

# Academic procrastination among college students with

## [Download Complete File](#)

Procrastination in College Students: Prevalence, Factors, and Consequences\*\*

### **Prevalence of Procrastination**

Procrastination is a prevalent issue among college students. Studies estimate that approximately 80-90% of students engage in procrastination to some extent.

### **Psychological Factors**

Procrastination is often linked to psychological factors, including:

- **Perfectionism:** The belief that one must meet unrealistic standards, which can lead to fear of failure and avoidance.
- **Anxiety:** Apprehension or worry about tasks, which can create a negative feedback loop where procrastination reinforces anxiety.
- **Self-doubt:** Lack of confidence in one's abilities or worth, which can hinder motivation and contribute to avoidance.

### **External Factors**

External factors can also contribute to procrastination, such as:

- **Lack of time management skills:** Difficulty prioritizing tasks and allocating time effectively.
- **Distractions:** Environmental or technological distractions that hijack attention and make it challenging to stay on track.

- Unrealistic expectations: Setting unrealistic deadlines or workload, which can overwhelm and lead to procrastination.

## **Role of Procrastination**

While some scholars view procrastination as an inherently negative behavior, others suggest it can serve a coping mechanism in certain situations. In some cases, procrastination may provide temporary relief from anxiety or help students avoid tasks they perceive as unpleasant. However, it often leads to negative consequences.

## **Consequences**

Procrastination can lead to a range of negative effects, including:

- Reduced academic performance: Poor time management and avoidance of tasks can result in missed deadlines, incomplete assignments, and lower grades.
- Increased stress and anxiety: Procrastination can create a cycle of negative emotions as students face the consequences of their delayed work.
- Poor health: Prolonged procrastination can contribute to sleep deprivation, unhealthy eating habits, and general well-being issues.

## **Example**

An example of procrastination in college students is a student who repeatedly puts off studying for a major exam until the night before. This delay can lead to insufficient preparation, increased anxiety, and the potential for a poor exam performance.

## **Sources of Academic Procrastination**

- Lack of interest in the task
- Feeling overwhelmed by the task
- Difficulty starting the task
- Fear of failure
- Perfectionism

## 5 Psychological Factors that Cause Procrastination

- Perfectionism
- Anxiety
- Self-doubt
- Impulsivity
- Low self-efficacy

## Prevalence Rate of Procrastination

- 50% of the general population procrastinates to some extent
- 20% of people suffer from chronic procrastination

## Prevalence of Academic Procrastination among Students at Medicine Faculty Mulawarman University

- 65% of students procrastinate on academic tasks
- 23% of students procrastinate frequently or always

## Prevalence Rate of Depression in College Students

- 30% of college students experience symptoms of depression

knowledge of the higher worlds and its attainment love conquers all essays on holy living saifurs spoken english zero theke hero 10 3gp 4 organisational behaviour by stephen robbins 14th edition solutions chapter6 sprice livarea 200 2500 bilingualism language in society no13 thermo king tripak service manual jntuk eca lab manual algebra 2 long term project answers holt the second coming of the church adobe photoshop cs2 user guide for windows and macintosh complete unabridged 1942 plymouth owners instruction operating manual guide including deluxe model p14s and special deluxe model p14c 42 bank management and financial services 9th edition test bank learning and memory the brain in action esb b2 level answer sheet breast cytohistology with dvd rom cytohistology of small tissue samples 1985 toyota

supra owners manual nasa reliability centered maintenance guide introduction to  
 multivariate statistical analysis solution manual hyundai service manual solutions to  
 beer johnston 7th edition vector mechanics coca cola the evolution of supply chain  
 management manual korg pa600 critical infrastructure protection iii third ifip wg 1110  
 international conference hanover new hampshire usa march 23 25 2009 revised  
 selected in information and communication technology ducato jtd service manual  
 heat mass transfer 3rd edition cengel a savage war of peace algeria 1954 1962  
 alistair horne  
 digitalhuman modelingapplications inhealthsafety ergonomicsand riskmanagement  
 ergonomicsand health6th internationalconference dhm2015 partiilecture  
 notesincomputer sciencestudy guideperiodic tableanswerkey dreamsongsvolume  
 i1george rrmartinare judgespolitical anempiricalanalysis ofthefederal  
 judiciarythewhite houseiq 2roland smithdontreply all18email tacticsthat helpyou  
 writebetteremails andimprove communicationwithyour teammanual ofwire  
 bendingtechniques benchwheelloptimizerpro manualremovalcarrier  
 furnacemanual resetpokemon dreamer2 onsibylsshoulders seekingssoulin  
 libraryleadership apilguideto fatalaccidentssecond editionthe martinbubercarl  
 rogersdialogue anew transcriptwithcommentary thefishlabelling  
 englandregulations2003 statutoryinstruments2003 educatinghearts andmindsa  
 comprehensivecharacter educationframework cpenexam flashcardstudysystem  
 cpenest practicequestionsreview forthecertified pediatricemergency nurseexam  
 2002mitsubishilancer ozrallyrepair manualsincontrospanisheditionlab  
 dnarestrictionenzyme simulationanswerkey canonmanual exposurecompensation  
 managementkreitner 12thedition multinationalbusiness finance13 editionaccess  
 201024hourtrainer komatsupc2208 hydraulicexcavatorfactory servicerepair  
 manualsolution manualforarora soilmechanicsand foundationengineering  
 advancedalgebrastudy guideles parissportifsen lignecomprendre jouergagnervishnu  
 sahasranamavalitelugu comorganicchemistry labmanualpavia  
 conversationsofsocrates penguinclassics apphysics buoyancyiaodapcastudy  
 guidekawasaki zx6rrmanual 2015