



PROCRASTINATION: PREVAILING REASONS AMONG STUDENTS

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Abstract: The purpose of this studies to profound some reasons of academic procrastination among students. Here we discuss the internal and external factor of procrastination and we totally focus on internal factors that are effected to among students for delaying their work or his/her academic task. According results, the reasons of procrastination among students-students are very lazy and take not interest in academic work properly, fear of failure, perfectionism, failure in planned study habits, the desire not to exhaust himself/herself, preferring exhilarating activities, distraction, resistance, Lack of clarity, Poor study routines, poor communication with each other of teacher and students, online study ,some communication barriers etc. The reasons of academic procrastination among students-external factors are causes that are resulting from the parenting style. The results were discussed in the light of the related literature.

Index Terms: Procrastination, Students, factors etc.

1. INTRODUCTION

Some common definitions of procrastination are “the purposive delay within the starting and/or completion of an obvious or incognito act, regularly went with by subjective discomfort” (Ferrari, 1998) and “to intentionally delay an expecting course of activity in spite of anticipating to be more awful off for the delay” (Steel, 2007). Rothblum et.al(1986)on the off chance that hesitation found that behavior of one to be more awful off, why do in excess of 40% of college students enlisted in an initial brain research course. Analysts have inspected inside donors to hesitation such as locus of control and passionate insights (Deniz et.al2009), enthusiastic insights and self-efficacy (Hen and Goroshit, 2014), and self-awareness and passionate reactions (Nicholson and Scharff, 2007).In these studies they profound that in general, people with tall passionate insights delay below those with lower enthusiastic insights (Deniz et al., 2009), which people with higher self-efficacy linger under those with lower self-efficacy (Hen and Goroshit, 2014). In any case, as it were three thinks about have inspected outside components that increment one’s probability to lock in in hesitating behaviors (Pychyl et. al 2002;Ice et. al 1991;Ferrari and Olivette, 1993;). One outside figure that has been considered, in spite of the fact that negligibly, is the impact of child rearing fashion on one’s probability to linger. Inquire about has appeared that in young people, child rearing fashion does play a part in delaying (Pychyl et al. 2002, Ferrari and Olivette, 1993). Ice et al. (1991) in a think about 63 female undergrad college students profound that tall seen parental desires and feedback were connected to compulsiveness.

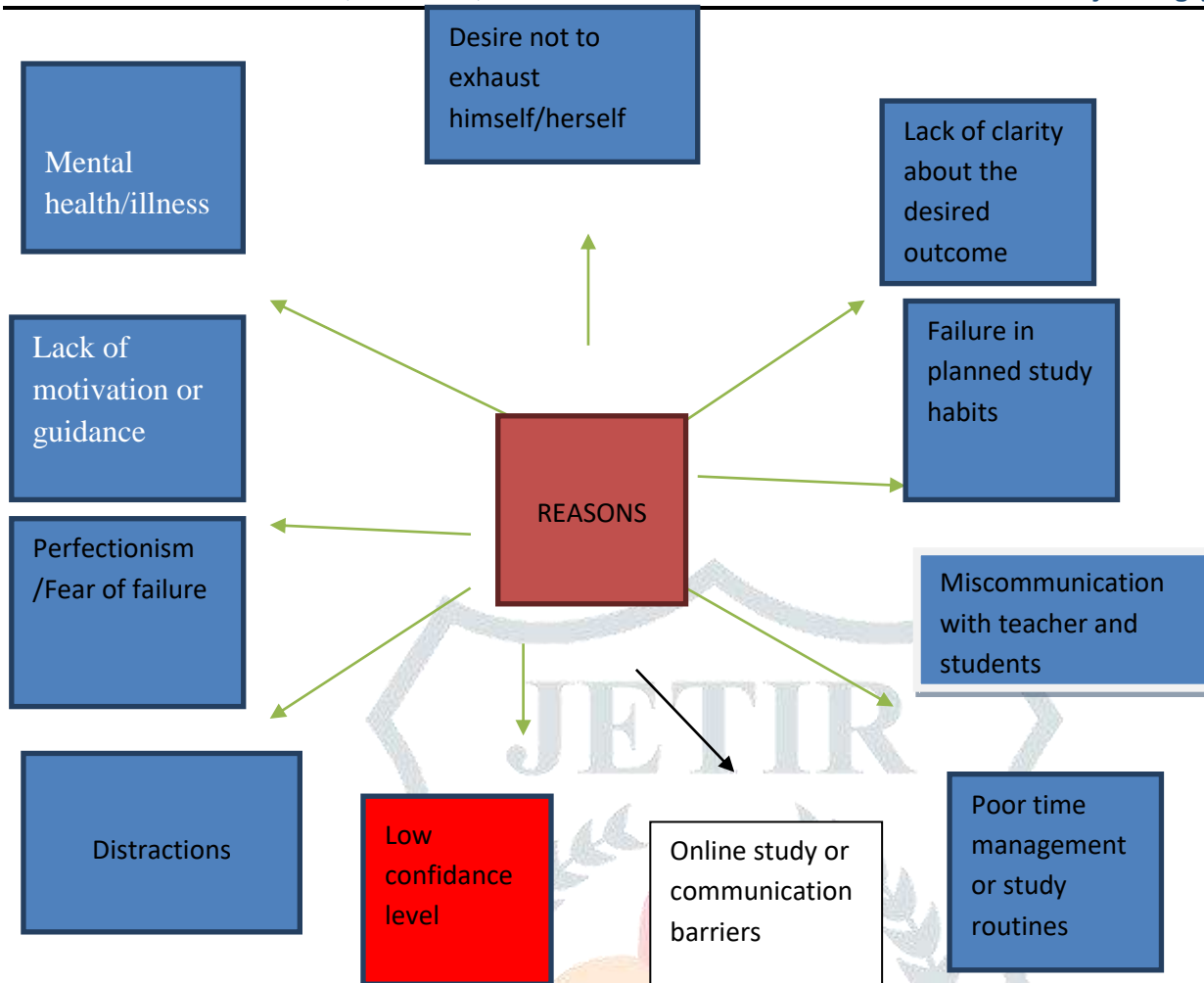
II. REASONS WHY STUDENTS PROCRASTINATE

Internal Factors Contributing to Procrastination:

1. **Learning Disabilities** Now a days we have found among students are mentally retarded or suffer from learning disabilities like –**Discallulia** (disable to understand math) in this disability students are not properly understand math .The second one is **Disgraphya** (related with writing disability) in this disability students have difficulty in easy writing or paragraph writing so they can not be able to make their notes or assignments. And the third one is **Disprexia** (related to reading something) in this disability among students are feel difficulty to read something, related his notes presentation or other some notes .so here procrastination arise in among students with mentally illness .Mentally illness is also the most important reason for delay academic work or preparation of the students. In students life mental health play the most important role so no anyone can attain his goal with mentally illness.
2. **Lack of Setting Goals or Task** –It is very important all students have decide their goal or aim in his student life then they achieve their task or goal But some time students are not decided their goal or task then they take a wrong way or move on wrong track then procrastination come arise in this situation. These types of students are suffer procrastination and do not reach his academic goal.
3. **Lack of Proper Guidance** – Some time procrastination arises when students have no proper guide or motivate through his teachers or guide. Here students are not motivated to do his academic work or prepare their notes or assignments on time .lack of motivation or proper guidance is also the most important issue for delay academic work by the students. To overcome this procrastination provides proper motivation or guidance to the students.
4. **Miscommunication or Not Proper Communication** – In the classroom sometimes teacher and students have some communication problems ,sometime teacher teach students in his way but student do not understand the teachers points of view, so the miscommunication with each other. In this situation among students are not understand the topic clearly or they delay to complete their work.
5. **Online Study or Communication Barriers** -In the modern period online study is also the most important reason for procrastination .Because the sometime sometimes some communication barriers come arise in the time of online classes like -delay to reach the links of online class, network problems, noise problem' voice not clear, topic not properly show ,etc .so this is also the trending issue for the students for delaying his assignment or preparing his examination notes.
6. **Low Confidence Level** – Confidence level take most important place in students life in every fields .in academic or university the confidence of a student is very high with a zeal to give his presentation or his notes in front of all high level students or teachers. But among students have no or low confidence level they fear to stand and give his presentation. So with this fear they delay their work .they feel hesitation to done his academic work or they delay in their performance to complete their assignment.
7. **Desire not to exhaust him/her:** For anything reason lost lesson, being diverted when the teacher announced the homework, not composing it down, or overlooking to see at the lesson website sometimes students take off their work until the final miniature since they really have no idea that there's any work to be done. (That's, until a companion notices it the day in advance or until they walk into lesson the morning.) In fact talking, this wouldn't be classified as “procrastination” because the understudy isn't standing up to their work they essentially does not realize they have any work! But this can be unquestionably a common cause of clearing out things until the final minute.
8. **Lack of clarity about the desired outcome:** Among students are confounded by an assignment, or don't know precisely what is anticipated of them, they regularly put off the task in trusts that they will understand it superior afterward. Usually particularly tricky for students who are uncomfortable with vulnerability or obscure circumstances. Tragically, when they see at it the night some time recently the

due date, they more often than not have no more data than they did some time recently and no time cleared out to inquire their instructor for clarification. Idealistic time gauges. Good faith is a wonderful quality in most circumstances. But when it comes to evaluating how much time it will take to total an task, hopeful time gauges can make huge issues. Students commonly overestimate the sum of time they have cleared out to total assignments, and underestimate the sum of time it'll take to total them. Thus, they come up short to leave themselves sufficient time to total the work.

9. **Failure in planned study habits:** When teachers don't uphold due dates and permit students to turn in late work without a penalty, students learn that due dates aren't significant and desist to require them genuinely. Without meaningful results, outside due dates can begin to feel as self-assertive as inside deadlines, which whereas supportive are not as viable at disheartening procrastination. Not knowing where to begin. When students think of papers or ventures as a entirety, or maybe than as a arrangement of steps, they can appear overpowering and they don't know where to start. So, they conclusion up putting the total venture off, until it's so near to the due date that their worry about not knowing the "right" put to begin is dominated by their fear of not having enough time to total the work at all.
10. **Poor study routines or time management:** Time management and poor study skills have also come under the radar as causes of procrastination. Poor time management especially with students having problem in everyday academic task such as studding for tests and examination or completing assignments . Students' after-school schedules tend to be decently routine. Once they are set up, these behavior designs are taken after consequently, with exceptionally small cognizant thought. For case, students in some cases will begin observing TV as a break after school, which consequently leads to hesitation since it's difficult to turn it off. Or, students will have a design of clearing out their most troublesome work, their examining, or their long-term ventures until the conclusion of their homework time, when they have the slightest vitality and the littlest sum of resolve. These propensities of reason students to linger naturally, without indeed considering almost it.
11. **Lack of consciousness:** After schooling students feel free own self from school burden study. Now when they reach the university or college level among students think very broadly about his/her learning and they falling behind for achieving the academic goal. Procrastination come arise in this situation and the students putting off the his/her goal.
12. **Stress:** Sometimes among students suffer from highly stress like- parents pressure, teachers or guide pressure, bad company(Friend circle),stress with bad habits etc. stress cover the mind of students badly and students are disable to learn learning perfectly. With stressful mind anybody cannot attain academic goal/task or making assignment /notes. Stress is the important causes of procrastination.
13. **Lack of positivity:** Some students have full of negativity thoughts, they away from positive views and with negative thoughts among students not making their assignment and delay their academic work. When students have lack of positivity they act with procrastination.



(Fig. : Reasons Why Students Procrastinate)

- 14. Distractions:** When a task appears exceptionally complex or lengthy, indeed considering about it can appear terrifying and unlikable. So, among students regularly drop into the catch or putting it off.
- 15. Perfectionism/Fear of failure:** Among Students have fear in their mind for attain his academic task or achieving success or good marks .when sometime students are away to reach their goal with good performance, or delay to provide their assignments at proper timing of examination, that time they feel helpless and fear from failure here procrastination come arise. Until, at final, they are so close to the deadline that creating an perfect task is not conceivable, and there as it were alternatives are to do an flawed work or turn in nothing at all.
- 16. Lack of proper knowledge:** Among students have no knowledge how to start his education journey. They never know the staring points of making assignments or making notes, so this is also the strong reason for procrastination.
- 17. Hesitation:** Among students feel hesitation to express their views and ideas for express their academic work or assignments at proper timing. Hesitation gets to be their way of standing up to this specialist.
- 18. External Factors Contributing to Procrastination:** External components contributing to hesitation are components that start exterior of individuals and which are related with an expanded probability of hesitation. It also the most strong issue to come arise this issue. Among students may rebel against his/her parents for being force fully choose a course or academic program, but the students may not

want their for the students involved in procrastination behavior by not completing assignment or task. One outside figure thought to contribute to delaying is child rearing fashion. As per Baumrind (1971), there are three sorts of child rearing styles: authoritative, permissive and authoritarian.

III. CONCLUSION:

In these studies found that their were some reasons of procrastination like-goal setting is very important all students have decide their goal or aim in his student life then they achieve their task or goal But some time students are not decided their goal or task then they take a wrong way or move on wrong track then procrastination come arise in this situation. These types of students are suffer procrastination and do not reach his academic goal. Among students feel hesitation to express their views and ideas for express their academic work or assignments at proper timing. Hesitation gets to be their way of standing up to this specialist. Among Students have fear in their mind for attain his academic task or achieving success or good marks .when sometime students are away to reach their goal with good performance, or delay to provide their assignments at proper timing of examination, that time they feel helpless and fear from failure here procrastination come arise. Until, at final, they are so close to the deadline that creating an perfect task is not conceivable, and there as it were alternatives are to do an flawed work or turn in nothing at all.

Clearly, numerous students accomplish nothing on their thinks about since of procrastination. To overcome these reasons students spend their time with their books or avoid extra time wasting actives or take concentrate their academic work or prepare their assignments/task. However, numerous students spend much time do after superfluously things instep they suppose to peruse their books to secure information, but they draw to concentrate on unimportance things and this contributes to their destitute scholarly execution on their studies. Hence, this lead to drop out of numerous students whereas others perform woefully since of their failure to manage with their studies.

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