dipping really hard.

00:05:29 I decided to take like a break and do something for like I don't know.

00:05:34 30 min, so like I don't know 15 or 30 min.

00:05:37 Something like, Yeah, go do something. So I can regain my motivation.

00:05:42 Be okay. I gotta break. I can get more stuff done. Yeah.

00:05:47 And then, yeah, do some work.

00:05:52 There's some more work. And then my motivation.

00:05:55 Okay, it's like goes up like as I wanna break.

00:05:59 And I start doing work. And how was having doing more and more and more and more.

00:06:04 I'm getting more and more done, so I have like I'm kind of less motivated, I guess, to do more, because I'm like doing more.

00:06:09 And yeah, finishing up to do, then public a a bit longer.

00:06:16 Break here. We're Michael go exercise like go to the gym or make food, or just like I don't know.

00:06:26 Do something more productive, like a break, but not a procrastination. Break.
00:06:32 This is, I mean, not the break. It's like really procrastination.
00:06:37 And then here, yeah. Last Mini work down like evening ish, I guess.
00:06:50 Yeah. And then and then it's time to yeah, get ready for bed. I guess. Kind of thing.
00:07:00 So when you take your breaks, do you take them like at the bottom, the bottom of the motivation, or when you're heading down with?
00:07:12 Yeah, I feel like, when I'm heading downwards.
00:07:15 I know it's like it's gonna be time for a break soon, so I don't wanna like if the longer wait to take a break, the more motivation is gonna dip.
00:07:25 So at some point during the decline. Okay, I need a break.
00:07:33 And then, like a kind of like resets, the loop.
00:07:36 Okay.
00:07:36 So like, yeah, the break would include, like, yeah, the beginning of the very bottom bit.
00:07:44 Okay. But you decide, when your motivation has a dip.
00:07:49 Nothing. You're gonna take a break.
00:07:50 Yeah, after I've done some work, and I feel like, Okay, I've done like a good amount of work.
00:07:55 I feel like, Yeah, I deserve kind of like a break to reset my, yeah, generally after, like, I finish, is that like having like a plan like what to do after like, I achieved some like milestone that I've set for myself throughout the day.
00:08:15 Or like, Yeah, some timeframe, then, yeah, take a break and reorganize my thoughts.
00:08:21 And what's to do? What do I have to do next?
00:08:24 Kind of thing.
00:08:26 Okay. So I have some, whereas on the side here.
00:08:33 Yeah.
00:08:35 Now I can't pretty much want you to match.
00:08:43 Oh, yeah.
00:08:39 The words would like just throughout the day what you were feeling. And you you can use like multiple words if you want.
00:08:48 Okay. Okay.
00:08:50 Yeah, so, very well, wake up. Alright. Okay, like, move them like this.
00:09:01 Yeah.
00:09:01 Yeah, okay. So wake up. Energize, motivated, hey?
00:09:09 As to was like there was a way in here. I'm like tie end.
00:09:18 Go work done. Is like up until like the breaks here, I would say, like we paste like this, and I got work done like that.
00:09:32 So I'm happy. Well, happiness like depends, I guess.
00:09:41 Let's see, what would I be? Okay.
00:09:43 It's like after.
00:09:47 I take the break and I'm like back to being more work, and I like like happy like the day like that.
00:09:56 Then yeah, I could start getting bored like around, like the very last bit here.
00:10:05 And guilty. It's skilled, is like situation like that particular day.

00:10:12 I didn't feel like too guilty, but sometimes when I I don't get much work done like between the first, like, between the first yeah timeframe, before, after they go back, they'll be like kind of guilty.

00:10:29 Yeah, okay.

00:10:27 I'm not doing like too much work.

00:10:33 Hmm! So you only feel energized at the side of the day.

00:10:40 The most San Diego is, I guess, like I wake up.

00:10:44 I'm like, yeah, I mean to get out of bed initially.

00:10:47 It's like kept a bit hard, but like wash my face, have breakfast.

00:10:51 Okay, I'm like, energized after that.

00:10:52 Okay.

00:10:54 Yeah.

00:10:56 So this, this is like a 4 on your activity.

00:11:00 So it's like a good day, I assume.

00:11:02 Yeah, that's yeah. This was like, a very good.

00:11:06 Could you do the next day?

00:11:08 Yeah.

00:11:15 Yeah.

00:11:30 Okay.

00:11:33 Yes. So next day, when I was I don't know didn't get to answer that right.

00:11:46 Hey? Could you remind me of the over that specific day?

00:11:49 What I wrote down.

00:11:58 Yeah, yeah.

00:11:51 Not day. Main figures are playing for jobs activity. You set it to you said you took a lot of breaks, a bad sleep and a lot of Youtube.

00:12:05 Yeah, that I would remember that. Yeah, now. Oh, I think I want to sleep like recently, late.

00:12:13 And I slept out of something. And yeah, so like, initially, like, and my motivation was already like kinda low like, to begin with, I woke up and I was already like, kind of iffy.

00:12:27 And it's like and never reach like too high, like.

00:12:32 It was a little. I think it was kinda like.

00:12:36 Like went up a little bit, and then, oh, no, Khan, just like it took a little bit of break, but not like maybe a little bit higher, and then just like I don't know that maybe I had like one more like boost of energy to try and get some more done and yeah, it kind of fell off.

00:12:56 Yeah, like I I don't know. I think I went to sleep late or something, and slap pretty bad.

00:13:04 And I got a new matches, actually. And that kinda helps.

00:13:09 Now, yeah. Didn't wake up with too much motivation, and by trying to like kind of psych myself into having more auto motivation, like doing stuff.

00:13:17 So that actually kind of got me to do some more work kind of deteriorated.

00:13:22 That specifically.

00:13:27 Yeah, okay.

00:13:37 As you could write down.

00:13:39 Yeah, yeah, so, yeah, kind of like, late, late?

00:13:55 Right.

00:14:00 I also have a motivation.

00:14:15 Yes.

00:14:31 And like, so like Youtube.
00:14:55 Yeah, say, something like that. Yeah.
00:14:57 Okay.
00:15:02 Is that, like a common thing you do where you do a big chunk of the start like a good demand.
00:15:12 I like just social media also, and then a loss. Last bit of work at the end of the day.
00:15:00 Yeah, I feel like, normally, normally, I wouldn't have to do stuff.
00:15:26 Towards the end of the day, so I'll get it.
00:15:28 Yeah, Don, earlier than that, like, I like getting myself done earlier, like waking up like being ready and doing everything then, like before it gets like too late, like already, like having everything done.
00:15:41 And then just like relaxing and then that's when I guess all my friends are also like available.
00:15:48 So we can like do whatever like catch up or go out, or something like that.
00:15:52 So yeah, like, the last push is like more rare. But in the early morning getting a lot of stuff done is, yeah, very.
00:16:02 Okay.
00:16:07 Yeah. So just once again, just matching the words.
00:16:11 Yeah, I think.
00:16:17 This day I felt pretty guilty, I guess. Woke up.
00:16:23 And then like, didn't get much work done. Yeah, towards the end of the day.
00:16:29 Yeah. And happy. Not much.
00:16:34 Co. Worked on, I guess. Yeah, today. And I got some work done. I got some work done like after I select myself out here.
00:16:46 Like about Thursday. Yeah. This day I walk up like not.
00:16:53 Well, so that kind of I'm happy. I don't think I have felt really happy.
00:16:59 Board. Yeah, yeah, I was like, kind of more like throughout the middle of the day.
00:17:08 Motivated. I don't know, really. Yeah, this day kind of sucked.
00:17:12 Okay.
00:17:17 So could you like say, why, why, this day sucked?
00:17:22 Was it just a lack of sleep?
00:17:33 Hmm!
00:17:14 Yeah, I think it was. Yeah. I think the sleep was a big factor in like the night before, was also like late night, just staying up late, for not a good reason.
00:17:37 Just yeah. Procrastinating on like bedtime, I guess.
00:17:41 But you still had a plan for today. Birthday.
00:17:52 Yeah.
00:17:44 Yeah, I guess I did, but it wasn't like too it's much less strict day it was kind of like self imposed, like, yeah.
00:17:56 Can get this stuff done, but it's like, obviously not the end of the world.
00:17:59 If I don't get stuff done, and then and kinda like slip through.
00:18:02 Okay, okay. I guess just the last one, though.
00:18:19 Yeah. And then the your third day.
00:18:26 It's like, yeah. Well, this was more like similar. The first time I was like one of them like a little bit of a dip.
00:18:35 And like, yeah, back to motivated, but not as much.
00:18:48 Yeah.

00:18:39 And like, maybe I drop a little bit, do more work. And they are like one more like time that I'm like, Yeah, I'll just like a few more like spikes where like, add more best of work.

00:18:56 And then here text.

00:19:02 So just say I like, during every spike you spike up to the same motivation as a holiday, or is it slightly less?

00:19:09 Day to day, by between, every day.

00:19:12 Oh, like on your spikes!

00:19:14 Oh, yeah, like, here, I'd say, it's like a little bit lower.

00:19:19 Oh yes!

00:19:18 Yeah, but it's not the same as the motivation from the start.

00:19:22 Yeah, I would say, it's like, yeah, the Saada wake up with the most motivation, and the next spike is a little bit lower than the next spike is a little bit lower than the next. Spike is a little bit lower than that.

00:19:33 Yeah, okay.

00:19:34 Yeah, if I should, I redraw that a little bit?

00:19:37 Oh, no, it's fine! You explained it.

00:19:45 Yeah.

00:19:38 Yeah, yeah, so yeah, so yeah, I was like.

00:19:50 I don't know. Yeah, like, I think I'll call in like a good.

00:19:56 I was ready to do work.

00:20:07 And then snack, break!

00:20:14 Second.

00:20:18 Yeah, I got a lot of work done. Second, like, Spike.

00:20:25 It was like, Yeah, good amount of work. And then here there's some more productive stuff like when she made food what's the call like?

00:20:37 So I was like still feeling productive.

00:20:48 At the bottom. I was like, what's it called like?

00:20:57 There's some entertainment, I guess it. It's like Youtube.

00:21:02 Entertainment. Well, I don't know. I didn't really classify this procrastination.

00:21:12 Because, like, just like, you know, some entertainments, some in the famous healthy.

00:21:16 And then I go back to work.

00:21:19 Back to it.

00:21:19 You would say it was more of a reward.

00:21:22 Yeah, I would say, so, yeah, I didn't like was already like called more done.

00:21:29 And I knew, yeah, just allocate like a little bit of time after like doing so much.

00:21:33 Okay, I can like chill here. And yeah, watch a few entertaining videos.

00:21:40 And then keep on doing the rest of my stuff, and I think it was like really good for me to do that, because then kind of resemble motivation again to do a bit more work, because, if, like, for example, if I can continue drawing the line if I like I didn't do this then I would like it.

00:22:01 would keep like kind of like going down. I think my motivation.

00:22:04 Yeah, so.

00:22:06 Oh, yeah, back to work. And then.

00:22:09 In that slack break? Was it just a snack break? Or were you on your phone during it?

00:22:16 Yeah.
00:22:13 Yeah, yeah. It was on my phone a little bit as well, just like on my phone as well.
00:22:18 Yeah, phone, like, social media, like, 10 min, I'd say, like scrolling something like that.
00:22:27 Yeah, okay. But it wasn't the main focus of the break.
00:22:27 It's like, yeah, it wasn't. If I was just yeah.
00:22:33 I went downstairs like grabbed like meal plan. So I got like what I needed to eat.
00:22:39 And then I was scrolling a little bit while eating, and just like enjoying the atmosphere in the house.
00:22:48 And then, yeah, yeah.
00:22:49 I don't like eating while like working, because I don't know it's kinda hard. So.
00:22:59 Yeah, so back to work.
00:23:03 And he had, like a little bit of a.
00:23:08 Lasts. It's the last like break, and last few, what is it?
00:23:21 Kinda work related activities, and it was like wind down.
00:23:30 Yeah.
00:23:39 Okay.
00:23:39 And then copy these ones. So yeah, I was kinda happy, like, after getting like a lot of work done until he was like happy, and then I was just happy like the whole time.
00:23:55 Yeah, I was motivated from the start and energized.
00:24:00 I go work on.
00:24:03 Yeah, like, pretty much like that. Every like every bump. I was like good work done, on board. I don't even think I was that I was not bored.
00:24:15 I was like always kind of engaged in what I was doing entire.
00:24:20 I guess. Yeah, it's like winding down like, after doing so much cause I kind of tied towards it.
00:24:26 Okay.
00:24:27 Yeah, something like that.
00:24:30 Yeah.
00:24:33 Oh, okay, see? Thank you. Thank you for this. Thank you. Thank you for your time.
00:24:39 Yeah. Thanks.

Interview 1 Participant 1 – Working student

13:54:42 And Hello!
13:54:48 Hello!
13:54:49 Afternoon.
13:54:52 Is everything working.
13:54:51 Oh, thank you for the thank you, Jeremy, for the interview pretty much should be a 20 min interview.
13:55:01 Gonna ask you bunch of questions, try to explain your thoughts and avoid short answers.
13:55:07 Yeah.
13:55:10 Pretty much the focus of the interview is to look at students and their relationship with procrastination.
13:55:17 And technologies or habits rolling around it.
13:55:21 And yeah. So I saw some questions.

13:55:29 Background. I guess. So. What is study at University?
13:55:35 And setting a bachelor of property, economics, business, degree.
13:55:39 Hmm! What year are you in?
13:55:42 I'm in my third and final year.
13:55:44 Okay, do you also work?
13:55:48 Yes, full time.
13:55:49 Okay.
13:55:53 So could you describe to me what your days are like?
13:55:59 Monday through Friday. I'm working. So that's just the usual 9 to 5.
13:56:04 Really I'd get home, maybe 5, 30. Then it's on me to catch up with any lectures or tutorials I might have missed.
13:56:16 Most of my classes are not, but for some subjects they don't have the times that I need, so I'll just watch them.
13:56:24 We'll look at the slides.
13:56:30 And then on the weekends. That's when I'll do more of my bulk.
13:56:36 Assignment, work! Oh, excess, study!
13:56:42 Okay, so would you consider yourself a busy person.
13:56:41 That's really I'd say I I'm not too busy, but.
13:56:58 I think I have something to do every day.
13:57:04 Okay.
13:57:07 So when would you say you feel most productive during the day?
13:57:14 In the morning, so not as soon as I wake up, and maybe after breakfast to about 11 Am.
13:57:23 I'd say, on my most productive hours.
13:57:26 Okay.
13:57:27 So I'd say from about 8 to 11.
13:57:33 Okay, so could you describe like, what a balance life is for you?
13:57:40 To me. It's doing the things I want to do as much or more than the things that I'm required to do.
13:57:50 Okay.
13:57:53 And what are the things you'd like to do?
13:57:56 Is it like physical cheering inside?
13:58:06 Yeah.
13:58:03 Consume media like television shows, Youtube video games.
13:58:09 Okay.
13:58:14 I've been going to the gym a lot recently.
13:58:16 3 or 4 times a week, and then spending time with, like my family and friends, usually on the weekends.
13:58:26 Okay, so do you often leave things to last minute.
13:58:33 Yes, I'm trying to fix that. But yes, I do.
13:58:37 Okay. Do, do you enjoy doing things you haven't done before?
13:58:44 Personally, not really, I'd like to know what I'm getting into before I do it.
13:58:52 Does that make sense?
13:58:51 Okay. Yeah.
13:58:56 But have you often done things you've never done before?
13:59:03 Okay.
13:59:01 I would say not often. There are times, yes, but not often.

13:59:08 And lastly, can you discuss what your work environment is like for your job, or unique, like the location? And what's around?

13:59:16 Yeah. I'm sorry you need. I do online. I've signed up online classes.

13:59:22 So that's just provide zoom like we are now for work.

13:59:27 Yeah.

13:59:28 I'm in the office 3 days a week, and then I'm working from home for 2 days.

13:59:33 So the days that I have to go into the office is a lot more traveling, and they feel busier than then working from home, because I can skip the trans commute.

13:59:50 Okay.

13:59:50 Feel like I have more time on those days.

13:59:57 Do you feel like you you get? Do you feel more focused when you're like at all at your workplace compared to at home?

14:00:08 Yes, I would say yes, cause my workplace is very.

14:00:18 Hmm!

14:00:14 There's a lot people monitoring you. I guess I could say.

14:00:21 Jay.

14:00:21 It's not really your own spot.

14:00:27 There's you don't really. I don't really have my own office or cubicle even to do my work.

14:00:33 It's kind of an open layout.

14:00:38 Okay.

14:00:42 Moving on to the next section. I'll ask you more about your procrastination.

14:00:47 So could you describe what your relationship with procrastination is?

14:00:53 I would say I've.

14:00:55 Procrastinated all my life.

14:01:02 I've never not procrastinated something like an assignment.

14:01:07 I feel like I've always waited until the last minute to do.

14:01:12 Is it like something you feel guilty of that? Or is it like something you need?

14:01:20 Us. I definitely feel terrible at the times, leaving everything to the last minute, because then I have to really rush and maybe not to produce my best work, or, you know, really stressed in that timeframe short timeframe.

14:01:35 But.

14:01:37 I feel like.

14:01:40 It doesn't affect me too much, because I know I'll get it done.

14:01:45 Yeah, yeah.

14:01:52 Okay. So these anything that helps like do with your procrastination to say, I guess.

14:02:02 I don't currently, it's kinda just will power.

14:02:09 Hmm!

14:02:07 I guess I try and do it early, but not really doesn't really happen.

14:02:12 But you say, like at work.

14:02:21 Yes, what? I'm working from home definitely. The office, not as much.

14:02:26 But there are times. Yes!

14:02:35 Yeah.

14:02:33 Okay, could you explain? Like, like, how do you procrastinate at work? And how do you progress it at home?

14:02:43 Okay.

14:02:41 Definitely looking at my phone.

14:02:50 Oh, yeah. Yes.

14:02:46 Are able to name specific thanks, like Tiktok has been a big thing recently.

14:02:59 Cause. That's really like a depth, I mean injector.

14:03:04 I guess you can call it.

14:03:09 Which is much better than sitting around doing that work. But when push comes to, so I will do what I have to.

14:03:28 Yes, I'd say yes. Ready access to any form of media.

14:03:17 Yeah. So would you say, being like having a ready access to social media makes you okay?

14:03:38 So when you're when you're like doing university or work, do you take breaks like, hey?

14:03:45 Couple of hours or so, like just throughout your to doing the activity.

14:03:51 I would say more like every.

14:03:55 Of the minutes like I would say, I'll take a break every 30 min.

14:04:03 Even less than that.

14:04:08 It, the I would say, the closer it gets to the deadline of something the.

14:04:16 More time between my breaks. So if something's due, and 3 h I probably wouldn't take any breaks.

14:04:24 But if, like 2 weeks, then I'm trying to work on it, I'd probably take a break every 10 min, cause I know I have that time left.

14:04:33 Okay. So so after you finish your break and you go back to your work, do you feel like?

14:04:43 Do you feel refreshing like? Do you feel refreshed and like more like? It's the way.

14:04:47 Yes, yes, I do. Actually, sometimes, when I'm taking those breaks, I'm still thinking about it in the back of my mind, and I'll like, have an idea. And.

14:05:00 Like jump back on it with a new drive, I guess.

14:05:07 Yeah, okay.

14:05:09 But definitely refresh.

14:05:12 Okay.

14:05:16 So you said you take breaks every 30 min. But let's say like you're working on something you were interested in.

14:05:23 Could could you do a. For like longer periods of time?

14:05:26 Yes, definitely, if it's something I'm interested in.

14:05:30 Good could be hours before I take a break.

14:05:32 Yeah, okay. And would you say your motivation for that stays the same the whole time?

14:05:40 Or does it like. So we did all slowly rise.

14:05:43 It, fluctuates, I would say, like one day, I could be really interested in it, and I won't take many breaks, or one day really not interested at all.

14:05:56 And that won't even look at it. Kind of thing.

14:06:00 Hmm! And that'd be like your break day, I guess.

14:06:03 Yeah, yeah, like a full day break, I guess.

14:06:05 Okay.

14:06:08 So!

14:06:12 When are you most likely to progress another day? For, like a time, Wise?

14:06:26 Is that an idle in the day?

14:06:19 I would say 11 till.

14:06:33 11 to 12, like Jeremy Day, cause that's sort of like lunchtime.

14:06:37 I'm kind of winding down, getting ready to go to lunch instead of doing work, sort of thing.

14:06:43 And and then definitely a nighttime after dinner, I really just wanna do nothing.

14:06:50 And then get ready to go to bed. Sort of thing.

14:06:54 Yeah. Okay. So yes. So where are you most likely to location wise?

14:07:03 Vacation wise definitely at home with my home computer. So I know I can easily access the things that I want to do.

14:07:16 And that's like where my family is like, you know my going. Talk to them, or do something.

14:07:24 Outside with them.

14:07:26 For the most likely place is like on on your computer.

14:07:32 Yeah, I guess.

14:07:33 Okay.

14:07:38 So. Could you like name a time when you think procrastinating?

14:07:43 I was like, did you better? Was better off for you?

14:07:46 It'd be better.

14:07:52 I can't say procrastination has been good, should be in any scenario bye.

14:08:03 I sort of just procrastinate.

14:08:08 Because I'm I can't really explain it. I don't think it's ever been better for me.

14:08:14 It's never been good.

14:08:15 Okay.

14:08:26 So when you procrastinate, can you like name of figure of like?

14:08:32 How long you do that for?

14:08:36 Let's say, let's say, for the person I like at work.

14:08:39 How long would you precaution? It would in the office?

14:08:42 I'd say.

14:08:46 I'd say it's a 8 h work day with an hour, lunch.

14:08:50 So 7 h of like actual work I'd maybe procrastinate for.

14:08:56 Like 2 full hours across the entire day.

14:09:03 And is that just on your phone? And so?

14:09:06 Yeah, or like chatting off topic with, okay, workers, stuff like that.

14:09:18 Supercastination for you is more like social.

14:09:23 Yeah, I, guess, yeah.

14:09:30 Okay, so what about how long would you procrastinate when you're at home doing?

14:09:34 University, or working.

14:09:38 We'll use the same 8 h timeframe, 7 h work, timeframe.

14:09:45 I would say it's more on the 4 to 5 h of preparation.

14:09:53 And what are you doing during this time?

14:09:56 Just.

14:10:14 Yeah.

14:09:59 Whatever needs to be done around the house so like, if I need to do the washing, I'll do that sort of alongside my work sort of weave it in or like.

14:10:18 I can easily access my phone or TV to watch like a TV show on the side.

14:10:23 Yeah.

14:10:25 Yeah, just a like that.

14:10:32 So when you're procrastinating, do you feel like time passes by quicker when you're using like a technology to procrastinate?

14:10:40 Other than actual physical activity.

14:10:51 Yeah.

14:10:45 Yes, I would say, time goes very quickly with it. Technology like a media consumption.

14:10:55 So would you like lose track of time progressing on your phone?

14:11:05 Okay.

14:11:02 I like to closely monitor. So I don't really lose track.

14:11:08 But.

14:11:11 Like. I know how much time I'm spending on it, but that doesn't necessarily mean I'm preventing it.

14:11:19 I'm kind of just letting it happen.

14:11:22 With the knowledge of how much time I'm spending on it.

14:11:26 Okay.

14:11:29 I think we touched this before a little, but so we're like when you're percussing.

14:11:36 Do you feel like? Do you feel emotionally? I invested into it like when when you say say you're on your phone and you like you feel bad that you're on your phone because you have something to do.

14:11:52 Do you feel that often?

14:11:50 Hmm, yeah, I definitely feel it's sort of that.

14:12:08 Hmm!

14:11:56 Guilt of not being productive, which I think I offset by doing something around the house like cleaning something that probably doesn't need to be cleaned right now.

14:12:12 We're at all.

14:12:15 That makes sense.

14:12:17 Yeah, okay.

14:12:22 So when you progress, sate, you usually have something like that.

14:12:27 You have in mind before, instead of going to look for something to procrastinate with.

14:12:34 No, I'd say it varies. That's there are times when yeah.

14:12:48 Yeah.

14:12:41 Preplanned something to look at to do. But sometimes I'll just like wander around like I'd look at the fridge, even though I'm not hungry or I'm not gonna eat anything.

14:12:52 Okay.

14:12:57 Okay.

14:13:07 Perfect.

14:13:02 I think we covered all my soul. The points I wanted to cover up I'll move on to, I guess.

14:13:10 Hobbies, so could you tell me what your hobbies are?

14:13:15 Like I said before, I'm very media consumption, heavy lots of video games, lots of TV shows and movies.

14:13:26 But I have been increasing my time at the gym, and with like family.

14:13:38 My hope is a sort of.

14:13:41 Media.

14:13:43 Working out, spending time with same family and friends.

14:13:51 Do you consider that as procrastination?

14:13:55 I'd say the media.
14:13:58 Aspect, yes.
14:14:02 But bye depends on how much I consume. I'd say more than 10 h a week is, yeah, that's progressionation.
14:14:10 But I'd say less than is. That's basically acceptable.
14:14:14 And I view that as healthy worklife, balance.
14:14:23 Hmm!
14:14:31 Could you explain why? That's a healthy worklife balance for you?
14:14:38 Does it give you more time to do the other stuff?
14:14:45 Yeah.
14:14:41 Well, 10 h sort of just arbitrary number that I made up to be honest but that gives you at least an hour a day, and then extra on weekends or days off sort of thing.
14:14:58 But I definitely don't think I should be busy for the entire day.
14:15:04 I think I should have times where like, it's okay to be procrastinating, like, it's not really classified as progression. Any sort of just my relax time.
14:15:16 Yeah, okay.
14:15:20 Okay.
14:15:24 Yeah, that's that's pretty much all my questions.
14:15:27 Perfect.
14:15:29 Thank you for the interview.
14:15:31 That's right. Mr. Interview.
14:15:36 Yes.
14:15:33 I have another task for you, however, so I'll be sending you some Google forms I'd like to. I'd like you to fill out every day for the next 3 days.
14:15:44 Yeah.
14:15:50 Okay. Sounds good.
14:15:46 And then, after those 3 days, I'll come back and we'll do another interview about about the dary and other stuff.
14:15:56 Okay, perfect.
14:15:58 Okay, well, thank you very much. Have a good day.

Interview 2

17:16:47 Got it?
17:16:45 Okay. Hello. Welcome to the second interview.
17:16:50 Thank you for having me.
17:16:51 Hmm! Thank you for going, I think right now I kinda wanna get more insight on your diary entry.
17:17:04 Yeah.
17:17:03 Your sources, so I'll ask you some questions about that.
17:17:07 So, in one of your answers you said that on the Sunday, he said you would be classified an hour of that day.
17:17:20 As forcrassination.
17:17:21 Yeah.
17:17:22 Is, and said that it's that way, cause it's the weekend just for relaxation.
17:17:30 Hmm!
17:17:32 So when when you feel like of when you feel obligated to do work, do you classify more things as progression?

17:17:42 Yes.
17:17:52 Yeah, okay.
17:17:46 Yes, when I yeah. So I would say anything that isn't that work would be procrastination, even if I was good to go like, do something that is also productive.
17:17:58 I'm still progressing like that specific work.
17:18:01 Okay.
17:18:04 Okay.
17:18:25 I think on the Monday as well. You said that you completed 70%.
17:18:33 Yeah.
17:18:31 Of what you wanted to do, to tell me. Tell me why, that's it.
17:18:38 I like a motivational. You are busy with something else.
17:18:41 Yeah. Some new stuff up stuff came up at work. I had to look at that first, so I was still productive. I guess.
17:18:50 But, like I said, it's this is progressing.
17:18:55 That specific work. I guess.
17:18:58 Hmm, okay.
17:19:00 Just because I had to finish that job before I can do what I set out to do that day.
17:19:10 So it's requesting work with different type of different type of work.
17:19:10 Yeah.
17:19:28 That's fascinating is Tiktok and Youtube.
17:19:34 I? Hell, yeah, yes, it is.
17:19:34 Is. Is that? Why do you choose like these apps? It's procrastinating with.
17:19:42 I think it's because the shorter forms of media that Kater specifically to the things I want to see.
17:19:54 Hmm!
17:19:55 Bye, they are media outlets that I get to choose what I see, and I can see it very quickly.
17:20:07 And.
17:20:11 It's just like feeding my dove mean receptors, I guess.
17:20:15 Yeah, okay, just interesting to see? Because presentations like different fellow view.
17:20:23 Some people like choose a do something, although active like a game, or go outside.
17:20:33 Yeah, I guess.
17:20:32 Do you know, why? Do you know why, it's like watching watching videos?
17:20:39 I think it's just because I don't have to move anywhere like I can.
17:20:45 Hmm!
17:20:44 Just it's very readily available.
17:20:48 I can just pull out my phone and open that.
17:20:52 It's like 5 s to do.
17:20:57 Okay.
17:21:02 Okay.
17:21:15 Not easy.
17:21:10 I think that's all the questions I had. Was that, was there anything over the 3 days that you feel bad about and like?
17:21:20 Whenever.
17:21:24 I did think.

17:21:27 I think I've done a lot of work this past year, days.

17:21:31 Hmm!

17:21:32 I think I've been in a very motivated state.

17:21:43 Yeah, okay.

17:21:41 So I'm happy with how much work I've done. I think I've done a good enough.

17:21:47 Let's say, like theoretically, you are doing your work without any of those breaks.

17:21:55 Do you think you'd like maintain the same quality throughout?

17:21:58 No, I definitely don't think so. I think I would have.

17:22:04 Definitely diminished in quality, just, I think, out of boredom, because it is very repetitive.

17:22:13 I guess the what that I do.

17:22:14 Yeah, okay.

17:22:18 I just don't think I could stay concentrated on doing my best for that much time.

17:22:25 Okay, I'm gonna send you a link. She can open that.

17:22:31 Yeah.

17:22:45 It's just loading one sec.

17:22:46 Yeah.

17:22:50 Alright! I can see this.

17:22:51 Okay, so this size of French ones, you 2. First, just droll.

17:23:01 A chart of your of your motivation of Sunday.

17:23:08 Yeah, if you can remember it, just not to be exact as well.

17:23:07 Of the Sunday. Hmm! Is this time, as in like this?

17:23:14 Oh, yeah, just whenever you start.

17:23:13 Is like 12 A. M. This is like 12 again, and then this is 12 again for me.

17:23:23 Yeah.

17:23:20 I guess I guess when you wake up this thought would be.

17:23:30 Yeah.

17:23:27 So I wake up at about 6, even on weekends, so I'd say when I wake up, my version is pretty low.

17:23:35 I just want to stay in bed sort of thing as time goes on.

17:23:38 I get like a burst. Usually in the mornings, so do something like, I know, cleaning.

17:23:44 Oh, prepping, food!

17:23:49 I don't know. Some work if I had an assignment or there was a lecture I missed but definitely on a Sunday lunchtime and onwards.

17:23:58 It's down the hill for sure, and as we approach not time, I just don't wanna do anything.

17:24:05 I just wanna go to bed sort of thing.

17:24:06 Okay.

17:24:08 Could you list? Could you on the graph lists like the activities you did the other day like you mentioned at the Peak?

17:24:18 You are doing are your shows. And so.

17:24:20 I was probably here would probably be cleaning tools, sort of things. This would be.

17:24:27 But you can use the text. That's easier.

17:24:37 Yeah.

17:24:28 Oh, this would probably be like cooking, cause the having hunger is also like a motivation, and then definitely at lunch, and after I would, I just don't want to do anything, just want to laser around specially on a Sunday because I have to get back to

17:24:49 work on Mondays. So it's it's really not excited to do that.

17:24:55 Okay.

17:24:55 To do work before having to go to work.

17:24:59 Okay, okay, it's really just a relaxing day.

17:25:02 Yeah.

17:25:05 Could you?

17:25:09 Okay, so are these wise in the right? Oh, you can move.

17:25:14 Yeah.

17:25:14 Could you match? Could you match like the words for let's say like at 7 Am.

17:25:21 Like what you were feeling at that time.

17:25:23 Okay. I'll just drag him in definitely here.

17:25:30 Motivated this section.

17:25:35 I think it this cooking time got work done. I'm happy.

17:25:39 I did things around the house I was able to make snackies.

17:25:44 Hmm!

17:25:44 Oh, food!

17:25:48 You can overlap them as well. You can put motivated with.

17:25:50 Okay.

17:25:51 You're cooking if you want to.

17:25:53 I can put energized just in this general section I'm cleaning in cooking stuff like that more towards the end.

17:26:05 Hmm!

17:26:01 Yeah, I guess, and onwards I would have gotten tired a little bit of guilt, just because I know I have assignments, even though they're not due for a while.

17:26:11 There's still there at the back of my mind. But overall, I would say, this is the peak of my happiness, where I've completed life, my tools for the day.

17:26:26 I'm sitting down for a meal. It's just everything's good all around.

17:26:30 Yeah.

17:26:33 Okay.

17:26:33 Never really board, just because that was more of a relaxing day.

17:26:36 So sort of Q dot product with doing things.

17:26:42 Okay.

17:26:48 I guess we can move on to the Monday.

17:27:04 Yeah, so like, enjoy your motivation. On the Monday.

17:27:08 Monday. Alright, on the Monday I actually woke up a bit earlier.

17:27:13 So this will just a quick little draw. This would be like 5 here, hey, welcome!

17:27:23 Really motivated. And I actually left to go to work at about 5 30, cause I can work starting from 60' clock.

17:27:31 So I got there at about 60'clock.

17:27:34 So my vision really high. I did a bit of work which makes it go down a bit, because, you know, dealing with that, the new task I was given was actually pretty good.

17:27:47 So I felt good again and then it's lunchtime.

17:27:51 Things start declining since I start at 6. It was sometime early, so it's still a declining till I get home.

17:28:01 I don't wanna do anything. I just wanna go to bed and stuff like that.

17:28:05 Eat dinner, go to bed, and relax.

17:28:11 So that's what I reckon that would look like.

17:28:13 Good. So could you write the?

17:28:17 Yeah, this would be.

17:28:23 Go to work and do work.

17:28:38 And this would be get new work to do that is different.

17:28:47 It was the same work, definitely would have been more motivated.

17:28:51 But since it was different it was like a new experience, I guess.

17:28:56 And then this is.

17:29:02 I'm time.

17:29:04 From work and definitely towards home time. And after lunch things just decline from there just wanna go home.

17:29:15 Okay.

17:29:13 Just wanna get out of there and do whatever I wanna.

17:29:19 Could you? Could you mark life points in the graph where you like what you'd say? You procrastinated.

17:29:28 Oh, it took a break!

17:29:27 Definitely, definitely, this section on market in a red sort of circle.

17:29:57 Yeah.

17:29:34 This section here would have been work time. But since I've done work earlier I felt as if I had completed a good amount of my task, and I just wanna take a break now and relax before I get back into it, or do something else that is productive so I'll say that in section although I'm

17:30:00 still at work and it should be working. I definitely slowed down and procrastinated.

17:30:09 What did you do when you press Major? In that time?

17:30:14 I was on my phone on Tiktok, just like that.

17:30:16 Okay.

17:30:18 Well, general social media, I guess.

17:30:21 Do you know if I happen?

17:30:27 I can't give a specific time, but maybe an hour over.

17:30:37 4 h. If that makes sense.

17:30:43 Okay.

17:30:43 An hour of ticked. Okay, before hours of time. So I did sprinkle work in there. That's why my motivation is still pretty high.

17:30:52 But there was significant Tiktok usage!

17:30:58 Okay.

17:31:05 Hmm!

17:31:01 And after after you came home from work, would you say that? Do you appreciate for all of that time, for?

17:31:11 I would say not all of it. I think I'm I should have time to be doing nothing, or like whatever I want after work for me personally, like just as I get home for the next hour or 2.

17:31:28 I don't want to anything, but after that I would say Yes, cause, as again I said before, I do have assignments, so I could have been doing that.

17:31:40 But I chose not to.

17:31:41 Okay.

17:31:47 So could you do the same thing as last time where you match the words?

17:31:57 So in the morning I was very, very tired I would say this stretchers whole thing is that still very high on this motivation job, I was energized start a good night's sleep.

17:32:13 Woke up and went to work. I don't know if many people just feel like doing that.

17:32:20 5, 30 in the morning.

17:32:22 Hmm!

17:32:27 Hang on. Something's happened. Here we go here. This is probably the section that I felt like I got a good amount of work done and that's definitely where my motivation dot down. So.

17:32:40 But I was very happy with how much workout did just direct in this whole section. I was pretty happy.

17:32:47 That makes sense. I'll just cover like that whole area, maybe a little bit near the night.

17:32:54 Maybe after dinner I felt a bit guilty. I didn't like look at my assignments for a little bit, and stuff like that.

17:33:00 And definitely during this trophew, Oops!

17:33:09 I was a little bit bored of my job. That's why I progressed it. I think.

17:33:16 Yeah, okay.

17:33:20 Hmm!

17:33:20 And if I need to use tired, and it's down here when it's a bit time.

17:33:25 Yeah, he's a happy okay?

17:33:32 Okay, thank you. And then.

17:33:37 Do. Tuesday.

17:33:38 Yeah.

17:33:44 I don't know how to raise on this slide.

17:33:47 And I got it. Oh!

17:33:52 Okay.

17:33:55 Tuesday that was today. This morning. Maybe motivation started here this is my wake up time.

17:34:04 Pretty motivated. I want to work early again. This one was very up and down, sort of like this, I reckon, and then lunchtime hit.

17:34:16 I did a little bit there and then, definitely. Now is, it's?

17:34:21 Home time and chill time, or make dinner, so maybe cause that'll bump, and then I'll have dinner and want to just go to bed. Sort of thing.

17:34:31 Okay.

17:34:34 Very bumpy today.

17:34:36 Yeah.

17:34:39 So that work you would just swing your normal work so.

17:34:42 Yeah, at work. I, let's say I have 50 we'll call them toss to do.

17:34:48 Each one takes me a few minutes, depending on the size of them.

17:34:52 That's how I'll do a couple of those, and then I'll go on my phone or something, just cause I think I just didn't want to do all 50 of them at once.

17:35:04 Yeah.

17:35:04 That's so. I've sort of procrastinated in between them.

17:35:06 Looking at my phone or chatting to co-workers.

17:35:10 Sort of thing. So that's why it's very bumpy today.

17:35:14 Just write down what you are doing. Cut the day again.

17:35:18 So this is working my actual job.

17:35:26 All of these drops, and then all of these bottoms is not really.
17:35:32 It's not taking a break. There's a like separate and sort of integrated into work.
17:35:37 But this is destination. So socializing.
17:35:49 That's what this sort of the troughs are. Here.
17:35:55 And this would have been started early again. So home time around here you'll notice that innovation drops around home time.
17:36:10 I just want to get out of there. Go ahead!
17:36:17 It hasn't been yet, but here will be like.
17:36:21 Slash tools, and then I also have a group assignment meeting here.
17:36:32 So we'll fill that in. That's where that little best motivation will be before.
17:36:38 We need to do nothing before bedtime.
17:36:41 Okay, and each tip is you were progressing.
17:36:46 Yeah, I would say, I'll circle and write again for you.
17:36:51 So it's definitely say, these bits of procrastination that didn't need to be.
17:36:59 Yeah.
17:36:54 Is that usually at the bottom of the dip, or to going down towards the bottom.
17:37:03 Bit of both. So it's more of.
17:37:18 Yeah.
17:37:09 The slope towards the bottom. I'm losing the middle, so I'll go on the phone and then I'll be on the phone at the bottom of the dip, and then I'll get that motivation. As I.
17:37:23 Consume the media, I guess, which gives me that div mean, and then I'll be motivated to do a little bit more work.
17:37:30 Okay.
17:37:31 And I definitely think this part aggression as well, because I could be doing.
17:37:37 As I said before, my assignments.
17:37:38 Yeah.
17:37:40 But I will probably not, but willingly choose not to.
17:37:45 Okay.
17:37:52 By matching the words again.
17:37:53 Oh, yeah. Yes. Please.
17:37:55 Perfect. I think I'll feel happy here. A good amount of work gets done I'm pretty happy doing my job.
17:38:03 It's not a bad job.
17:38:08 I'll feel like I got a good amount of work done later on as well as during home time.
17:38:16 Definitely happy with home time.
17:38:21 Definitely energized. In the morning. This morning I went to work early again, so, feeling pretty good about doing that.
17:38:33 I will put board here just too much of my work at one time.
17:38:40 Yeah.
17:38:39 I can handle it. I need to have like a little.
17:38:43 Little hit hit a dopamine.
17:38:49 But Eric, and that's that for today.
17:38:52 Hmm, okay.
17:39:01 Okay, well, thank you. I think that's all I mean.
17:39:07 That's really what I wanted. Yeah.
17:39:06 That's all perfect.
17:39:10 Okay. Thank you very much. Very good. Today.

17:39:12 That's all right. Just close that perfect.

17:39:18 Rest, of recording.

17:39:32 So I'm just trying to add a self recording.

Do Method – Diary Entry

Respondent

< 1 Anonymous >

03:07
Time to complete

...

1. What was the main focus of the day? *
Applying for jobs and doing the interview I had scheduled
2. How much work did you complete today? How much did you want to complete? *
Completed the daily tasks that I needed to. I wanted to complete everything that I completed today.
3. You felt productive today? 1 lowest 5 highest *

1

2

3

4

5
4. How many breaks did you take? *
Something like a 10 minute break every hour
5. Did you feel a sudden burst of motivation? If so why? *
No I didn't
6. How many hours today would you classify as procrastination? Why? *
1 hour of procrastination in the morning because I was finding it hard to get out of bed because I knew I had some spare time.
7. What apps did you use today? Which ones were used for procrastination? *
Used Instagram, discord and twitter. I would say discord I procrastinated a little bit by talking to friends for a bit but others I used only when I'm on a bit of a break.
8. Does writing out your tasks in this diary help with your procrastination? *
Not yet but hopefully it does in the future.

View results

<

Respondent

2

Anonymous

02:01

>

Time to complete

...

1. What was the main focus of the day? *

Applying for jobs

2. How much did you work did you complete today? How much did you want to complete? *

Applied for the set number that I set to apply for but could've done more

3. You felt productive today? 1 lowest 5 highest *

1

2

3

4

5

4. How many breaks did you take? *

A lot

5. Did you feel a sudden burst of motivation? If so why? *

No

6. How many hours today would you classify as procrastination? Why? *

3, didn't feel motivated today bad sleep

7. What apps did you use today? Which ones were used for procrastination? *

Discord, youtube. Youtube used for a lot of procrastination

8. Does writing out your tasks in this diary help with your procrastination? *

No

View results

Respondent

< 3 Anonymous >

07:11
Time to complete

...

1. What was the main focus of the day? *

None - today was a weekend so just finishing up chores before the work week where its difficult to fit time in for the bigger cleaning tasks.

2. How much work did you complete today? How much did you want to complete? *

I completed all the work I set out to do today - but that is comparatively lower than during the working week as I prefer to relax on weekends.

3. You felt productive today? 1 lowest 5 highest *

1 2 3 4 5

4. How many breaks did you take? *

Most of the day was break time - it was more spending a few mins here and there to do some menial tasks around the house.

5. Did you feel a sudden burst of motivation? If so why? *

There was a sudden burst of motivation around 10am - not sure why but maybe because i hadn't finished any of the tasks I set out to complete today.

6. How many hours today would you classify as procrastination? Why? *

1 hour at most - again it is a weekend so main goal is to relax - but there was some in the morning when I could have completed my tasks earlier than when I actually did.

7. What apps did you use today? Which ones were used for procrastination? *

Main app would be TikTok - definitely used for procrastination instead of cleaning.

8. Does writing out your tasks in this diary help with your procrastination? *

Personally no - I keep a separate to-do list which I keep track of.

View results

<

Respondent

4

Anonymous

05:01

>

Time to complete

...

1. What was the main focus of the day? *

Task - day 2. Today was to complete a certain amount of work (my job's work) today then organise a meeting for my group assignment.

2. How much did you work did you complete today? How much did you want to complete? *

I completed 70% of what I set out to do - my job had some new information come through which delayed my task as it had to be dealt with first. I did however organise a meeting with my group.

3. You felt productive today? 1 lowest 5 highest *

1

2

3

4

5

4. How many breaks did you take? *

Overall I would say I took 15 breaks - I like to do about 30 mins work 10 minutes break - over 8 hours of work = 12 breaks but I did procrastinate a few breaks in between..

5. Did you feel a sudden burst of motivation? If so why? *

No sudden burst of motivations today.

6. How many hours today would you classify as procrastination? Why? *

I would say only 30 minutes of procrastination today - I did most of what I wanted to get done + the extra work my job threw at me.

7. What apps did you use today? Which ones were used for procrastination? *

Mainly used TikTok again for procrastination.

8. Does writing out your tasks in this diary help with your procrastination? *

Once again - doesn't help for me since I keep a separate diary/to-do list.

View results

<

Respondent

5

Anonymous

04:29

>

Time to complete

...

1. What was the main focus of the day? *

day 3 - My main focus for the day was to complete my lectures and tutorials for uni and my job's work.

2. How much did you work did you complete today? How much did you want to complete? *

I completed all the work I set out to complete.

3. You felt productive today? 1 lowest 5 highest *

1

2

3

4

5

4. How many breaks did you take? *

Again, I like to do 10 mins break for every 30 mins work - over 8 working hours - 12 breaks. I felt very focused today to complete my work so I don't recall procrastinating.

5. Did you feel a sudden burst of motivation? If so why? *

No sudden burst, prolonged motivation throughout the day - if any, after lunch break as its longer than other breaks.

6. How many hours today would you classify as procrastination? Why? *

Zero hours, I think I worked hard today non-stop.

7. What apps did you use today? Which ones were used for procrastination? *

I used apps for work + study, none used for procrastination unless determined relax periods count as procrastination which I used TikTok and Youtube.

8. Does writing out your tasks in this diary help with your procrastination? *

No - once again, I keep a separate to-do list/diary.

View results

<

Respondent

6

Anonymous

02:25

>

Time to complete

...

1. What was the main focus of the day? *

Applying for jobs

2. How much did you work did you complete today? How much did you want to complete? *

A decent amount. A bit more than what I intended to do

3. You felt productive today? 1 lowest 5 highest *

1	2	3	4	5
---	---	---	---	---

4. How many breaks did you take? *

1 break every 1.5 hours or so

5. Did you feel a sudden burst of motivation? If so why? *

Not a sudden burst but just throughout the day I had more motivation to get more done because I knew I could be doing more.

6. How many hours today would you classify as procrastination? Why? *

No procrastination, I felt like I was being productive throughout.

7. What apps did you use today? Which ones were used for procrastination? *

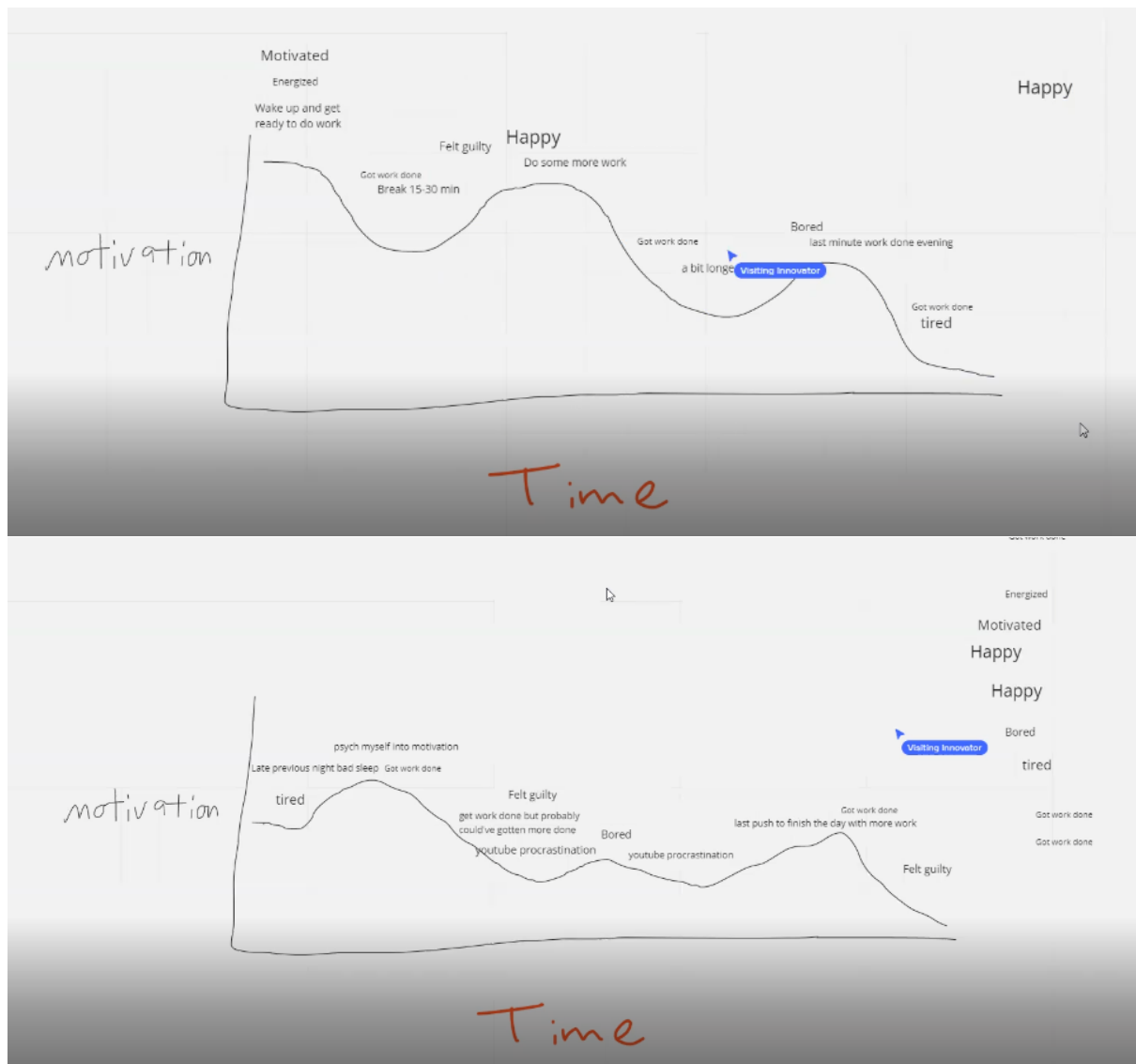
Youtube for learning about code, and the internet for applying for jobs and coding

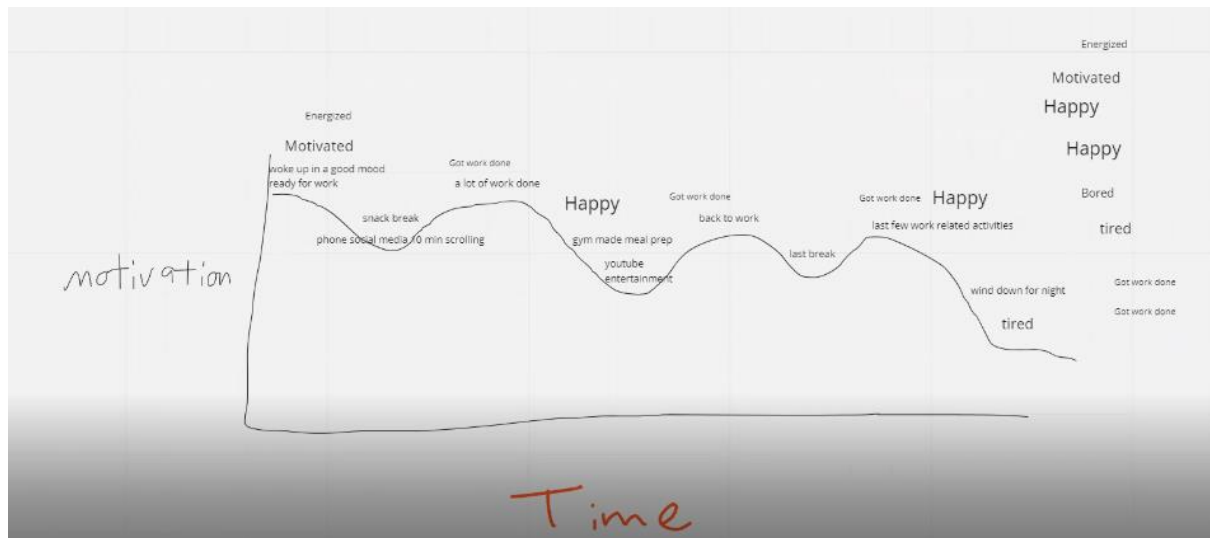
8. Does writing out your tasks in this diary help with your procrastination? *

Not really

Make Method – Mapping and card sorting

Grad student





Working student

