



## Academic Procrastination among the Postgraduate Students

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### Abstract

Academic procrastination is a tendency among students where they voluntarily postpone their assignments, studies, etc. which leads to various issues such as poor academic achievement, increase in anxiety level and stress. In this study academic procrastination of the postgraduate students has been studied. The population of the study comprises of all the postgraduate students of Rajiv Gandhi University. A total of 150 students (75 male and 75 female) has been selected as sample through stratified random sampling. The investigator developed an academic procrastination scale for collection of data. Mean, standard deviation and t-test has been employed to analyse the data. The results found that the students have average level of academic procrastination and no significant difference was found between male and female postgraduate students.

**[Keywords: Academic Procrastination, Secondary Level of Education, Gender, Settlement]**

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### Introduction

Procrastination can be defined as the habit of intentionally delaying a task or set of tasks until the deadline is near. It is a self-defeating behavior where the individual believe that the works can be completed later which ultimately makes the individual unable to control the emotions associated while handling or completing the tasks. Studies have found that procrastination might occur as a result of certain factors like difficulty level of tasks, perfectionism, laziness, poor time management skill, etc. (**Kanwar, 2023, p. 1391**). Human beings have an inherent tendency to

postpone activities and among the various types of procrastination academic procrastination is the most common (**Moonaghi & Beydokhti, 2017, p. 44**).

Academic Procrastination occurs when a student delays work related to academic tasks (Solomon & Rothblum, 1984; Time & Baumeister, 1997; Pychyl et al, 2000; Schowenburg, 2004; Steel, 2007 as cited in **Svardal et al, 2020**). It is a tendency among students where they postpone their academic tasks and it is most prevalent among the adult students in universities (**Moonaghi & Beydokhti, 2017, p. 44**).

### **Review of Related literatures**

**Kanwar (2023)** made a study on academic procrastination and cognitive emotional regulation among young adults for which a sample of 420 students was taken and a standardized scale was administered on the students. The findings revealed that there was a significant negative correlation between academic procrastination and cognitive emotional regulation.

**Rozental et al (2022)** studied on procrastination among the university students for which a sample of 732 students was selected. Standardized scale was used to collect data from the participants. The students who procrastinate severely reported various psychological issues and low of quality of life.

**Jiao et al (2011)** made an investigation to see the extent to which academic procrastination predicted the performance of the cooperative learning groups in graduate level. There were 28 groups and the results showed that academic procrastination plays a significant role in the performance of the groups.

### **Significance of the Study**

Academic procrastination seems to be very common among the students mostly among the college or university students. Studies have reported that academic procrastination adversely affects the mental health of the students. The delaying of the tasks builds a pressure on them which ultimately make them feel anxious, lazy, over-burdened, etc. Even a small task can become a difficult one if it is delayed until the deadline. Moreover, studies also found that there is a negative correlation between academic procrastination and academic performance. Thus,

from the studies we get to know that academic procrastination negatively affects the academic achievement, emotional well-being, physical and mental health of the students.

So, from the above discussion it can be said that it is imperative to know the level of academic procrastination among the college or university students, because they have to face multiple examinations, assignments, and other academic activities. Hence, this study will help to suggest, to guide the students regarding planning of tasks, time management, counseling on mental health, etc.

### **Objectives of the Study**

1. To find out the level of academic procrastination among the postgraduate students.
2. To find out the significant difference in level of academic procrastination with regard to gender.

### **Research Question**

1. What is the level of academic procrastination among the postgraduate students?

### **Hypothesis of the Study**

1. There is no significant difference in the level of academic procrastination between male and female postgraduate students.

### **Method**

Descriptive cum survey method has been used by the researcher to carry out the present study. This method has been used because the researcher attempted to find out the existing status or level of academic procrastination among the students.

### **Population and Sample**

The population of the study comprises of the postgraduate students of Rajiv Gandhi University. A total of 150 students have been selected by using stratified random sampling from various departments of the university. Thus 75 male and 75 female students constitute the sample.

## Tool Used

The researcher has used self-constructed scale to collect data on academic procrastination. The tool has three dimensions-time management, task aversiveness and social factors (peer influence and home environment) and it consists of a total of 51 items. The validity of the tool has been established through expert's opinion and item analysis and the reliability was found out through test-retest and split-half method which was found out to be 0.89 and 0.86 respectively. The norm has been established by administering the scale on 200 post graduate students. The norms have been presented in the following table:

<b>Sl No.</b>	<b>Level</b>	<b>Range of Scores</b>
1	High	153 & above
2	Average	113-152
3	Below Average	112 & below

## Data Analysis

The investigator took help of SPSS software for the analysis of the data. The data has been analysed on the basis of the objectives and their corresponding research question and hypotheses. Mean Standard deviation, and t-test has been used to analyse the collected data. The analysis has been presented below:

**Objective 1:** To find out the level of academic procrastination among the postgraduate students.

**Research Question 1:** What is the level of academic procrastination among the postgraduate students?

The mean score obtained by the postgraduate students in academic procrastination scale is 128.58. From **table 1** it is seen that the mean score lies in the average category and hence the level of academic procrastination among the postgraduate students is **average**.

**Objective 2:** To find out the significant difference in level of academic procrastination with regard to gender.

**Hypothesis 2:** There is no significant difference in the level of academic procrastination between male and female postgraduate students.

Table 2: Calculation of T-test with regard to gender							
Gender	N	Mean	S.D.	SEd	df	't'	Remark
Male	75	132.44	16.56	3.44	148	0.67	Not Significant
Female	75	130.12	24.84				

From the table 2 it can be observed that the calculated 't' (0.67) is smaller than the tabulated 't' value (1.96) at 0.05 level of significance. Hence there is no significant difference between the male and female students. Thus, the hypothesis stating that there is no significant difference in the level of academic procrastination between male and female postgraduate students is **accepted**.

### Conclusion

From the analysis it can be seen that the academic procrastination level is average among the postgraduate students. Gender wise no significant difference has been found between male and female students. It can be suggested that students need to be trained to plan their activities, to arouse motivation to be discipline in their tasks, organize their curricular, co-curricular and leisure activities so that they can prioritize and balance their works.

Further studies can also be conducted on different levels of education, such as undergraduate level, secondary level, etc. Studies can also be conducted on teachers and other professionals.

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