I definitely disagree with this kind of statement. Although busy doing various things may make us feel pressure, it is not a big problem which led us do thing not well. And reasons are as follow.

Firstly, busy doing things means that there are many different kinds of deadline waiting for us everyday. Since people nowadays can hold up more pressure than we used to be, a little kind of deadline, which can make us feel a bit of nervous, can improve our work efficiency, thus, makes us do thing better. Take my preparation for TOEFL test as an example. I used to feel boring and tired studying English, when I was a freshman, because I had not registered for any tests at that time so that I am aimless in study. However, things got change since the illness in China during spring festival. All TOEFL tests were canceled during that time, more importantly, I must take a test to apply for the exchange in our university before march. This made me worried, but it also gave me pressure and aim to study TOEFL. Because I know my chance to take test would not be that much, I should be well prepared. Thank to this pressure, I fortunately got my permission to take test in March, and at that time I believe myself will be well prepared.

Secondly, busy doing thing may, of cause, make us feel exhausted. But it does not means making things messy. Take final examination in our university as an example. The test only last a week, so that we should prepare before the final week, besides, we have tests at night, busy taking tests makes us really tired. However, one week is far less than the limited which I can handle. The exam weeks not only didn't made me do thing bad, but also led me feel pressure everyday, thus, made me prepared better.

All in all, busy doing things does not means doing messy, it may even improve our efficiency if we take proper use of the pressure, which can makes us do things better. So, I strongly disagree with the statement.