

Study App as a Way to Build Study Habits and Lessen Procrastination



In Partial Fulfillment
Of the Requirements for
21st Century IT Skills

Ramos, Sean Marion R.
BS Computer Engineering - 2A

Submitted to:
Gabriel Quibod

INTRODUCTION

Phones are now an essential tool to the lives of many people. This is also the case for students attending universities. However, while phones are essential for work and studies, the many services of a phone may present a way for students to procrastinate. This paper aims to tackle this channel of procrastination, identify some of the main causes behind it, and discuss a possible technology-based solution in the form of a study app.

PROBLEM DESCRIPTION

It is suggested that the usage of cellphones can influence procrastination. Research by Chen et. al (2021) found a link to this. Their research linked the dependence on mobile phones with increased procrastination within Chinese students.

The degree of intensity and reasons behind procrastination can vary from person to person. However, there is a psychological explanation as to why one may choose to procrastinate. In a podcast interview featuring Sirois (2022), she mentioned that the act of procrastination is a form of “emotion regulation”. Specifically, she states that it is a way of coping by avoiding tasks that may be unpleasant for one person, which is what makes symptoms, such as a lack of self-control, appear. To add to this, research conducted by Fentaw et. al (2022) aimed to see the reasons why higher education students in Amhara Region, Ethiopia decided to procrastinate. Among the reasons listed were a lack of time management, laziness, and stress.

Because phones can be linked to the influence in procrastination within students, it is suggested that the phone acts more like a medium that students can use to procrastinate, rather than the main cause of it. While there are methods that students can use to avoid procrastination that involve avoiding the phone, there may be a way that integrates this process of avoidance within the phone itself.

PROPOSED SOLUTION

The usage of phones can influence one's capacity to procrastinate. However, the medium itself can be used to influence one to do the opposite. With this in mind, the researcher proposes an app for Android/IOS that serves as a way for students to ease into comfort, while also influencing students to strategize with their work.

Features

- Task analyzer; takes a task and deadline as input, breaks it down into parts, then gives actionable suggestions on what to prioritize and for how long. The decision is ultimately left to the student
- Taskboard to place and check off tasks
- Calendar to check for conflicting tasks and schedules
- Quiz board that lets students practice work through active recall methods
- Incentives in the form of collectibles
- Simple and clean user interface and dashboard, as polish for everything

Expected Impact

This app is expected to reduce the burden of choice within students. However, students may end up becoming over-reliant on the app's task analyzer. While this is addressed with the task analyzer giving actions to take instead of results, this may result in a lack of decision making development on the student's part. Future measures still need to be researched.

CONCLUSION

The phone is a double-edged sword. With the many features it provides, it may also offer an outlet to procrastinate. The researcher hopes that with this alternative to habit building, the phone can be used to influence procrastination less.

REFERENCES

- Chen, P. S., Li, J., & Kim, S. (2021). Structural Relationship among Mobile Phone Dependence, Self-Efficacy, Time Management Disposition, and Academic Procrastination in College Students. *Iranian Journal of Public Health*, 50(11), 2263–2273.
<https://doi.org/10.18502/ijph.v50i11.7582>
- Fentaw, Y., Moges, B. T., & Ismail, S. M. (2022). Academic Procrastination Behavior among Public University Students. *Education Research International*, 2022, 1–8.
<https://doi.org/10.1155/2022/1277866>
- Sirois, F. (Guest) (2022). Why we procrastinate and what to do about it, with Fuschia Sirois, PhD [Audio podcast]. Retrieved from <https://www.apa.org/news/podcasts/speaking-of-psychology/procrastinate>