Background of the Study:

Every day, regardless of their circumstances, everyone engages in procrastination. Everyone engages in procrastination, from young junior high school students to seniors who have been out of school for some time. Some would argue that it falls within the definition of deviance, which is defined as "any breach of norms," therefore avoiding what needs to be done is a violation of norms. However, in today's technological and online environment, people constantly put off doing things. It appears that procrastination is no longer seen as a social deviation but rather as a standard. The social norm for education is to work and study in school, which is defined as "a rule or standard of behavior shared by members of a social group." Even though it goes against the educational norm, more pupils delay than complete their work as soon as it is given to them. Since the majority of the social group participates, the standard has shifted, and procrastination is now considered to be an acceptable conduct. This study examines the core concepts of procrastination, the factors that contribute to why students procrastinate, the potential benefits of procrastination, and how procrastination affects students’ academic performance. Additionally, an overview of previous research is included.

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. Though several effective treatments for it are available, procrastination is self-perpetuating as procrastinators will often focus on emotional coping strategies, putting off dealing with the source of their delays. It is a common habit that a lot of people like to do that can have a negative impact on productivity and achievement. Delaying daily tasks or even important ones like going to an appointment, turning in a report for work or school, or talking to a partner about a difficult subject are frequent human experiences. Although it is frequently seen as a negative trait because it interferes with productivity and is frequently linked to depression, low self-esteem, guilt, and feelings of inadequacy, it can also be seen as a wise response to certain demands that could have risky or unfavorable outcomes or necessitate waiting for new information to come in.it can also be seen as a wise response to certain demands that could have risky or unfavorable outcomes or necessitate waiting for new information to come in.  
  
 Students are one of the most common group of people to procrastinate, especially when it comes to completing assignments or studying for exams. Students tend to have this mentality since they are lazy and don't prioritize their academic work. According to Anuddin, F. O. (2021). 95% of American students purposely delay beginning or completing tasks and 70% engaged in academic procrastination. It is likely that most Filipinos are experts when it comes to procrastination. This means that the relationship between perfectionism and performance is mostly explained by procrastination, and that procrastination is caused by distractibility, poor organizational skills, low accomplishment motivation, and an intention-action gap.

Procrastination can be caused by a variety of factors, such as lack of motivation, distractions, perfectionism, difficulty in managing time, or difficulty in understanding the material. In addition, Another reason why students procrastinate is their lack of faith in their abilities. Functioning depends on having confidence in your ability to complete tasks. Low levels of self-efficacy make it more difficult for you to start and finish tasks. (<https://www.mcleanhospital.org/essential/procrastination>). These factors all contribute to procrastination in students. These factors can make it difficult for students to find energy or desire to work on their assignments and other academic works.

**Factors that contribute to Procrastination:**

**Lack of motivation:** Whether they lack interest in academics, no emotional support from parents, or just because of pure boredom. There are many reasons why students lose motivation and in turn, procrastinate. Without motivation, students wouldn’t have enough energy to focus on their school work thus procrastinate. Having a lack of motivation can be linked to negative effects. According to Ford (n.d.), and Roby (n.d.), lacking extrinsic motivation can lead to negative outcomes such as, depression, narcissism, negative effect, and physical symptoms. “A motivated student cannot foresee the consequences of their behavior, nor can they see the motive behind it.” Ford (n.d.), and Roby (n.d.).

**Distractions:** Students may set aside time with the goal of finishing their work but wind up getting sidetracked by other activities. According to Yeung (2017), These interruptions may be internal such as Social Media or SMS messages or they can be external like their own thoughts & impulses. In any case, they wind up diverting time that had been set aside for their task. Even the thought of an assignment that sounds extremely difficult or time-consuming might be frightening and unpleasant. Students so frequently commit the mistake of delaying it. Sadly, this ultimately backfires when they finally start the project since now that they don't have enough time to do it, the project's intrinsic difficulty is increased, thus creating more stress.

**Time management:** Many students struggle with time management, not just students, teachers and parents with jobs also find it difficult to manage time. Not only does bad time management result in there not being enough time to complete the work, but people tend to overestimate how much time the actually spent working on the task. According to Dr. Jennifer Jill Harman, One reason that time management is difficult is due to the planning fallacy—some thing that occurs when people underestimate how long it will take to finish a task, even if they have done the task before.  
  
**Perfectionism:** According to Jacobs (2014), Procrastination is often a symptom of perfectionism. Because perfectionists fear being unable to complete a task perfectly, they put it off as long as possible. This stems from the fear that [not meeting the goal means that there is something bad, wrong or unworthy inside of them](http://workawesome.com/goals/perfectionism/). To escape the anxiety they experience while attempting to work on a project, students who are focused on making their projects "perfect," anxious about making mistakes or "messing them up," or fearful of criticism frequently put off assignments. A.A. Ojo (2019). This can result in the seemingly irrational behavior of putting off the project more and more as the due date draws closer until, at last, they are so close to the due date that producing an ideal assignment is no longer possible, and their only options are to do an imperfect job or turn in nothing at all.

**Pros of Procrastination:**

Procrastination has a variety of harmful impacts, and that is true. However, there are certain advantages you can get from it as well. In actuality, procrastinating may boost creativity and energy while also assisting in the reduction of those annoying perfectionist tendencies that impede creative thought. We often stereotype procrastinators as being lazy, undisciplined, and lacking in work ethic. According to Davidson (2019), Procrastination can stifle the urge for perfection. No good manager or teacher asks for or expects flawlessness. And she is right, there is no need for everything to be perfect, believe in your own ability to do you work right. Give yourself enough time, but so much leeway that you lose sight of what you were supposed to do. Don’t rush, cut yourself some slack and trust yourself.

There are more potential benefits you can get from procrastination. According to Shatz (n.d.), Giving you more time to think may be a potential benefit you can get from procrastinating, it can allow you to gather and process more relevant information before making a decision. Furthermore, according to Shatz (n.d.), The advantages of procrastination might be mixed. For instance, when students are given a project, procrastination might lower the stress they feel at first but increase it as the deadline draws near, which can cause them to feel more stress overall. In this situation, delay is essentially advantageous in the short term, but its advantages are typically overshadowed by disadvantages in the long run.

**How Procrastination affects Students Studies:**

In terms of academic performance, procrastination can lead to numerous issues. Poor academic outcomes can include poor exam results, poor grades, increased course failures, and increased withdrawal from courses. (<https://solvingprocrastination.com/student-procrastination/>). Procrastination issues. Poor exam results, worse grades, increased course failures, and increased course withdrawal. Procrastination's negative effects on time management can be linked to several of these problems. For instance, if students repeatedly put off preparing for an important exam due to poor time management, they will probably be unprepared and receive a lower grade than they would have otherwise.

Conclusion:

Procrastination prevents many students from making any progress in their studies. However, many students spend a lot of time on unnecessary activities when they should be reading their books to learn new information. Instead, they are drawn to focus on these activities, which negatively affects their academic performance. Although surprisingly, studies have found that there are potential benefits you can gain from Procrastinating, however, these are not solid proof that Procrastinating can be beneficial to a student. Thus, in conclusion, students need to avoid procrastination so that they will have much time for their studies and even this will reduce poor academic performance. Because of this, many students drop out of school each year, while others do horribly due to their incapacity to cope with their studies.

Methodology:

References:

*Steel, P., & Klingslieck, K. (2015). Procrastination. International Encyclopedia of the Social & Behavioral Sciences.  
Anuddin, F. O. (2021). Academic Performance and Procrastination: The Case of Education Students in MSU-Sulu. Indonesian Community Empowerment Journal, 1(2), 35-40.* [*https://doi.org/10.37275/icejournal.v1i2.7*](https://doi.org/10.37275/icejournal.v1i2.7)

*Ford, V. B., & Roby, D. E. Why Do High School Students Lack Motivation in the Classroom?*Global Education Journal*,*1*, 1-2.* [*https://libres.uncg.edu/ir/uncp/f/Why%20Do%20High%20School%20Students%20Lack%20Motivation%20in%20the%20Classroom.pdf*](https://libres.uncg.edu/ir/uncp/f/Why%20Do%20High%20School%20Students%20Lack%20Motivation%20in%20the%20Classroom.pdf)

*Harman, J. J. Time Management for Students: A Psychological Explanation of Why We Struggle (p. 2). Jennifer Jill Harman.* [*https://www.linkedin.com/pulse/5-daily-distractions-cause-procrastination-tony-yeung*](https://www.linkedin.com/pulse/5-daily-distractions-cause-procrastination-tony-yeung)

*Jacobs, D. (2014).*Breaking the Perfectionism–Procrastination Infinite Loop*(p. 1). Jennifer Jill Harman. https://webstandardssherpa.com/reviews/breaking-the-perfectionism-procrastination-infinite-loop.html*

*Ojo, A. A. (2019). THE IMPACT OF PROCRASTINATION ON STUDENTS ACADEMIC PERFORMANCE IN SECONDARY SCHOOLS.*International Journal of Sociology and Anthropology Research*,*5*, 17-22.* [*file:///C:/Users/USER/Downloads/5y1.org\_0403b25bfe93a7c03137ee4d6bf40bbe%20(1).pdf*](file:///C:/Users/USER/Downloads/5y1.org_0403b25bfe93a7c03137ee4d6bf40bbe%20(1).pdf)

*Yeung, T. (n.d.).*5 Daily Distractions That Cause Procrastination*. Www.Linkedin.com.* [*https://www.linkedin.com/pulse/5-daily-distractions-cause-procrastination-tony-yeung*](https://www.linkedin.com/pulse/5-daily-distractions-cause-procrastination-tony-yeung)

*Shatz, I. (n.d.).*Procrastination Benefits: The Potential Advantages of Procrastinating*. Www.Solvingprocrastination.com.* [*https://solvingprocrastination.com/procrastination-benefits/*](https://solvingprocrastination.com/procrastination-benefits/)

*Davidson, J. (2019, February 6).*The Benefits of Being a Positive Procrastinator*. Conferencecalling.com. Retrieved August 1, 2023, from https://www.conferencecalling.com/blog/procrastination-pros-cons*