

## **What does procrastination mean?**

Procrastination has become an everyday term in our lives, often casually mentioned, yet only a few truly understand what qualifies as procrastination. It is frequently described as the delaying of a task. Although procrastination is a form of delay not all delay is procrastination. Procrastination is defined as a form of voluntary delay of a task that needs to be completed. The science behind it lies in emotions and is self-explanatory. Procrastination occurs when the task at hand is perceived as more pleasurable than the task that actually needs to be completed. Procrastination at its finest is therefore not more than a short-term coping mechanism for negative emotions.

## **Why certain individuals struggle more with procrastination than others**

Procrastination has been around for as long as humans, with some individuals significantly more affected than others. In this section we will explore a few of the factors contributing to variations of the severity of procrastination. Let's first explore a few biological causes.

Beginning with the biological difference between men and women. Males tend to procrastinate more frequently than females this was discovered by [NIH](#). They've listed factors that possibly play into this result. Among them were the heightened impulsiveness in males and enhanced self-control in females.

Connecting to biological causes there's variation in the intensity of the [amygdala](#) activity. Some individuals may experience more negative emotions when faced with an unlikable task than others. This may result in them being more prone to procrastination.

Another worthwhile mention is social pressure. For this I'm referencing Germany and the USA and their tolerance towards procrastination. The peer pressure on procrastinators is notably higher in Germany than in the USA. As a result, the incidence of procrastination is far lower in Germany than in the USA.

Lastly, I want to illustrate the interconnectedness of my two subjects by demonstrating how they are interwoven. Both of my subjects have already been proven to indirectly influence another. For example, rigorously practicing self-confidence results in motivation and a strong boost in willpower, which in turn positively impacts procrastination. Hence people struggling with poor self-confidence tend to procrastinate more regularly compared to those with higher levels of self-confidence. Briefly noted, this applies in both directions. Sustained procrastination over an extended period also leads to heightened levels of anxiety and a notable decline in self-confidence.

### **Brief glossary**

**Amygdala** refers to a brain region that holds control over the processing and regulation of emotions. It is responsible for fear and pleasure.