A DESCRIPTIVE STUDY TO ASSESS FACTORS INFLUENCING ACADEMIC PROCRASTINATION AMONG GRADUATE NURSING STUDENTS IN COLLEGE OF NURSING, ADESH UNIVERSITY BATHINDA, PUNJAB"

Charnjeet Kaur , Mankomal Kaur, Pardeep Kaur, Rajpreet Kaur, Rajpal Kaur

ABSTRACT

Introduction:- Procrastination is derived from Latinword; "Pro" refers to "forward motion" and "crastinus" refers to belonging "to tomorrow". Thus, it means to move forward to tomorrow. i.e., what a procrastinator does: he moves things forward, to the next moment, next hour, next day, the day after and so on. Procrastination is, to put off doing something, especially out of habitual carelessness or laziness.

Aim of Study:- The aim of the study to analysis factors influencing academic procrastination among graduate nursing student in collage of nursing,AdeshUniversitybathinda , Punjab.

Material and Methods :-Quantitative Research approach and descriptive research design was used to assess factors influencing academic procrastination among graduate nursing students in College of Nursing, AdeshUniversityBathinda, Punjab.A formal permission had takent from college authorities and ethical committee of College Of Nursing AdeshUniversityBathinda.Samplesize compromised of 100 students which were selected by non-probabilityPurposive sampling technique. Data was collected by using socio-demographic profile and self-structuredLikert scale of procrastination. Analysis was performed by descriptive and inferential statistics.

Result:- The study revealed that personal factors has shown moderate influence on academic procrastination among 40%(40 subjects out of 100) students and less influence has shown on 60%(60) subjects .in relation to environmental factor, which had moderate influence on academic procrastination among 23%(23) and less

influence had observed among 77% (77) subjects. Where,academic factor which moderate influence 50% and less influence 50% in procrastination . There is one socio demographic variable is significant that is family income of academic factors and other socio demographic variables are non-significant

Conclusion:- It was concluded that Personal, Environmental, Academic Factors were influencing academic procrastination in nursing students.

Key Words:- Academic procrastination, Assess, Nursing student, Setting, factors influencing procrastination.

Background of the study

Procrastination is derived from Latinword; "Pro" refers to "forward motion" and "crastinus" refers to belonging "to tomorrow". Thus, it means to move forward to tomorrow. i.e., what a procrastinator does: he moves things forward, to the next moment, next hour, next day, the day after and so on. Procrastination is, to put off doing something, especially out of habitual carelessness or laziness.[i]

The different definitions of procrastination are given by numerous dictionaries, The *Cambridge dictionary* defines the term as "*The act of continuing to delay something that must be done, often because it is unpleasant or boring*".

Although,different scholars have described different kinds of procrastination for instance realistic, spiritual procrastination etcetera,[ii] but in present study main emphasis is given to *academic procrastination* which could be stated as *tendency to put off or* **delay** *tasks related to studies so that they are either not fully completed by their due dates or have to be* **rushed** *to be finished*[iii]. AP appears to make University students postpone and delay their academic work, become self-excusive and ignoring their educational responsibilities during their entire course of studies.It has considered a dysfunctional behavior associated with negative outcome.

Academic Procrastination is estimated that over 75% of students procrastinate frequently, particularly towards meeting study obligation and many students reported that such as delays cause serious academic difficulties. As estimate procrastination occur 25%-75% in college students. Later, in this study found that a 80%-95% of college students procrastination is on a regular basis[iv]. Around 75% to 95% of students in the United States, the United Kingdom and Australia, developed behavior of procrastination for academic tasks and almost 20% to 40% of college students perceived procrastination as a troubling phenomenon which they wish to reduce it.

Reasons appear to contribute towards procrastination[v] among University students particularly, lack of relevance, fear of unknown, inability to handle the task, hopelessness, helplessness, fear of failure, self-labeling, fear of success, guilt and self-blame, perfectionism, low frustration tolerance, lack of commitment, lack of guidance and encouragement, inappropriate management time management skills, lack of communication skills, low achievement, boring and difficult assignments etcetera.

Academic Procrastination can have a negative effect on students' schoolwork, grades, and even their overall health. It is linked to mental health problems like stress, depression, anxiety, irrationalbehavior, low self-esteem and Neurological Disorders such as attention deficit hyperactivity disorder (ADHD). Furthermore ,AP causenegative effect on students in class performance is delay the submission of assignments by the students, lack of knowledge , lack of interest, lack of confidence, poor class performance, laziness, lack of motivation, hopelessness, fear of failure etc.

Nowadays[vi], many researchers have been conducted on procrastination. Most of the literature involves University students. A procrastinator is a person who is aware that he and she have a task or assignments to do. He or she is trying and planning to start working on the task, but continues to delay doing so. A person who has this habit is normally doing less important or not important tasks rather than the more important task. A procrastinator wastes too much time on something which gives him or her pleasure such as playing computer games or reading an update in his or her social networking website. Mostly, procrastinators keep themselves ready to work but end up avoiding the task.

Need of Study

It had observed by primary researches during their college and clinical experience that number of nursing students were procrastinating their relevant educational tasks which is affecting their performance in academic area. Moreover, when intense review of literature has been done , it had given the breath taking statistical findings that majority of students were procrastinating their study related things unknowingly and it was showing devastating effect on out their educational achievement and their wish to overcome procrastination also revealed in these findings. Hence, the felt need was to evaluate the influencing factors of academic procrastination. This knowledge will be helpful when the solution to overcome procrastination will be determined: The more causes will be explored; the easier it becomes to stop the problem dead in its tracks. Furthermore,this will help to generate and strengthening the evidence ofinfluencing factors of academic procrastination.

Problem Statement 1.3

A descriptive study to assess factors influencing academic procrastination among graduate nursing students in College of Nursing, AdeshUniversityBathinda, Punjab"

Objectives 1.4

1. To assess the factors influencing academic procrastination among graduate nursing students in College of Nursing, Adesh University Bathinda, Punjab.
2. To find out the association of factors influencing academic procrastination with their selected socio-demographic variables among graduate nursing students in College of Nursing, Adesh University Bathinda, Punjab.

OPERATIONAL DEFINITIONS

Academic Procrastination:- In present study academic procrastination is intentionally and unintentionally delay of the academic tasks by graduate nursing students , which result into failure of students to complete their academic tasks by due dates.

Assess:- Assess in present study is to evaluate influencing factors of academic procrastination among graduate nursing students.

Nursing Student:- Nursing students studying in nursing profession for gain the knowledge about nursing. Those individuals who pursuing professional nursing education.

Setting:- The setting of present study is college of nursing, AdeshUniversity,Bathinda.

Factors Influencing Procrastination:- In present study factors influencing academic procrastination are those factors which directly or indirectly influence the academic procrastination behavior among graduate nursing students.

ASSUMPTION

1. There will be a significant influence of factors such as personal, environmental and academic on academic procrastination among graduate nursing students in college of nursing,AdeshUniversity, Bathinda, Punjab at the 0.05 level of significance.

2. There will be significant association of influencing factors with their Socio-demographic variableamong graduate nursing student in college of nursing,AdeshUniversity,Bathinda, Punjab at the 0.05 level of significance.

Inclusion Criteria

- Students who are willing to participate in research.
- Students who are pursuing professional nursing qualification.

Exclusion Criteria

- Students who were absent on the day of data collection.

REVIEW OF LITERATURE

A descriptive study was conducted in SabzevarUniversity of Medical Sciences with the aim to investigate the prevalence of academic procrastination among Sabzevar medical students and examine the relation between academic procrastination and well- being status.498 studentswere selected by a stratified random sampling method to collect the data. The percentage of participants who were female, single and resident in a dormitory were 76%, 78%, and 67% respectively. Students filled out the Procrastination Assessment Scale-Studen t(PASS) and the World Health Organization-5 well-being index(WHO-5). Students completed 400. The mean score of the WHO-5 well-being index were 58.4+ 20.7. Results showed that 34.8%, 37.1% 49.9%, 13.8%, 27.6% and 44.4% of the

participants procrastinated most of the times or always in the first to 6th domains of the scale respectively. There was a significant difference between the mean procrastination score of depressed and non-depressed students. Low well-being status and academic procrastination interrelated[vii].

Academic Procrastination is a prevalent problem among many college students who are faced with multitude of examinations, term papers and projects during their scholarly career.[viii] Research indicates that high percentages of undergraduate college students(approximately75%) self-reported that they engage in academic procrastination and almost one- half do it consistently and problematically. Steel (2007) cited research in his meta-analysis that estimates 80% to 90% of undergraduate college students report they experience procrastination. More specifically, Solomon and Rothblum(1984) found that approximately one quarter of 342 undergraduate .American college students who were enrolled in an introductory psychology course reported problems with procrastination. In addition, Clark and Hill (1994) found that between 30% to 45% of 184 undergraduate American college students who were enrolled in an introductory psychology course reported problems with procrastination and between 55% to 60% of these students wanted to decrease their procrastination. Thus, academic procrastination is a significant problem for undergraduate students in America.

An experimental study was conducted to assess the factors and prevalence of academic procrastination among University students in the Is lamia University of Bahawalpur.[ix] The sample of the study involves 106 students divided in two different classroom groups: "group A" and "group B". Both groups are given different time to complete the assignments. It was 1 month and half day for a "group A" but it was almost 3 months for "group B". Result of analysis showed that the strategies used did not influence on students procrastination but self-regulatory behavior. This result showed that there was a meaningful and negative relation between the loss of control and controllability in success context and academic procrastination. The study concluded that procrastination effects on the academic performance of students in terms of classroom learning and participation in activities, submission of their assignments, preparing for examination.

A descriptive study was conducted to examine the relationship between procrastination and academically related trait measures[x]. The participants were 379 undergraduate students enrolled in an introductory psychology course. State measures were administered on three separate occasions close to the approach of midterm examinations. Overall more than 40% of the participants reported high level of procrastination- based tendencies. The results indicated that high procrastinators were more likely to report test anxiety, weekly state anxiety, and anxiety- related physical symptoms. Also, high procrastinators were more likely to attribute exam success to external factors, suggesting an external locus of control. Both high and low procrastinators perceived exams as less important and less difficult as the exam deadline approached. Similarly both high and low procrastinators increased their study behavior as exams approached.

A descriptive study was conducted on chronic procrastination among Turkish, adults: exploring decisional, avoidant, and arousal styles on 354 Turkish adults(148 men, 206 women M age= 38.7 years, SD= 8.26 years).[xi]

Prevalence analysis showed that among Turkish participants, 17.5% were indecisive procrastinators, 13.8% were avoidant procrastinators, and 14.7% were arousal procrastinators. Results did not yield significant differences for gender or age on any forms of procrastination, which is consistent with other international samples. However, significant differences emerged depending on the number of children such that Turkish adults who had more indecisive than they claimed to be arousal or avoidant procrastinators. Respondents with less than a graduate degree reported higher rates of indecision than did respondents with at least a graduate degree.[xii]

MATERIALS AND METHODS

A Quantitative research approach and descriptive research design was used to assess the factors influencing academic procrastination among graduate nursing students of Adesh College Of Nursing, Bathinda,Punjab. Samples were selected by using Non probability purposive sampling technique. Sample size comprises of 100 graduate nursing students from B.Sc 1st year, B.Sc 2nd year, B.Sc 3rd year of Adesh College of Nursing Bathinda, Punjab. The data collection tool was grouped in two sections:Section A:Demographic variables : Age, Gender, Year of Study, Religion, Occupation of Father, Occupation of Mother, Family Income , Health Status , Residence ,Use of social media and Section B:Self structured Likertscale to assess the factors influencing academic procrastination in graduate nursing students. Validity is had obtained from experts of medical surgical, research. The pilot study was conducted on 10 sample of total sample from post basic B.Sc. Nursing 1st year and the reliability of the Likert scale is 0.7 calculated with spearmen brown split half method of reliability. Data collection was proceeded with prior permission from the concerned authority of organisation. of college of nursing Adesh University Bathinda, Punjab. Self reporting Socio demographic variables and Likert scale was used to collect the data from the subjects.Data was analyzed in various steps:Organizing data in master sheet, tables and figures, Frequency and percentage of data was calculated.**Mean** and standard deviation was calculated of influencing factors and association of influencing factors is calculated by using chi square. Discussion was proceeded with comparison of present study results with literature evidences.

FINDINGS

Objectives

1. To assess the factors influencing academic procrastination among graduate nursing students in College of Nursing, AdeshUniversityBathinda, Punjab.
2. To find out the association of factors influencing academic procrastination with their selected socio-demographic variables among graduate nursing students in College of Nursing, AdeshUniversityBathinda, Punjab.

Sr.No.	Socio-demographic variables	Frequency(n)	Percentage (%)
* TABLE 1:- Distribution of subjects is according to their socio demographic profile. N=1000			
1.	**Age**		
	a)18-20 years	**32**	**32**
	b)21-22 years	**56**	**56**
	c)above 23 years	**12**	**12**
2.	**Gender**		
	a)Male	**20**	**20**
	b)Female	**80**	**80**
3.	**Year of study**		
	a) B.Sc1st year	**0**	**0**
	b) B.Sc 2nd year	**43**	**43**
	c) B.sc 3rd year	**57**	**57**
4.	**Religion**		
	a) Sikh	**46**	**46**
	b) Hindu	**9**	**9**
	c) Muslim	**44**	**44**
	d) Others	**01**	**1**
5.	**Occupation of father**		
	a) Self-employed	**48**	**48**
	b) Government job	**35**	**35**
	c)Non-employed	**12**	**12**
	d)Others	**05**	**5**
6.	**Occupation of mother**		
	a)Government job	**09**	**9**
	b)Private job	**10**	**10**
	c)Self-employed	**45**	**45**
	d)Non-employed	**31**	**31**
	e) Others	**05**	**5**
7.	**Family income**		
	a)less than 10000	**08**	**8**
	b)15000-20000	**42**	**42**
	c)25000-30000	**50**	**50**
8.	**Health status**		
	a) Very good	**27**	**27**
	b) Good	**63**	**63**
	c) Poor	**10**	**10**
9.	**Residence**		

	a) **H**ome	12	12
	b) Hostel	80	80
	c) Paying guest	08	8
10.	**Use of social media**		
	a)Whatsapp	17	17
	b)Facebook	06	6
	c)Instagram	06	6
	d) Others (Snap-Chat, Tik-Tok)	10	10
	e) All of above	58	58
	f)None	03	3

Table 1 depicted patient as per their socio demographic variables In according to age, majority of the subjects that is 56% (frequency 56) were in a 21 to 22 year of age. age 18 to 20 year 32% (frequency 32) , followed by and only 12% (frequency 12) were in above 23 year of age. As per gender majority of subjects were females 80% (i.e. 80 out of 100). Year of study revealed majority of subjects were that is 57% (frequency 57) were in B.sc 3rd year, majority that is 46% (frequency 46) followed by Muslim 44% (frequency 44).in accordance to Father's occupation majority of fathers of subjects that is 48% (frequency 48) were self employed. Majority that is 50% (frequency 50) were in under the 25000-30000 family income. 63% (frequency 63) were in good health status. Data revealed that 80% (frequency 80) subjects were residing in hostel. In context to use of social media 58% (frequency 58) and only 3 % (frequency 3) were using all media: whatsapp, intagram and facebook.

Table No. 2:- Standard deviation and mean of scores of different influencing factors of procrastination. **N=100**		
Factors	**Mean**	**Standard Deviation**
Personal factors	2.60	0.492
Environmental factors	2.77	0.422
Academic factors	2.50	0.502

TABLE 2:- Depicted that mean score and standard deviation of personal factors score was 2.60$\pm$0.492 respectively followed by mean score and standard deviation of environmental factors score was 2.77$\pm$0.422 and in relation to mean score and standard deviation of academic factors score was 2.50$\pm$0.502.

Table No. 3:- Distribution Of Subjects According To Levels Of Influence Of Factors Influencing Academic Procrastination Among Graduate Nursing Students.

Factors	More Influence		Moderate Influence		Less Influence	
	N	%	N	%	n	%
Personal factors	0	0	40	40	60	60
Environmental factors	0	0	23	23	77	77
Academic factors	0	0	50	50	50	50

Table 3 :- Depicted that frequency of levels of influence according to factors influencing academic procrastination among graduate nursing students in relation to personal factors   majority of subjects that is 60% were having least effect of personal factors on academic procrastination, while 40% were moderately effected. In accordance to environmental factors, which moderately effected to 23% subjects and majority that is 77% have consider least effect of environmental factors. Lastly , academic factors influenced academic procrastination behaviour among study subjects moderately and least on equal no. of subjects that is 50% in each.

Assumption first of the study justified that there significant influence of factors such as personal, environmental and academic on academic procrastination among graduate nursing students in college of nursing,AdeshUniversity, Bathinda, Punjab at the 0.05 level of significance.
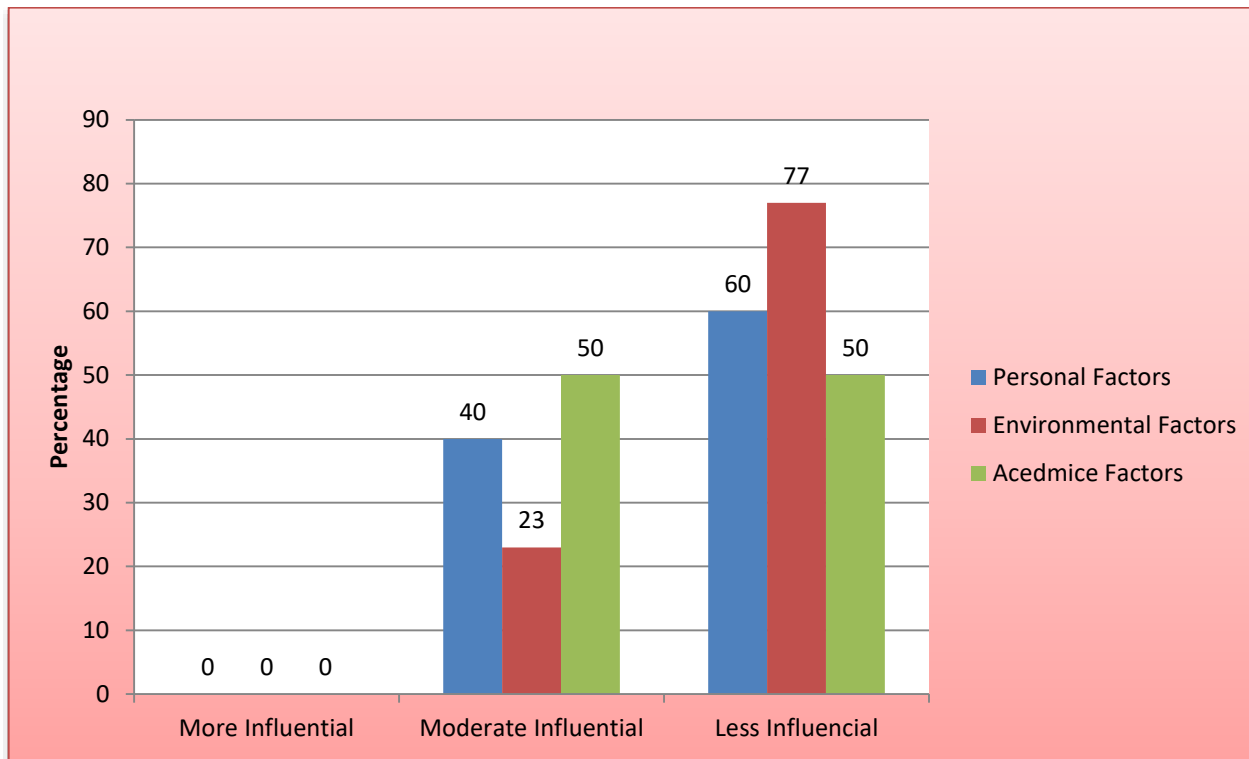
FIG: - 11 Distribution of subjects is according to level of factors influences procrastination among graduate nursing students

Objective: - To find out the association of personal factors influencing academic procrastination with their selected socio-demographic variables among graduate nursing students in College of Nursing, Adesh University Bathinda, Punjab.

Present study revealed association of socio demographic variables with factors influencing academic procrastination which was calculated by using "Chi-square" test, there was non-significant association between socio demographic variables and personal factor.With environmental factors significant association of gender has depicted in present study. While academic factors were significantly associated with family income and health status.

Assumption 2 that has significant association of influencing factors with their Socio-demographic variable among graduate nursing student in college of nursing, Adesh University,Bathinda, Punjab at the 0.05 level of significance has justified

DISCUSSION

Objective 1

To assess the factors influencing academic procrastination among graduate nursing students in college of nursing, Adesh University Bathinda, Punjab.

Present study revealed that mean score and standard deviation of personal factors score was 2.60±0.492 respectively followed by mean score and standard deviation of environmental factors score was 2.77±0.422 and in relation to mean score and standard deviation of academic factors score was 2.50±0.502. As per level of influence of different factors influencing academic procrastination among graduate nursing students, in relation to personal factors majority of subjects that is 60% were having least effect of personal factors on academic procrastination, while 40% were moderately effected. In accordance to environmental factors, which moderately effected to 23% subjects and majority that is 77% have consider least effect of environmental factors. Lastly, academic factors influenced academic procrastination behaviour among study subjects moderately and least on equal no. of subjects that is 50% in each.

The finding was related with the study conducted by Irshad Hussain Islamia University of Bahawalpur. The study focus on **analysing** the factor of procrastination and it effects of learning University students it was conducted on 500 students and 40 teachers of the Islamia University Bahawalpur, Pakistan through survxey approach .The study concluded that procrastination effects on the academic performance of students in terms of classroom learning and participation in activity , submission of their assignments ,preparing for the examinations and achievement . likewise, the work of assignment and improper time management by the students caused procrastination[xiii].

Objective 2

To find out the association of factors influencing academic procrastination with their selected socio-demographic variable among graduate nursing students in collage of nursing Adesh University Bathinda, Punjab

Present study revealed association of socio demographic variables with factors influencing academic procrastination which was calculated by using "Chi-square" test, there was non-significant association between socio demographic variables and personal factor.With environmental factors significant association of gender has depicted in present study. While academic factors were significantly associated with family income and health status

There was significant association with social demographic variables such as age, gender, year of study, religion, occupation of father, occupation of mother , family income ,health status, residence , use of social media. Therefore ,it concluded that all factors influencing procrastination in which personal factor , environmental factor and academic factors are associated with all social demographic variables.In age group 18-20 year subjects are mild 8% and less 25% are influencing personal ,environmental and academic factors ,in 21-22 year subjects are

mild 12% and less 44% are influencing personal, environmental and academic factors ,in above 23 year subjects are mild 3% and less 8% are influencing personal, environmental and academic factors.

The finding was related to gender male mild 10% and less 10% in personal, environmental and academic factor. In female mild 29% and less 50% are influencing all three section .In B.sc 2nd year subjects are mild 17% and less 26% are influencing to factors and B.sc 3rd year subjects are mild 23% and less 34% influencing personal ,environmental and academic factors.

The finding was related with the study conducted by Ghazi Shah Nawazstudying in college and University of Delhi. Gender emerged as a significant predicted of procrastination and males were found to be higher on procrastination then females .Self-esteem was found to be significantly influence procrastination in the negative direction. However they maladaptive perfectionism factor did not show any significant correlation with procrastination. The findings were in accord with temporal motivation theory and social status theory.

Major Findings

In according to **age** group **majority** of the subjects were in age **31-22 year 56%** (frequency 56) similarly in gender majority of subjects were in gender females 80% (frequency 80) .In present study **majority** of subjects according to y**ear of study, religion, occupation of father, occupation of mother, family income, health status, residence, use of social media** were in B.Sc. nursing 3nd year 57% (57) , Sikh 46% (46), self-employed 48% (48), self-employed 45% (45), 25000-30000 50% (50), good health 63% (63), hostel 80% (80), use of all media 58% (58) respectively.

Depicted that frequency *subjects of levels of influence according to factors influencing academic procrastination* among graduate nursing students in relation to personal factors   majority of subjects that is **60%** were **having least effect of personal factors** on academic procrastination, while 40% were moderately effected. In accordance to environmental factors, which moderately effected to 23% subjects and majority that is **77% have consider least effect of environmental factors**. Lastly , **academic factors** influenced academic procrastination behaviour among study subjects **moderately** and least on equal no. of subjects that is **50% in** each.

Present study revealed association of **socio demographic variables** with factors influencing academic procrastination which was calculated by using "Chi-square" test, there was non-significant association between socio demographic variables and personal factor.With **environmental factors significant association** of **gender** has depicted in present study. While **academic factors** were significantly associated with **family income and health status** .

<u>**Conclusion**</u>

It has concluded in preset study that there are certain factors such as personal, environmental and academic, which has influence on academic procrastination behavior among the graduate nursing

students. Eventhough least effect of personal and environmental factors has been observed but still these factors have significance influence. While academic factors has moderate effect on such behaiour. Thus planning and organization of academic tasks and time allotment needs to be considered by teachers and planning authorities to eliminate such procrastination behavior which affects the academic performance of the students and their career growth as evident in various literature research studies. Amareness about procrastination among teachers and students needs to be created.

---

[i] FEDORA-Louvain- La- Neuve, "Professor Zwarts& the University of Groningen in Europe. 3rd EUA convention of European higher education institution reader, Brussels": EUA(2005).

[ii] Solomon, L. J., &Rothblum, E. D. "Procrastination: Frequency and cognitive-behavioural correlates, Journal Counselling Psychology", 31, 503-509(1994).

[iii] . Steel, P. "The nature of procrastination: A meta-analysis & theoretical review of quintessential self regulatory failure, psychology Bulletin", 133(1), 65-94 (2007).

[iv] Duru, Erdinc; Balkis, Murat. "Procrastination, self-esteem, Academic Performance, and Well-Being: A Moderated Mediation Model". Internationally Journal of Educational Psychology. 6 (2): 97-119 doi: 10. 17583/ijep. 2017. 2584- via edgov (June 2017)&(31 May 2017).

[v] O' Berian, W. K. "Applying the trans- theoretical model of academic procrastination". Dissertation abstracts intertnational: Section B: The science and Engneering, 62(11-B)(2002).

[vi] "Review Literature related to prevalence of Procrastination". Mortazavi, Forough& professor, Assistant. The "prevalence of academic procrastination and its association with medical students well- being status". International Journal Of Humanities And Cultural Studies. 3. 1256- 1269(2016).

[vii] "Review Literature related to prevalence of procrastination". Steel, P. "The nature of procrastination: a meta-analysis & theoretical review of quintessential self-regulatory failure", psychology Bulletin, 133(1), 65-94(2007).

[viii] "Review Literature related to prevalence of procrastination". Ozer, B., & Ferrari."Exploring academic procrastination among Turkish students: possible gender differences in prevalence and reasons".*Journal of social psychology,149(2),* 241-257(2009).

[ix] ."Review Literature related to influencing factor for procrastination". Solomon, L. J., &Rothblum, E. D. "Academic procrastination: Frequency and cognitive-behavioural correlates". *Journal of Counselling Psychology*, 31(4), 503- 509(1984).

[x] ."Review Literature related to effects of procrastination". Klassen RM, Kuzucu E. "Academic Procrastination and motivation of adolescent in Turkey". Educational Psychology; 29(1): 69-81. Doi: 10.1080/01443410802478622(2009).

[xi] Review Literature related to measures to overcoming procrastination". Ferrari JR, ozer BU, Demir A. "Chronic procrastination among Turkish adults: exploring decisional, avoidant, and arousal styles". J SocPsychol; 149(3):402-8. Doi: 10.3200/SCOP.149.3.402-408(2009).

[xiii]https://www.researchgate.net/publication/271617614_Analysis_of_procrastination_among_university_students