Background of the Study:

The word "procrastination" derived from the Latin word "procrastinatus," which has the prefix pro, which means "ahead," and the suffix crastinatus, which means "till tomorrow." Procrastination is the deliberate delaying of beginning or finishing a task despite anticipating a negative outcome from the delay. This generation of students frequently puts off completing tasks or assignments that they are required to do. When there is a plenty of schoolwork and tasks to complete, students frequently don't understand why they always come up and put their hands down. Some would claim that it is simply their typical negative response to the many tasks they have to complete. This is known to be neglectful at the beginning and cramming in any manner possible, after which they would rush to accomplish their task. According to Allen (2014), there are 8 reasons as of to why people procrastinate.

1. We Don’t Know Where to Start
2. A task feels too big or too hard
3. We are big fat liars
4. A task feels unimportant
5. Distractions

The purpose of this study is to help students who procrastinate overcome procrastination. Also, this study may also be of help for informing students as of to why they procrastinate and how it affects them.

Preliminary Literature Review:

According to Steel (2015) and Klingsieck (2015). Procrastination is a pervasive and pathological delay, where we put off despite expecting to be worse off. It is associated with other forms of self-regulatory failure, rooted in our neurobiology, though can be exacerbated by environmental features.

Shu, Gneezy (2010) states that although the value of the future benefit remains unchanged, procrastination occurs because the benefit of delaying the activity seems to be greater. This is because present costs appear to be significantly larger than future expenses.

There are many reasons why people procrastinate, fear of failure is one of them Ho (2022). According to the study done by Akmal, Arlinkasari, and Febriani (2017), the fear of failure has a role in eliciting behavior on student academic procrastination thesis. The higher the failure, the student paper, the greater the tendency to show academic procrastination behavior.

Kane (2017) states that Procrastination and the fear of failure are related, according to research. This implies that the more fear we feel about not attaining our goals, the less likely we are to take steps to do so.

There are also other factors that contribute to procrastination. Laziness is one of those factors. According to Shatz (2016), similar to factors like anxiousness, laziness is a factor that works against self-control and motivation. In particular, people are more prone to put off doing something when they are unwilling to do so.

According to a study done by Dautov (2020), students with low academic performance are more subject to laziness and academic procrastination. This study states that a number of cases prove that laziness, procrastination or their causes are typical of both high and low performing students, hence the increasing level of laziness or procrastination does not necessarily depend on the decreasing academic performance rate.

These studies show that there are multiple factors that contribute to procrastination. However, there are studies that tells us that we can overcome this problem. The study of Ecker, Ebert, Lehr, Seiland and Berking (2018) shows that a short internet-based intervention can help students to reduce procrastination, and that SMS support might increase the interventions effectiveness.

Gurumoorthy, Kumar (2020), says that there are multiple factors that helps motivate students and avoid procrastination. Here are the factors shown by the study conducted.

1. Comprehensive Supplements and Support provided by Teachers

2. Acknowledge every student for their effort

3. Advanced and Updated Syllabus

4. Applied learning – more hands-on learning

5. Peer support

6. Recognition for a hard-working student through any designation

In any University Club

Some claim that procrastinators are lazy. Others say that they "work best" under pressure and "perform better" when they put things off. You can't really say you "perform better" under pressure if you pretty much always put off starting your tasks and never really go about them methodically. So, delaying things can be difficult for us and really raise the likelihood that we would fail, yet some people still do it. There isn't exactly a clear reason why people procrastinate. There are solutions, though, for how we can get past it.