# A Study to assess the level of academic procrastination among nursing students at selected Nursing College, Bangalore.

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A R T I C L E I N F O

A B S T R A C T

Procrastination has been commonly understood as a maladaptive behavior that impedes successful academic experiences. Procrastination is expressed in a set of conditions affected by the intellectual achievements.

Although academic procrastination is a common type of procrastination which can be seen in children, adolescents and adults in their respective universities. Recent study was conducted in order to measure the procrastination among students and it was suggested that the students will be showing this behavior to reduce or avoid criticism.

The study focused on academic procrastination among nursing students at selected Nursing College, Bangalore. Non-experimental descriptive design was used to conduct the study on academic procrastination among nursing students to assess the level of academic procrastination. 100 nursing students were selected by non-probability-convenience sampling technique. Self administered Rating scale on Procrastination was used to collect the data.

 The result show that majority of nursing students (43%) expressed neutral  response about academic procrastination. 34.60% of nursing students agreed to have academic procrastination. 8.80% of nursing students, strongly disagree for academic procrastination. In contrast 7.93% of nursing students strongly agree for academic procrastination. A minority of (5.90%) nursing students, disagree for academic procrastination

## Introduction:

Delaying or postponing tasks till the very last minute or after their due date is known as procrastination. A "form of self regulation failure characterized by the irritated delay of tasks despite potentially negative consequences" is how some researchers characterize procrastination. While everyone puts things off occasionally, procrastinators tend to avoid challenging activities and may actively seek out distracters. About 20% of people are habitual procrastinators, and for them, saying "I don't feel like it" takes precedence over their objectives or obligations. This can lead to a downward spiral of unpleasant emotions that further discourages future effort. A certain amount  of self-deception is also involved in procrastination; although procrastinators are somewhat conscious of their behavior and its repercussions, altering their patters takes even more work than finishing the task at hand.One particular kind of behavioral procrastination is academic procrastination. It describes the propensity to willingly postpone a planned study related action in spite of the unavoidable drawbacks of doing so. More than 70% of college students engage in this kind of procrastination, which has been linked to poor academic performance as well as increased stress and worry. It is frequently thought of as a behavioral pattern to avoid challenging or stressful jobs. A motivating variation in broad values. A time management problem or a failure in met cognitive self-regulation.Numerous personal traits, including perfectionism, fear of failure, low self-efficacy, poor self-

regulation and behavioral rigidity, as well as situational factors like task difficulty and the class climate and motivational factors like goal orientation, have been linked to this maladaptive behavior.Procrastination frequently has detrimental affective, mental, and behavioral effects including stress, inconsistent work, bad self-image, poor social impression, and unstable health. More specifically, academic procrastination is closely linked to dysfunctional learning outcomes for many students, including poor academic performance, poor academic work, ignorance, time pressure, dropout, and extended study periods.

**Need of the Study:**

Procrastination is a behavioral phenomenon that involves a person to act unnecessarily postponing decision or action. Procrastination arises from its widespread impact on personal productivity, academic performance, mental health, and overall well-being. It has become an important problem associated with a high incidence.

By studying procrastination, we can uncover the mechanism behind avoidance behaviors and create better strategies for time management, goal setting, and emotional regulation. This can help mitigate the negative effects of procrastination, leading to enhanced productivity better mental health and overall improved life satisfaction. Studying procrastination also provides valuable insights into improving how we approach tasks, set realistic goals, and regulate our emotions. It also allows for the development of evidence based interventions that can be integrated into various contexts such as education, therapy or workplace training programmers.

A study by, Bojuwoye & Nordby (2019) indicates academic procrastination in students can be caused by a variety of variables, such as poor time management, resistance, a lack of desire, poor self-regulation skills, fear of failure, the instructor and self-efficacy.A study by, Hen & Goroshit (2020) emphasized that there are three types of procrastination: decisional procrastination, which is defined as the tendency to put off making a decision for a task or activity for a set amount of time; an individual with this tendenc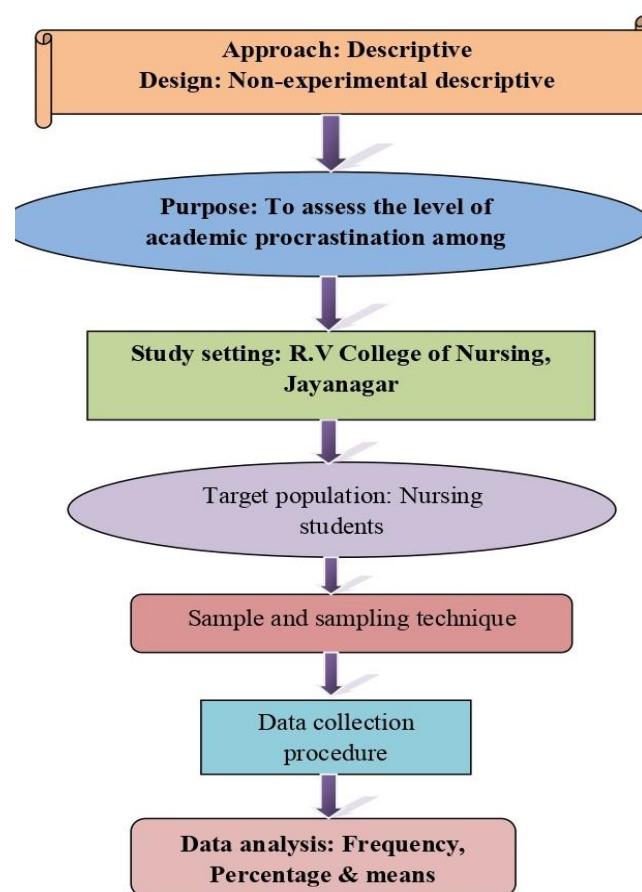y would struggle to make a decision on time. Procrastination is often caused by academic performance increased stress and decreased productivity. Approximately more than half (54%) of the nursing students who were valuated reported frequently using the internet to procrastinate.Academic procrastination is the extensive problem at all level of study and occurs uniformly in girls and boys. From the Survey it had been scrutinized that most of the nursing students procrastinate due to diverse factors of academic activities and delay of daily tasks.

The need for this study was to find out the level of Procrastination among nursing students which may be effecting their academic performance

**Objectives:**

1). To determine the level of academic procrastination of nursing students from selected college of nursing
3). To determine the prevalence of academic procrastination among Nursing students of selected college of bangalore

**Schematic Representation of Research Design:**

Approach: Descriptive
Design: Non-experimental descriptive

Purpose: To assess the level of academic procrastination among

Study setting: R.V College of Nursing, Jayanagar

Target population: Nursing students

Sample and sampling technique

Data collection procedure

Data analysis: Frequency, Percentage & means

**Research Design:**

Non-experimental – descriptive, design was used to assess the level regarding academic procrastination among nursing students at selected Nursing College, Bangalore.

**Setting:**

The present study was conducted among Nursing Students at selected nursing college, Bangalore.

**Population:**

The total population of the present study comprised of all nursing students at selected Nursing College, Bangalore.

**Sample:**

100 Nursing students selected on the basis of convenient sampling technique from selected Nursing College, Bangalore.

**Sample Size:**

The sample size of the present study consists of 100 nursing students at selected Nursing College, Bangalore.

**Criteria for Sampling Selection:**

**Inclusion Criteria:**

The study includes

1. Nursing students who are available at the time of data collection.
2. Nursing students who are not willing to participate in the study.

**Exclusion Criteria:**

1. Nursing students who cannot understand Kannada language.

**Sampling Technique:**

Non-probability – convenience sampling technique.

**Section-1: Demographic Variables of Married Women**

**Table 1: Frequency and percentage distribution of nursing students according to age, educational stress, study sources, psychological factorsand hours of sleep.     n=100**

| Sl.No. | Demographic Variables | Samples | |
|--------|----------------------|---------|---|
| | | n | % |
| 1 | Age | | |
| | 18-20 Years | 6 | 6% |
| | 21-23 Years | 92 | 92% |
| | 24-26 Years | 2 | 2% |
| 2 | Gender | | |
| | Male | 31 | 31% |
| | Female | 68 | 68% |
| | Others | 1 | 1% |
| 3 | Marital Status | | |
| | Married | 2 | 2% |
| | Unmarried | 98 | 98% |
| 4 | Year of Study | | |
| | 3rd Year | 50 | 50% |
| | 4th Year | 50 | 50% |
| 5 | Educational Stress | | |
| | Mild | 17 | 17% |
| | Moderate | 50 | 50% |
| | Severe | 33 | 33% |
| 6 | Study Sources | | |
| | Textbook | 61 | 61% |
| | Online | 28 | 28% |
| | Others | 11 | 11% |
| 7 | Place Of Residence | | |
| | Hostel | 34 | 34% |

| | | | |
|---|---|---|---|
| | With Friends | 31 | 31% |
| | With Family | 23 | 23% |
| | With Local Guardian | 4 | 4% |
| | Single(Own) | 8 | 8% |
| 8 | Psychological Factors | | |
| | Anxiety | 45 | 45% |
| | Low Self-Esteem | 11 | 11% |
| | Lack Of Motivation | 12 | 12% |
| | Nil | 32 | 32% |
| 9 | Use Of Social Media Per Day | | |
| | Less Than 2 Hours | 13 | 13% |
| | 2-4 Hours | 61 | 61% |
| | More Than 4 Hours | 26 | 26% |
| 10 | Part Time Job | | |
| | Yes | 6 | 6% |
| | No | 94 | 94% |
| 11 | Single Child | | |
| | Yes | 12 | 12% |
| | No | 88 | 88% |
| 12 | Parenting Style | | |
| | Permissive | 51 | 51% |
| | Authoritative | 47 | 47% |
| | Neglectful | 2 | 2% |
| 13 | Hours Of Sleep | | |
| | Less Than 6 Hours | 22 | 22% |
| | 7 Hours | 48 | 48% |
| | 8 Hours | 25 | 25% |
| | More Than 8 Hours | 5 | 5% |
| 14 | Employment Status Of Father | | |
| | Employed | 57 | 57% |
| | Unemployed | 7 | 7% |
| | Own Business | 36 | 36% |
| 15 | Employment Status Of Mother | | |
| | Employed | 38 | 38% |
| | Unemployed | 54 | 54% |
| | Own Business | 8 | 8% |

**Result:**

**Table 2: Showing Level of Academic Procrastination among Nursing Students**

| Level of Academic Procrastination | Frequency | % |
|---|---|---|
| Strongly Disagree | 132 | 8.80% |
| Disagree | 89 | 5.90% |
| Neutral | 641 | 43% |
| Agree | 519 | 34.60% |
| Strongly Agree | 119 | 7.93% |
| Total | 1,500 | 100% |

**Assessment of level of academic procrastination among nursing students**
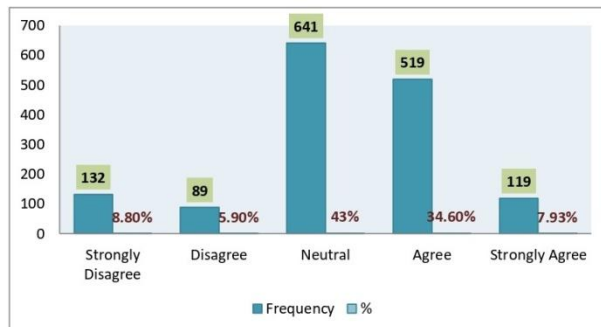


The above table shows that majority of the nursing students convey neutral (43%) response to the academic procrastination.

**Recommendation:**

The same study can be conducted in different cities to compare the result. The same study can be repeated on large sample so as to generalize the result. The short-term training programme on procrastination can be conducted and its effectiveness can be analyzed through the pre-test and post-test method. Similar kind of study can be conducted among different population.

**Conclusion:**

It is said that procrastination can ruin one's life, making it difficult to manage deadlines and schedules. Therefore, it is important to stay in control when procrastination begins to take over. One strategy recommended for overcoming procrastination is dividing a daunting task into manageable chunks. People often put off tasks that seem too challenging. It is also noted that academic procrastination can have a negative impact on a student's overall well-being, mental health, and academic performance.

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