

THE HIDDEN COST OF DELAY: HOW PROCRASTINATION AFFECTS PERFORMANCE OF UNIVERSITY STUDENTS

Ug'ilo'y Shavkatovna Uralova

Student of Uzbekistan State World languages university.

E-mail: shavkatovnaugiloy284@gmail.com

Supervisor:

Turgunova Shokhsanam Alisherovna

Teacher of Uzbekistan State University of World languages

Abstract

Procrastination is a common habit among students that is difficult to avoid. There are several studies that examine this issue and try to give suggestions. The aim of this article is to specify what procrastination actually is, what are the causes of it, how it affects students learning and personal lives, and how to overcome it. Most people consider procrastination as a state of laziness when individuals do not have a longing to complete or even start any task. But actually, procrastination has a broader meaning that most people fail to recognize. In fact, procrastination is not being lazy but doing intense and daunting tasks that have less significance, which leads to stress and low self-esteem among learners.

Prokrastinatsiya – bu talabalar orasida keng tarqalgan odat bo‘lib, undan qochish juda qiyin. Bu masalani o‘rganib, turli tavsiyalar berishga harakat qilgan bir necha tadqiqotlar mavjud. Ushbu maqolaning maqsadi – prokrastinatsiya aslida nima ekanligini, uning sabablarini, talabalar o‘qishi va shaxsiy hayotiga qanday ta’sir qilishini hamda undan qanday qutulish mumkinligini aniqlashdir. Ko‘pchilik prokrastinatsiyani dangasalik holati deb hisoblaydi, ya’ni odamlar hech qanday

topshiriqni bajarishga yoki hatto boshlashga ishtiyoq sezmaydi. Aslida esa, prokrastinatsiya bundan kengroq tushuncha bo'lib, ko'pchilik uni to'g'ri anglamaydi. Haqiqatda, prokrastinatsiya dangasalik emas, balki ahamiyati kamroq bo'lgan, ammo murakkab va qiyin vazifalar bilan shug'ullanishdir, bu esa talabalar orasida stress va past o'z-o'zini baholashga olib keladi.

Прокрастинация – это распространённая привычка среди студентов, от которой сложно избавиться. Существует несколько исследований, изучающих эту проблему и предлагающих различные рекомендации. Цель данной статьи – определить, что такое procrastination, каковы её причины, как она влияет на обучение студентов и их личную жизнь, а также как с ней бороться. Большинство людей считают procrastination состоянием лени, когда человек не испытывает желания выполнять или даже начинать какое-либо задание. Однако на самом деле procrastination имеет более широкое значение, которое многие не осознают. На самом деле, procrastination – это не лень, а выполнение сложных и утомительных задач, имеющих меньшую значимость, что приводит к стрессу и снижению самооценки среди учащихся.

Keywords: Procrastination, prioritizing, dealing with, struggle, self-esteem, overcoming, daunting, time management, schedule, deadline, fear of failure, perfectionism, factors, productive reasons.

Introduction

Academic procrastination is one of the common habits that most of the students find difficult to handle. Specifically, instead of understanding or defining procrastination as delaying all the tasks to the end of the arranged time, we should look deep into its specific meaning that is close to reality. To make it clearer, students who complain that procrastination is one of the domains that makes their study and achievement difficult have problems with prioritizing. That means that there are tasks that have more effects and significance compared to others, even though they are

struggling and demanding. However, most of the learners try to avoid daunting tasks and spend their valuable time on entertaining but less effective ones. This makes students less self-confident and lowers their self-esteem. Procrastination is often associated with several negative factors, such as lower academic performance (Steel et al), increased stress (Sirois et al) and poorer mental health (Stead et al)¹. Procrastination affects not only students' academic performance but also their physical health and mental well-being. George considers procrastination as a dispositional trait that has cognitive, behavioral, and emotional components; furthermore, it affects the activities of students who could not read but only postponed the time of reading. This can be seen because students procrastinate all the time and fail to prioritize their studies. They become more stressed, which is harmful for their health, and may feel that they are unable to achieve anything or lack something that other successful students own. But in reality, it is not lack of capability as they think, but it is mostly poor time management and failing to identify more important ones. Many students do not know that their inability to read is a problem of postponing their time to studies, but they are engaged more in pleasurable things in which they cannot benefit from it. Moreover, the students who studies their books perform better than those who are not serious. (Thomas). For achieving desired goal or level, learners should not only realize the importance of hard working but also difficulties and setbacks that they may came across over time. Students often delay tasks and activities inherent to learning and studying, despite knowing that they will be worse off because of the delay².

Main factors that lead to the procrastination.

Lack of certainty

¹ Procrastination is often associated with several negative factors, such as lower academic performance (Steel et al, 2001), increased stress (Sirois et al, 2003), and poorer mental health (Stead et al., 2010).

² Students often delay tasks and activities inherent to learning and studying, despite knowing that they will be worse off because of the delay (cf. Steel, 2007, Steel and Klingsieck, 2016).²

There are several reasons why students postpone their tasks. One of the main causes of delaying tasks is not having clear and desired outcome. When students are confused by an assignment, or don't know exactly what is expected of them, they often put off the assignment in hopes that they will understand it better later. This is especially problematic for students who are uncomfortable with uncertainty or unknown situations (International Journal of Sociology and Anthropology Research). In most cases students do not consider that they have a limited time and they believe that they can accomplish arranged tasks until the last minutes. This is also linked with unclear goals and uncertainty.

Interruption

In some cases, students procrastinate because of external distractions. This can be unpleasant noises of people around, and even they can distract by attracting them to unimportant things. Sometimes students set aside time with the intention of completing their work but end up distracted with other things. These distractions can be external like Facebook, text messages or internal like their own thoughts, impulses and so on. Either way, this results in them spending time that had been budgeted for their work in other ways³. Mostly, students are distracted by social media as they do not use it in an appropriate way.

Fear of failure

Another reason for delaying tasks is of course fearing of failure. Some students give up before even they start as they feel that they are not someone who have an exceptional ability to complete it. But actually, they do not need any exceptional talent for accomplishing any performance as every person are created with their unique side and with dedication and clear goals they can achieve their desired outcome. In another term we can say this as a perfectionism. This means learners try to make everything

³ These distractions can be external like Facebook, text messages or internal like their own thoughts, impulses and so on. Either way, this results in them spending time that had been budgeted for their work in other ways. (International Journal of Sociology and Anthropology Research Vol. January 2019)

perfect but they do not realize that mistakes are key to success and it is somehow impossible to do everything perfect.

The severe impact of procrastinating among university students.

Even though students postpone their tasks sometimes, even intentionally, its impact on their academic and personal lives is so detrimental. Regarding their academic life, they fail to achieve their desired outcome or even become stressed, as they do not necessarily value the importance of time and think that they can complete them later or in the last minutes of the fixed time. However, even if they accomplish these things until the end of the planned time, they may not feel satisfaction as they have to work or study superficially since they have very limited time. But in reality, it is not only a limited amount of time, but also it can be really daunting to accomplish all of the given assignments, as students have to spend a certain amount of time to work on their skills and studies. For example, if one student is given to do library research till the end of the week and she or he does not finish their work, they would receive another obligation for the next week, and this is what students are experiencing in their studies. In light of the negative consequence procrastination can have for academic achievement (Kim and Seo) and well-being (cf. Sirios and Pychyl), it seems important to screen for cases of severe procrastination a student population in order to offer the support needed⁴. Procrastination is associated with negative consequences concerning performance as well as physical and psychological well-being. However, although never a particularly helpful behavior, the relationship with performance is probably not as strong as most would expect. Among students, the correlation with academic achievement is weak, $r_s = -0.13$ to -0.19 (Steel, Kim and Seo).

How to deal with this problem

⁴ In light of the negative consequence procrastination can have for academic achievement (e.g., Kim and Seo, 2015) and well-being (cf. Sirios and Pychyl, 2016), it seems important to screen for cases of severe procrastination in a student population in order to offer the support needed.

The solutions for this issue are various, but there are some of them that are more effective compared to others. The first one is being aware of the reasons that cause procrastination. It is almost impossible to find any solution if you do not know the main reason why students procrastinate. To overcome procrastination, it's critical that you stay motivated for PRODUCTIVE REASONS. By productive reasons, I mean reasons for learning and achieving that lead to positive, productive, satisfying feelings and actions. These reasons are in contrast to engaging in a task out of fear of failing, or not making your parents angry, or not looking stupid, or doing better than other people to "show off"⁵. This patient likes to go to the pharmacy without knowing what his or her problem is. Another way is to motivate oneself with any enjoyable things or rewards so they try to get the reward at least by completing their task. Furthermore, one of the best solutions for dealing with procrastination is, of course, good time management. If students keep deadlines and planned schedules, they are more likely to handle this problem. To overcome procrastination, time management techniques and tools are indispensable, but they are not enough by themselves. And, not all methods of managing time are equally helpful in dealing with procrastination. (Procrastination, by Dominic J. Voge).

Conclusion.

The findings of this study show that procrastination, which students frequently experience in their academic lives and struggle to overcome, is caused by fear of failure (another word—perfectionism), poor time management, and doing tasks that are pleasurable, while its causes cannot be overestimated as they are detrimental to their academic lives and physical health. However, by clarifying the causes of it, putting a fixed schedule in order to use their time effectively, and rewarding themselves as soon as possible, they can tackle this problem.

⁵ To overcome procrastination, it's critical that you stay motivated for PRODUCTIVE REASONS. By productive reasons, I mean reasons for learning and achieving that lead to positive, productive, satisfying feelings and actions. These reasons are in contrast to engaging in a task out of fear of failing, or not making your parents angry, or not looking stupid, or doing better than other people to "show off."

References:

1. Eat that frog Brain Tracy.
2. T. Hailikari. N. Katajavuori. H. Asikainen
<https://link.springer.com/article/10.1007/s11218-021-09621-2>
3. Alexander Rozental, David Forsstrom, Ayah Hussoon and Katrin B. Klingsieck
<https://www.frontiersin.org/articles/10.3389/fpsyg.2022.783570/full>
4. Classroom Resources for Addressing Procrastination, by Dominic J. Voge. Source: Research and Teaching in Developmental Education excerpted from Vol. 23, No. 2 (Spring 2007) pp. 88-96
<https://mcgraw.princeton.edu/undergraduates/resources/resource-library/understanding-and-overcoming-procrastination>
5. Published online by Cambridge University Press: 13 August 2021
6. M. Ben Alaya, U. Ouali, S. Ben Youssef, A. Aissa and F. Nacef
<https://www.cambridge.org/core/journals/european-psychiatry/article/academic-procrastination-in-university-students-associated-factors-and-impact-on-academic-performance/D230B8D2D670DC7C2884294A274A08B5>
7. Elena V. Kuftyak <https://ap.pensoft.net/article/24340/?utm>