

Academic Procrastination: An issue to address in Nursing Education



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"Everyone procrastinates, but not everyone is a procrastinator." - Joseph Ferrari

The term "procrastination" is made of two parts "Pro" meaning forward, ahead and in support of and "Crastinus" meaning tomorrow and up to tomorrow and procrastination simply means postponing a task. Procrastination is considered as a behavioral tendency in delaying what is necessary for achieving the goal; in other words, it is postponing a work which we have decided to perform it.

The most common type of procrastination is academic procrastination. Academic procrastination is a relatively common phenomenon among adults and students in the universities. Steele defined student/academic procrastination as follows: a deliberate delay in a practical course of study or learning in spite of the expected deterioration. A study by Barratt was carried out to determine the experience of procrastination behavior in students and it was suggested that people commit this behavior in order to avoid criticism. Some researchers pointed out its negative effects on learning and promotion, and also on academic performance. Psychologists' findings indicate that the academic procrastination is associated with many variables in personality and behavior.

Outcome of Academic Procrastination:

- ▶ Working under pressure
- ▶ Undeniable belief in their work
- ▶ Exam night rush
- ▶ Poor in class activities
- ▶ Poor academic performance
- ▶ Being taken away from responsibilities
- ▶ Incompletion of assignments and projects
- ▶ Work avoidance

Reasons for Academic Procrastination among Students

- ◆ Unable to manage time
- ◆ Test anxiety
- ◆ Fear of failure and success
- ◆ Lack of concentration
- ◆ Lack of passion and interest
- ◆ Perfectionism
- ◆ Laziness behavior
- ◆ Avoidance of dislike things
- ◆ Feeling overloaded
- ◆ Easily distracted
- ◆ Failure in self-regulation
- ◆ Sense of competition and peer influences
- ◆ Poor planning skills
- ◆ Low level of perseverance

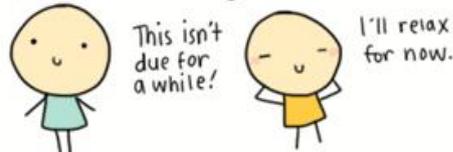


- ▶ Never meet the deadlines
- ▶ Stressful life conditions
- ▶ Panic anxiety
- ▶ Forgetting tasks allotted
- ▶ Giving importance to least important activity
- ▶ Lack of personal motivation
- ▶ Desire to avoid attending classes

stages of procrastination

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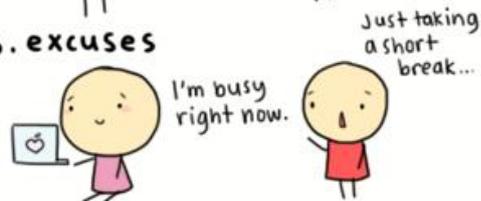
1. false security



2. laziness



3. excuses



4. denial



5. crisis



6. repeat

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How to overcome procrastination?????????

- ✓ Identify goals and make realistic decision about task to be performed.
- ✓ Priorities the task and work activities
- ✓ Figure out why you are procrastinating
- ✓ Plans need to be flexible
- ✓ Break every task into smaller clumps
- ✓ Set a deadline
- ✓ Avoid expecting perfection
- ✓ Eliminate distractions
- ✓ Don't plan all the hours in the day- leave plenty of unplanned times and spaces
- ✓ Boost your motivation. Focus on your strengths and reinforce yourself
- ✓ When you are stuck with your work, rather than stopping the work, try some other strategies like doing some creative work/arts.
- ✓ Engage yourself in physical activities
- ✓ If we feel stressed, take a break and do relaxation
- ✓ Beware the 'feel good' of 'good intentions'. If you give in to procrastination by saying to yourself 'I'll do it tomorrow', you will experience the immediate relief of not having to do the task now, plus the positive feelings that go with creating positive goals – we imagine ourselves into tomorrow feeling great and getting on with the task effortlessly.
- ✓ Will power is a limited resource! The more we have already had to exercise self-regulatory strength, the less well we maintain that strength in a new task. But this effect is eliminated if it is for a task, we feel highly motivated to do (i.e. it has a higher level of interest to us and so we feel more energized to do it).

Academic procrastination is a common phenomenon. Nursing students need to be motivated by their educators to overcome procrastination in their academic and clinical related task so they can give a better performance and quality service to the community.

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