THE PROCRASTINATION TENDENCY: A COMPARATIVE STUDY OF ACADEMIC AND NON-ACADEMIC COURSE'S LEARNERS OF AGRA CITY

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Abstract

*The major interest of the existing research to examine the relationship between high, average and low groups of procrastinators among learners of Academic and Non Academic courses from the colleges of Agra. The purposive random sampling used to collect data from 200 males and females from the age group of 19-28 years from different post-graduation and graduation courses of the Engineering, Management, Education and Science streams from various colleges in Agra. **Procrastination scale** prepared by Dr. Amit Abraham used for data collection. It is a five-point scale having total 30 statements. By using S.D., Mean, Anova and t-test the result derived which shows that significant differences are found in between Academic and Non Academic course's learners, male and female students from the whole group (N=200). 85.5% scored Average, 10% scored high and only 4.5% scored low in procrastination trait. Out of 200 college students 171 scored average, 20 high and only 9 scored low procrastination.*
Keywords: *Procrastination, Professional, and Non-professional.*

Preface

 "Procrastination is a behavior which is characterized by the deferment of actions of tasks to a later time". According to Psychologists, procrastination is a mechanism of coping with the anxiety that is associated with starting or ending any task or decision. Procrastination means *"postponing the completion of a task to the point of feeling uncomfortable about one's delay"* (**Johnson & Bloom** , 1995).

There is one famous quote which says, Procrastinators are not born, they are made. Not directly, But Procrastination is learned from the family milieu itself. Procrastinators tell lies to themselves only in such a way, "I" will feel more like doing this tomorrow." or "I work best under pressure." But they do not get the any urge on the next day or work best under pressure. In addition, they are trying to protect their sense of self by saying "this is not important." There is another big lie that procrastinators indulge is that pressure makes them more creative. Mostly we find three types of procrastinators; Firstly thrill-seekers, who always wait to the last minute for the euphoric rush or *Arousal Types*. Secondly, who avoid fear of failure; success but concerned with other's opinion about themselves known as *Avoiders*. Thirdly, who are not able to take decision, known as *Decisional Procrastinators?* Procrastination research is a new field, after researches behavior - and decisional procrastination is commonly found. *Behavioral Procrastination* is a self-sabotage strategy, in which person blame and avoids actions, often uses excuses. **Decisional Procrastination** are kind of perfectionists, they always try to seek more and more information about available alternatives before attempting to make any decision, if they make one at all.

Procrastination affects all aspects of our lives either in positive or while others in negative way. Researchers find out that there are **Psychological and Physiological Causes** that creates Procrastination in human beings.

Objectives:

1. To examine the tendency of procrastination in the learners between Academic &   Non-Academic courses.

2. To find out gap between male and female in the procrastination tendency.

Hypothesis:

Arising from the above objectives the following hypothesis are formulated:

1. There will be no significant difference in the tendency of procrastination in learners between Academic & Non-Academic courses.

2. There will be no significant difference between male and female in the tendency of procrastination.

Sample:

The purposive random sampling is used due to the sample is drawn from two groups based on Academic & non-Academic courses from various Engineering, Management, and Education and Science streams colleges of Agra City. Total sample of 200 male and female students having age group of 19-28 years taken randomly from different post-graduation and graduation courses. The distribution of the sample on the basis of college, courses and sex has been shown in the following tables:

Table- 1.1
Sample Distribution According To Courses

Courses	N
Engineering	50
Management	50
Science	50
Education	50
Total	200

Table-1.2
Sample Distribution According To Sex

Sex	N
Male	100
Female	100
Total	200

Tool:

A Procrastination scale made by Dr. Amit Abraham that is five-point scale having set of 30 statements. Every statement explains procrastination in direct or indirect manner. The respondents have no decided whether that statement is characterize, uncharacteristic neutral with regards to them.

Scoring and interpretation:

Five point scale given for the responses on the answer sheet. For the strongly disagree 01 mark, for disagree 02 marks, for undecided/neutral 03 marks, for agree 04 marks and for strongly agree 05 marks. After rating all the statements, the total scores measures the level of procrastination. The total scores in the range of 110-150 indicate high procrastination. 71-109 Average procrastination and 70-30 low procrastination.

Instructions to use scale of procrastination:

This scale is used by People to describe themselves. For each statement, you have to decide whether the statement is uncharacteristic of you using 5-point scale. Number 2 on the scale represents Neutral (undecided) it means statement is neither characteristic nor uncharacteristic of you. Kindly express yourself in terms of your agreement or disagreement with the given characteristic in the statement. On the line next to the statement please write the number of 5-point scale on the basis of your agreement/disagreement.

Statistics used:

For the propose of statistical analysis of data the following techniques were used:

Measure of central tendency: The purpose of our using the means was that we wanted to investigate if apart from any relationship between the variable under study. Further the mean helped us in testing if this difference was significant or not.

Measure of variability:

The standard deviation (SD) is considered as a permanent unit of the measurement of variability and on the basis of this index the total range of a score distribution and generalization can be easily explained. The purpose of using the standard deviation was intra-group. (Male, Female, professional and non-professional.)

Student's t - test:

In our study the t test has been used to see if Male, Female, professional and non-professional differ statistically.

Anova

The Analysis of variance (Anova) is very powerful and common statistical tool used to study sampled data relationships.

Results:

On the basis of our objectives and hypothesis and there by statistical finding the
Results are being discussed and interpreted below under the various objectives and
Hypothesis of the study. All the hypothesis which we had formulated, proved worth
In the sample chosen for this study.
The existing research aims to examine the relationship and difference on the basis of
Gender and courses of study and seen whether the scores differ significantly or not.

Table: 2.1
Descriptive

Proc.	N	Mean	Std. Deviation
High	20	118.60	9.886
Avg.	171	94.04	9.602
Low	9	64.56	3.358
Total	200	95.17	13.682

Table: 2.1 provide comparison of whole group of college students in the Procrastination. It shows that from the whole group (N=200) 85.5% scored average, 10% scored high and only 4.5% scored low in procrastination trait. Out of 200 college students 171 scored average, 20 high and only 9 scored low procrastination.

Table: 2.2

Anova

ZN	Sum of Squares	df	Means Square	F	Sig.
Between Groups	30.945	2	15.473	51.597	.000
Within Groups	59.075	197	.300		
Total	90.020	199			

Table: 2.1 depicted that significant difference is found in the all group of college learners (high, average and low).

Table: 2.3

Group of Academic vs. non-Academic

Scores	Profession	N	Mean	Standard Deviation	Mean difference	t value	Degree of freedom (df)	P value
PRO.	Academic	100	98.07	13.281	5.800	3.060	198	.003
	Non-Academic	100	92.27	13.525				

Table: 2.3 provide comparison of whole group of Academic vs. Non-Academic course learners in Procrastination. **The t- test** shows that the whole group of Academic vs. Non-Academic having a significant difference in procrastination trait amongst them.

Table: 2.4
Group of Male Vs. Female

Scores	Sex	N	Mean	Standard deviation	Mean difference	t value	Degree of freedom (df)	P value
PRO.	Male	100	92.57	12.007	-5.200	-2.731	198	.007
	Female	100	97.77	14.781				

Table: 2.4 provide comparison of whole group of male vs. female in Procrastination. Comparison between male and female of whole group is given. Many forces shape an individual. Human individuality is too complex for any one system to explain adequately.

To Sum -up

By the data interpretation the result find out, the hypotheses of the study not accepted and significant differences were find among Academic and Non-Academic and male and females of various colleges in the three levels of procrastination; high, average and low. The sample researcher taken is Average procrastinator, which shows that many times they delay their works but not always, it is away from the tendency of chronic state. Due to stress, stigma, capacity, lack of creativity, responsibility and commitments, a person can be procrastinator to some level, which is normal.

Ellis and **Knaus** (1977), **O'Brien** (2002) estimated that 80%–95% of college students engage in procrastination. According to **Potts** (1987) **Day, Mensink and O'Sullivan,** (2000) **Haycock,** (1993) **Micek,** (1982) **Onwuegbuzie**, (2000) **Solomon** and **Rothblum,** (1984) approximately 75% consider themselves procrastinators and almost 50% procrastinate consistently and problematically. **Pychyl, Lee, Thibodeau**, and **Blunt (**2000) researched that, the absolute amount of procrastination is considerable, with students reporting that it typically occupies over one third of their daily activities, often enacted through sleeping, playing, or TV watching. Furthermore, **Kachgal, Hansen,** and **Nutter** (2001) reported that these percentages appear to be on the rise. **J. Harriott and Ferrari, (1996) in "Haven't Filed Yet," observed that** being endemic during college, procrastination is also widespread in the general population, chronically affecting some 15%–20% of adults.

By Adding more variables at a time and studying their relationship and interdependence at length and in depth can be done in Future for more research. Research can be done on more academic and non-academic courses across the country like engineers, doctors, executives, scientists etc.

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