



Psychological Perspectives of Procrastination

Santosh Vasant Savdekar

Assistant Professor,

Government Vidarbha Institute of science and Humanities, Amravati (MS)

Abstract:

Procrastination is an important factor for understanding acute and chronic health problems, its links with stress and poor health issues. In this review I present current evidences on procrastination and health, procrastination may susceptible for chronic illness .Procrastination contributes both long term and short term health issues .I review evidence and suggestion that how these characteristics further compromising healthy adjustment and disease management in individual they already suffered with chronic illness and subsequent effect on health. The review paper focused and concludes with a discussion of effective fruitful parts of research to better understanding the long term health issues and procrastination.

Keywords: Procrastination, Stress, Health behavior, Chronic Disease Cardiac Disease

Introduction:

It is said that a person who has command over his time is the most efficient person. On the opposite side, the well known saying that "procrastination is the hoodlum of time" is as evident now daily as it at any point seemed to be. This hoodlum of time is difficult to keep up and can prompt stress, tension and medical problems influence one's his profession and connections and, at last loss of regard. In this way, it is hard to consider people who never procrastinate. Procrastination is so basic now daily that on the off chance that somebody to say that am 'I never dawdle' it would doubt that the individual was either deceptive or reacting in a socially adequate way. Lakshmi Narayan N. and et.al 2013 said that Procrastination likewise impacted on

understudy's scholastics execution, understudies who having high procrastination conduct they achieve underneath normal in their scholastics grades

Being apathetic to go out on a limb, or taking a stab at something new, remaining at home or in the regular old routine occupation, getting sick when looked with an unsavory errand, keeping away from clashes or choices, accusing others or the circumstance for one's despondency or to evade accomplishing something, making huge arrangements yet never actualize, that it is difficult to complete significant work all these symptoms said that procrastination, which said that straightforward conduct, which includes feelings, abilities, musings, or frames of mind and factors we are uninformed of. Procrastination is an odd; its motivation is to be to make our life increasingly wonderful however alongside of its consistently includes stress, disruption, and every now and again disappointment. It is a chronic issue others find that it hits just five parts of their lives. The outcomes however are normally the equivalent for example squandered time, missed openings, terrible showing, and expanded stress. We have very Cleary fools ourselves. We never find ourselves lacking in giving reasons for postponing a specific undertaking. These self – overcoming pardons appear to be very reasonable. These get us to post pone important assignments and obligation. In this way, procrastination is letting the low need tasks get in the method for high need ones. A portion of the world acclaimed slacker for their work like Leonardo da vinci, artist Coleridge, author Douglas Adams. Pychyl, Lee, Thibodeau, and Blunt, 2000 said that Even for the customary understudy, procrastination is extensive, speaking to more than 33% of their reported daily errands. Besides, these rates have all the earmarks of being on the ascent (Kachgal, Hansen,Nutter,2001). (Harriott& Ferrari, 1996) investigated that during school, procrastination is likewise far reaching in thegeneral populace chronically influencing some 15-20% of grown-ups (Harriott& Ferrari, 1996). The recurrence of procrastination has expanded presently when contrasted with before times. Steel reports (2002), "when we initially began estimating procrastination (in 1978), about 15% of the populace said they dawdle to some degree and around 1 % showed they frequently stall. In 2002, about 60% of the populace said they tarry to some degree and about 6% showed they regularly linger. In spite of this expansion chronicled references show that it is a pervasive issue". Noach Milgram 1992 composed the primary authentic investigation on this theme, "Procrastination: An ailment of Modern time". Ferrari, Johanson, andMcCown1995 centered procrastination existed since the beginning

however that it just obtained genuinely negative relationship with the approach of the industrial unrest, that is around 1750. Prior to at that point, procrastination was seen impartially and could be deciphered as a savvy course of in. As per Ferrari et.al. 1995 they discover models from antiquated Egyptian and Roman developments where the creators utilize the idea of deferment or putting off as being helpful or insightful as referred to in Ferrari et.al. (1995). these models incorporate staying away from superfluous work or exhibiting tolerance. Additionally they note that procrastination didn't have negative relationship until the mid-eighteenth century. Along these lines, they finish up, "that as financial aspects become huge and progressively intricate, words identified with the idea of undertaking evasion become all the more adversely pervaded with importance". As per Morris 1978, "Procrastination is the demonstration of postponing working on something until a next date, deferring or deferring superfluously".

As indicated by Lay (1986), procrastination is, "the inclination to delay what is important to arrive at certain goal". Sabini and Silver (1982) considered various circumstances in which individuals "put things off" and certain whether such activity comprises procrastinator behavior. They investigated that individuals are hesitating on the off chance that they nonsensically put off and "if this madness is brought about by perceiving or liking what.... (one).... should do ". By "should", these creators are alluding to what one ought to do to arrive at an objective. They additionally mean right then and there in time. In any case, "should" can happen inside some bigger time range also, especially where there is no effectively clear structure to when things should be done and not put off. This "should" allude to not just to "that which is basic to arrive at same objective", however can likewise allude to the objective in essence. In the two instances of "should", the job of others in the individual's life can be considered. As per Sabini and Silver, conduct must be slacker in the event that it is unreasonable. This nonsensicalness incorporates a period component, all the more absolutely, an estimation by the on-screen character of the length of time required to finish an undertaking. As they state "postponing things even until the last minute isn't procrastination if there is motivation to accept they will take just that minute". Solomon and Rothblum 1984 characterized procrastination as "the demonstration of pointlessly postponing errands to the point of encountering emotional distress".

As indicated by Senecal, Koestner and Vallerand 1995, "Procrastination normally includes deferring the beginning of an assignment until one encounters distress about not having played out the movement before".

Procrastination is regularly normal in the scholarly field as is obvious from the frequency of procrastination in scholastic space. As per Ellis & Knaus, 1977; O'Brien, 2002 Estimates demonstrate that 80% to 95% understudies take part in procrastination According to Ellis and Knaus, 1977; O'Brien, 2002. In any event, for the normal understudy, procrastination is significant, speaking to more than 33% of their announced everyday errands.

Pychyl, Lee, Thibodeau, and Blunt, 2000. Rothblum, Solomon, and Murakami 1986 characterized scholarly procrastination as, "the propensity to consistently or about consistently put off scholastic errands, and consistently or intently consistently experience tension connected with procrastination."

Milgram, Gehrman, & Keinan, 1992 said that Academic procrastination has gotten more research and expert enthusiasm than different sorts of procrastination, decisional, hypochondriac, and life routine procrastination. Semb, Glick and Spencer, 1979 investigated that There is sign that procrastination brings about destructive scholarly execution, including less than stellar scores and course withdrawal, and that the inclination for understudies to stall expands the more they are in school Burka and Yuen, 1982 recommend Anecdotal information from slackers and from clinical perceptions of slowpokes various other potential explanations behind procrastination are assessment tension, trouble in deciding, defiance to control, absence of statement, dread of outcomes of progress, saw aversiveness of the undertaking, and excessively fussy budget benchmarks about competency.

THEORIES OF PROCRASTINATION

Fear of failure, perfectionism: Essentially, people are supposed to procrastinate on tasks because they are aversive or stressful. Thus those who are more susceptible to experiencing stress should procrastinate more. Ellis 1973 says varied conditions make people anxious.

Characterizes them as: I) almost certainly hindering the pursuit of happiness and fulfillment of desires, and ii) almost completely random and unprovable. Some anxiety provoking situations are irrational beliefs e.g. Fear of failure and perfectionism.

Self-handicapping: Self handicapping is when people place problems that delay their own good performance. The motivation for self- handicapping is often to protect

self- esteem by giving people an external reason, an "out," if they fail to do well. Postponing a task can be a way to self -handicap. However, self-handicap ping and procrastination will differ regarding causes and treatments.

Discounted Expectancy Theory

This theory has been proposed by Steel and Konig .It signifies the very cutting edge of motivational research. It suggests that the causes why people make any decision can be largely represented by the following equation:

Utility= Expectancy X Value

Sensitivity X Delay

Utility specifies preference for a course of action. Naturally, the higher the utility, the greater the preference. Expectancy refers to the odds or chances of a result occurring while value refers to how satisfying that outcome is. Naturally, we would like to choose pursuits that give us a good chance of having a pleasing result. On the bottom of the equation, there are two variables; Sensitivity refers to the subject's sensitivity to delay. The larger the "Sensitivity Value" is, the greater the sensitivity. Finally, Delay indicates how long on average, one must wait to receive the payout. Since delay is in the denominator of the equation, the longer the delay, the less valued the course of action is perceived.

CAUSES OF PROCRASTINATION

Based on the research work on procrastination, Steel (2002b) has divided the causes and association of procrastination into three major sections;

1) Task characteristics 2) Individual Differences and 3) Demographics.

1) Task characteristics: indicate environmental causes of procrastination. Briody, 1980 says about 50% of people reply that their procrastination was due to some task characteristic. Two predictable environmental factors have been suggested: **I)** Timing of Rewards & punishments, and **II)** Task Aversiveness.

I) Timing of Rewards and punishments:

It has been observed that the further away an event is temporally, the less impact, it has upon our decisions (e.g. Lewin, 1935). In Samuel Johnson 1751 essay on procrastination state temporal proximity as a cause in that it is by its nearness enabled to make the strongest impressions. More recently, this preference for the present has been recreated as an explanation. O'Donoghue and Robin (1999) used the economic discounted utility model to describe various forms of human procrastination such as our tendency to inadequately save for retirement.

II) Task Aversiveness:

Milgram, Sroloff, & Rosenbaum, 1988 they also called as dysphoric affect. Milgram, Sroloff, & Rosenbaum, 1988 or task appeal Harris & Sutton, 1983, it refers to action that we find unpleasant. We find to avoid aversive stimulus, and consequently, the more aversive the situation, the more likely we are to avoid it.

Though there may be variety of reasons we dislike a task, Research suggests that if we do find it unpleasant, we are certainly more likely to put it off.

2) Individual Differences:

Various personality traits have been studied in relation to procrastination. These have been grouped under factors like Neuroticism- it is considered along with four of its facets: 1) Irrational beliefs, 2) Self-Efficacy & self-esteem 3) Self-Handicapping, and 4) Depression. Similarly extraversion includes: positive affect, impulsiveness and sensation seeking. Finally conscientiousness is considered along with several constructs related to self-regulation;

1) Distractibility, 2) organization, 3) Achievement motivation, 4) Intention- Action gap and 5) mood and performance outcomes.

3) Demographics:

Three possible demographic moderators of procrastination are age, sex, and year. As O'Donoghue and Robin 1999 conclude, many people who procrastinate only moderately do so , not because of intrinsic self control but because they have developed schemes to overcome procrastination

TYPES OF PROCRASTINATORS

Basically there are two fundamental kinds of procrastinators: 1) tense and 2) relaxed.

The tense scared type of procrastinator is described as feeling overwhelmed by pressures, unrealistic about time, unclear about targets, unhappy with accomplishments, uncertain, blaming of others or other circumstances for his/her failures, low in confidence and, sometimes perfectionist. They think his/her work is determined by what he/she does, which reflects his/her level of capacity. He is afraid of being judged and found wanting. Thus, this kind of procrastinator will get over-stressed and overworked until he escapes the pressure temporarily by trying to relax but any enjoyment gives rise to guilt and more apprehension. Burka, Yuen 1983 and Ellis and Knaus 1977: describe The tense scared type of procrastinator have five forms, 1) those who are fearful of success in school; 2) those who are afraid of failing; 3) those who need to feel in control and to resist control of someone else Ellis and Knaus refer to this type as the "angry defiant procrastinator"; 4) those who procrastinate to keep someone they need close to them; and 5) those who tend to keep a frightening relationship at a distance.

Sapadin and Maguire (1977) have also classified procrastinators into different types: the "perfectionist" who dreads doing anything that is less than perfect, the "dreamer" who has great ideas but hates doing the details , the "worrier" who doesn't think things are right but fears that changes will make them worse, the "defier" who resists doing anything suggested or expected by someone else, The "crisis-maker" who manages to find or make a big problem in any project and the "over-doer" who takes on way too many tasks.

Relaxed procrastinator: pleasure-seeking procrastinator. Solomon and Rothblum (1984) found this type to be much more common among college students than the tense- afraid type. Ellis and Knaus (1977) call this the easily frustrated, self-indulgent procrastinator. The relaxed procrastinator's thoughts may push away from his work or responsibility. For this person gain is not worth the pain, especially since the necessary work seen by them as so unpleasant or boring or stupid that they just can't do it.

Chu and Choi (2003) have distinguished two different types of procrastinators:

1) Passive versus 2) Active procrastinators.

Cognitively, passive procrastinators do not plan to procrastinate, but they often end up stopping tasks because of their inability to make decisions quickly and thereby act on them quickly. Whereas active procrastinators are capable of acting on their decisions in a timely, though. They hang their actions deliberately and focus their attention on other key tasks at hand.

Ferrari, Parker, & Ware, 1992 they says, when a deadline approaches passive procrastinators feel pressured and become pessimistic in their outlook, especially about their capacity to achieve goals. Steel, Brothen, & Wombach, 2001 explored that Their thought of self-doubt and inadequacy increases the chance of failure and leads feelings of guilt and depression.

On the other hand Active procrastinators, like to work under pressure When faced with last minute tasks they feel challenged and motivated and that. The investigator has studied general as well as academic procrastination as given by Lay (1986) and Milgram and Amir (1998).

Psychological perspective:

The pleasure principle plays the role for procrastination; one may prefer to avoid negative emotions by delaying stressful tasks. As the deadline for their target of procrastination grows closer, they are more stressed and may, thus, decide to procrastinate more to avoid this stress. Some psychologists cite such behavior as a tools for coping with the anxiety associated with starting or completing any task or decision. Piers Steel indicated in 2010 that anxiety is just as likely to make people to start working early as late, and that the focus of studies on

procrastination should be impulsive. That is, anxiety will cause people to delay only if they are impulsive.

Coping: Negative coping responses of procrastination tend to be avoidant or emotional rather than task-oriented or focused on problem-solving. Emotional and avoidant coping is employed to reduce stress associated with delaying intended and important personal targets. This option provides immediate pleasure and is consequently very attractive to impulsive procrastinators, at the point of discovery of the achievable goals at hand. There are several emotion-oriented strategies, similar to Freudian defense mechanism, coping styles and self-handicapping.

Following are the Coping responses of procrastination

Avoidance: Avoiding the location or situation where the task takes place

Denial and trivialization: Pretending that procrastinator behavior is not actually procrastinating, but rather a task which is more important than the avoided one, or that the essential task that should be done is not important.

Distraction: Engaging in other behaviors or actions to prevent awareness of the task the subject is very sensitive to instant pleasure and becomes absorbed in coping behaviors beyond self-restraint.

Descending counter factuality: Comparing consequences of one's procrastinator behavior with others' bad situations

Valorization: Aiming in satisfaction to what one achieved in the meantime while one should have been doing something else.

Blaming: Delusional attributions to external factors, such as rationalizing that the procrastination is due to external forces beyond one's control.

Mocking: Using humor to validate one's procrastination. The person uses slapstick or slipshod methods to criticize and tease others' striving towards the goal.

Task- or problem-solving measures are taxing from a procrastinator's outlook. If such events are followed, it is less likely the procrastinator would remain a procrastinator. However, pursuing such measures requires actively changing one's behavior or situation to prevent and minimize the re-occurrence of procrastination.

In 1982, it had been explored that irrationality was a natural feature of procrastination. "Putting things off even until the last instant isn't procrastination if there is a reason to believe that they will take only that moment". Steel et al. explained in 2001, "actions must be delayed and this delay must represent poor, inadequate, or ineffective planning"

Health perspective

To a certain degree it is normal to procrastinate and it can be held as a useful way to prioritize between tasks, due to a lower tendency of procrastination on truly valued tasks. On the other hand, excessive procrastination can become a problem and impede normal functioning. When this happens, procrastination has been found to result in health problems, stress and anxiety, sense of guilt and crisis as well as loss of personal output and social disagreeable for not meeting tasks or words. Together these feelings may promote further procrastination and for some individuals procrastination becomes almost chronic. Such procrastinators may have difficulties seeking support due to procrastination itself, but also social stigma and the belief that task-aversion is caused by laziness, lack of strength or low goal. In some cases problematic procrastination might be a sign of some underlying psychological disorder, but not necessarily

Research on the physiological roots of procrastination have been concerned with the role of the prefrontal cortex the area of the brain that is responsible for executive brain functions such as impulse control, attention and planning. This is consistent with the idea that procrastination is strongly related to such functions. The prefrontal cortex also acts as a filter, decreasing distracting stimuli from other brain regions. Damage or low activation in this area can reduce one's skill to prevent diversions, which results in poorer organization, a loss of attention, and increased procrastination. This is similar to the prefrontal lobe's role in attention –deficit hyperactivity disorder, where it is commonly under activated.

There seem to be essentially two ways through which procrastinating can affect health – one involves stress while the other involves behaviors that have a poor impact on health. Procrastination also seems to have a role to play in anxiety and depression.

The Effect of Stress

Many researches have shown a link between procrastination and stress. Delay important tasks can lead to stress as you rush to meet a deadline at work or miss paying bills. Stress, in turn, is related with various diseases like headaches, flu, backaches, and even a sore throat, heart disease and hypertension. Procrastinators having a poor self-image these contribute to increase stress levels. There are huge chances of procrastinator's habit to drugs, smoking, and alcohol as coping tools to deal with stress.

Poor Sleep Quality

Procrastinators have been found to sleep poorly. They sleep few hours at night, find, and might need to use medicines to sleep. This is because they experience extra stress and anxiety, which in turn affects their sleep quality.

Cardiac Health and Hypertension

Studies show that procrastination may be one of the factors that increase susceptibility to cardiac diseases and hypertension. Procrastinators incline to cope badly with these conditions and to manage them poorly. They not deal well with stress, a significant factor in cardiac health, using disorganized ways to cope. For instance, procrastinators are involved in negative and critical thinking and guilt themselves they face difficulty to taking a proper action.

Health and Immunity issues

Research explored that non-procrastinator, procrastinator are more prone to illness and suffer with low immunity they tend to fall sick more often, Non procrastinator as eat right time, do exercise regularly, and sleep on time. Procrastinator not maintains their medical needs they have routine medical checkups and hospital visits for illness this also leads to stress. Put off important issues tend to increase in stress, students who putting off their term submission they feel more

pressure during deadline. The Stress and cortisol hormone hazard's on immune system ultimately exposing the body to illness. Student who procrastinated their assignments they not only feel stress but fell ill and visited the doctor more often

Poor self-esteem, anxiety, and even depression are common among procrastinators, with one issue serving off the other.

Management Strategies:

William j.knaus said that more than 90% students procrastinate; of these 25% are chronic procrastinators. Perfectionism is a major cause for procrastination because pursuing unattainable targets probably results in failure. Unrealistic expectation lowers self-esteem and unhappiness. To overcome from procrastination it is needed that to identify and accept the failure. To stop focusing on faults to set goals that is easier to achieve. Daily behaviour and practices that minimize procrastination awareness of habits and thoughts that leads to procrastinate.

Seeking help of self defeating problems such as anxiety difficulty in concentration, fear, and poor time management. Fair evolution of goals, strength, weaknesses and priorities. Concentrate on achievable goal and organize daily plan and activity accordingly. Modification of our environment to achieved newly perspective. Dived tasks or issues in small blocks of time,engage oneself in motivational and social activity, reward yourself when accomplished tasks. Make a plan and scheduled that complete in time.

Piers steel said that those who are good in time management they will easily overcome procrastination, A good approach to deal with creatively utilize ones strength that are suited for the most challenging and productive work. Steel explored that it is important to have realistic goals, to solve one issue at a time and celebrate a small success. Brian O'leary Suggest and support that found a balance between work and life he said that that is makes us a more productive, he said that engage oneself in leisure activities and motivational activity that's lead to increase our efficiency at handling task.

John Perry Philosopher wrote an essay entitled “Structured Procrastination” he said that “cheat” method as a safe approach to deal with procrastination

Summary:

One of the main cause to get bad remarks in our task or incomplete it because of procrastination. Procrastination makes a bad effect on our daily activity. When we procrastinate we didn't learn self-discipline, the quality of work get suffered these overall leads to stress. Previous finding has explored that procrastinators experience high levels of stress. This review paper investigate procrastination and health problems, procrastination was associated with lower self-esteem, anxiety, cardiac disease and its associated with health problems, so procrastination behavior is harmful for an individual.

Conclusion:

The first section of this review paper provides an overview of current findings and understanding how procrastination relates to health issues. The next section focused on theory of procrastination and health behavior. Third section present current research linked to procrastination and cardiac health, hypertension, stress etc. review suggest that those who have procrastinating behavior they tend to be more prone to stress, anxiety, hypertension and cardiac disease.

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