

## **Role of Motivation in Academic Procrastination: A Study**

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### **ABSTRACT**

In today's scenario, students are confronted with few challenges that hinder their aims. I would like you to mention a few, parents' indifference and lack of supervision, excessive curricular training, peer stress, lack of motivation and interest, loss of nutrition and health, lack of expertise, lack of guidance in career, lack of skilled teachers and committed teachers, lack of communication skills and many more problems. Procrastination means delaying or postponing tasks to or after the last minute. Procrastination, deliberately postponing errands regardless of hoping to be more regrettable off (Steel, 2007), is normal among understudies. In present investigation discovered that the t an incentive for sex contrast in scholastic procrastination is 1.68, which isn't critical. It implies that there is no huge sex distinction in scholastic procrastination of senior secondary school students.

**Keywords:** Procrastination, Academic Procrastination, Motivation, Intrinsic Motivation, Extrinsic Motivation

### **1 INTRODUCTION**

Education is the way to build the individual's limits and possibilities to make him or her fruitful in a particular society or culture. Education serves mainly as an individual development effort from this point of view. Education begins during birth and continues throughout life. It's constant and moving forward. Education is at the heart of every nation's improvement. It is a procedure that establishes the students' limit and ability. Education provides the stage for students, where students have a great deal to learn. Each person has different types of arrangements, capacities and interests. In today's scenario, students are confronted with few challenges that hinder their aims. I would like you to mention a few parents' indifference and lack of supervision, excessive curricular training, peer stress, lack of motivation and interest, loss of nutrition and health, lack of expertise, lack of guidance in career, lack of skilled teachers and committed teachers, lack of communication skills and many more problems. Procrastination is seen as a problem when it disrupts some area of our life- it can be either personal, related to home, school work or relationships. Its impact on student life will be wastage of time, missing opportunities, poor performance and increased stress. Scholastic procrastination includes postponing a scholarly undertaking principally because of absence of inspiration.. Milgram Batin and

Mower (1993) detailed that a typical type of scholarly procrastination among undergraduates is delaying for as long as possible to turn in paper or to read for an assessment. Because of expertise shortfalls an absence of inspiration, dread to disappointment or achievement individuals do delay.

### 1.1 Academic Procrastination

Academic Procrastination is the way of delaying academic work. Students' academic achievement may be harmed as a result of this behaviour. Academic procrastination is described as an illogical delay in completing an academic task as a result of a misalignment of aim and behaviour, which results in negative repercussions for the procrastinator.

### 1.2 Different Causes of Academic Procrastination

- **Skill deficiencies:** Lack of skills and necessary abilities is referred to as a skill deficit. One of the most basic explanations for procrastination is this. If someone requires skills in order to complete specific duties. It's only natural to refrain from doing them. He may even find it difficult to admit his low reading skills since he does not want to be perceived as "stupid." As a result, procrastination may be appeared to be preferable than confronting his need to develop his comprehension abilities.
- **Fear of Failure:** It's yet another reason for people's procrastination. It is comparable to the following: if someone makes a genuine effort and fails, it is more regrettable than if no attempt is made and the person succeeds. It is commonly noticed that at Exam time, one may defer reading for a large test and then perform "all-neither" strategy. The subsequent evaluation could be poor or ordinary, and they accused the time that if they had more time to think about it, they could have done better.
- **Perfectionism:** Perfectionism is normally treated a personality trait which characterised by a desires of person for the perfection & for high performance standards, as well as the critical self-evaluations & concerns about other people's opinions. Perfectionists prefer to postpone because they have a fixed mind-set. These people avoid performing particular jobs because they are afraid of making a mistake or being imperfect. According to their mind-set, they want their job to be flawless. The fear of feeling disappointment is quite frequently fuelled by the perfectionism. The Parents' expectations & it measures for their children might be very high that no one could have been possibly meet them.
- **Unable to make Decision:** We face numerous problems in our daily lives. Faced with these challenges, we must make various decisions in order to live a healthy life. We certainly desire more freedom for making its our own judgments and to carry out our acts; nevertheless, we have gotten easily be confused about what is important and what is not, as well as what is good and bad, and as a result, we had been demotivated to accomplish anything at all. We should prioritise and set goals based on our values & we should cultivate positive behaviours.
- **Ignoring The Value of Time:** Time is extremely valuable, mainly because we are all given a limited amount of time in our life and must make the most of it. Nothing has the power to stop the passage of time. There is no way to bring back time that has already passed. Every second you waste is irreversibly lost. So, rather than waste time, we should learn to control it.

- **Lack of self-discipline:** You can think of self-discipline or self-control as a situation in which you give yourself orders yet struggle to follow them. It isn't the main reason of procrastination, but it is a significant component. You must have the right type of motivation and learn to maintain and improve positive habits in order to be disciplined.

### **1.3 Purpose of the Study**

As per my best knowledge there is no research appears to have been examined the prevalence of any academic procrastination amongst students of senior secondary schools in New Delhi. This was basically the first purpose of the research. The second foremost purpose of the current study was to investigate about the gender differences between academic procrastination amongst students of senior secondary schools.

### **1.4 Objective of the Study**

To find the difference in academic procrastination among students of senior secondary schools with respect to their gender.

### **1.5 Hypothesis of the Study**

There exists a significance differences in academic procrastination between male & female students studying senior secondary schools.

### **1.6 Operational Definition of the Term Used**

#### ➤ **Academic Procrastination:**

Procrastination means the action of delaying or postponing something. Academic proclamation in order to deliberately avoid or postpone important academic tasks, assignments or activities within a specified time limit for higher secondary students as a type of behavioural tendencies.

### **1.7 Delimitation of the Study**

The present study will be delimited to 200 senior secondary students studying in senior secondary schools in the state Delhi.

## **2 DESIGN OF THE STUDY**

### **2.1 Research Method**

The current research design is is descriptive by nature & it has been conducted using a primary survey method. The base population for this research consisted of all pupils of senior secondary school whom are studying in New Delhi Schools of senior secondary. The researcher has selected sampling of 200 students of senior secondary school by using a simple random sampling technique method (lottery method). The classification of as sample for present investigation is given below:

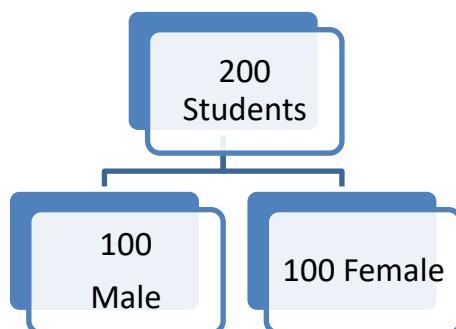


Figure 1- The classification of senior secondary School students as sample for present investigation.

## 2.1 Statistical Technique

- Mean
- Standard Deviation
- t- Test
- Pearson Product Moment Correlation

## 2.2 Data Collection Tools Used For the Study:

For the collection of data following standardised tools used by the investigator Academic Procrastination scale by A. K. Kalia and Manju Yadav

## 2.3 Result Analysis and Findings

The data was tabulated and transferred in SPSS spread sheet. Analysis was done as per the objective formulated

- **Gender wise difference in Academic Procrastination**

**Table 1 Gender wise difference in Academic Procrastination**

Variable	Gender	N	Mean	SD	SEd	T	Sig
Procrastination	Male	200	68.39	14.717	1.395	1.685	.093
	Female	200	66.04	13.140			

It could be observed from the table that the t value for making gender differences in academic procrastination is about 1.68, which is not significantly perfect. This means that there is no relevant gender difference in academic procrastination of the students of senior secondary schools. In this tested hypothesis that it exists a significant differences in academic procrastination between male & female of the students of senior secondary school is rejected.

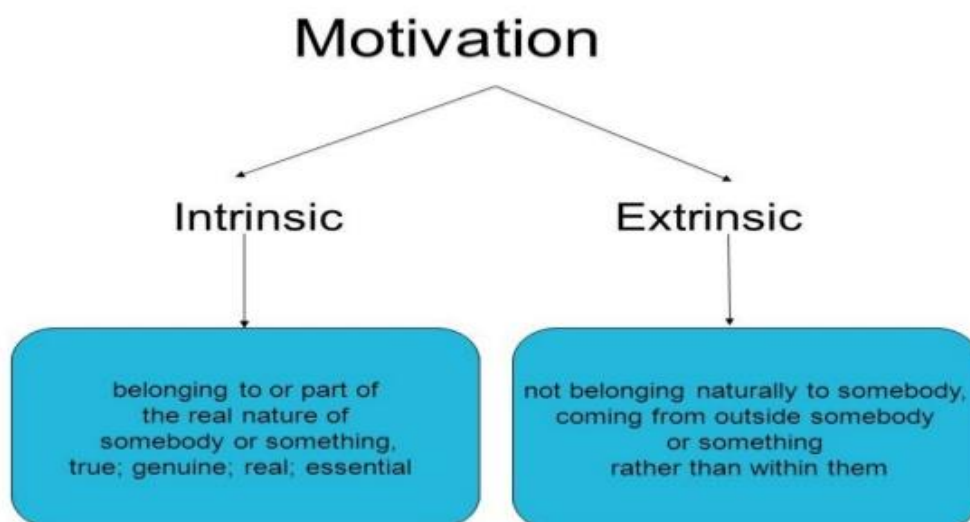
## 3 ROLE OF MOTIVATION IN ACADEMIC PROCRASTINATION

Motivation, in some form or another, is constantly present in all human actions, as human behaviour is guided by motives or drives in some way. Motivation is important in every aspect of life and at various stages of activity. As a result, our ability to succeed and achieve in life is determined by our motivation. Appropriate motivation causes children to reflect, pay attention, be interested, and exert effort, which leads to learning. It is the skill of instilling and increasing enthusiasm in academics and other similar activities.

### 3.1 Types of Motivation

It's critical to recognise that we're not all the same; hence, effectively inspiring school pupils necessitates knowledge of the various sorts of motivation. With this knowledge, you will be able to better categorise your students in class and apply the right motivation. You'll find that each person is unique, and that each student's motivational needs are also unique. Certain individuals react best to inborn, which signifies "from the inside," and will satisfy any commitment in a space where they have a solid interest. Lomash and Vij (2014) the found in their review that absence of characteristic scholarly inspiration might build the likelihood of scholastic procrastination. This has been called attention to in an exploration by Senecal, Koestner and Vallerand, 1995 that understudies with characteristic explanations behind seeking after scholarly assignments procrastinated not exactly those with less independent reasons including extraneous inspiration. Comparative outcomes have additionally been accounted for by Senecal, Julien and Guay (2003) showing that understudies who are controlled through natural inspiration and recognized guideline towards educational work, experience low degrees of scholarly procrastination. Then again understudies who are propelled through outer guideline, added guideline or the people who are a roused experience significant degrees of scholarly procrastination. Furthermore, it is obvious from the outcomes that low slackers have fundamentally more elevated levels of natural inspiration to know, to achieve and to encounter incitement when contrasted with high slowpokes. Likewise, low slackers vary altogether from high slowpokes as far as distinguished outward inspiration and inspiration. The gathering conversation investigation uncovered that specific different variables might be answerable for bringing down the inspiration level of an individual in scholastics and subsequently expanding his/her scholarly procrastination level.

## TYPES OF MOTIVATION



### **3.1.1 Extrinsic Motivation**

Extrinsic motivation is a highly reward-driven behavioural form. It is a kind of operant conditioning & generally a form of behavioural modifications that utilize for rewards or for punishments to increase or to receding the likelihood of specific kind of behaviour that will recur. In the case of extrinsic motivation, the rewards & other incentives — likewise money, fame or praise— are normally used as the motivational factor for specific activities. Rewards & punishments are developed to force the people into performing regular actions that they would never be considered on their own. But at the time when people do the things they do not want to do as they are less happy & their brains release quite less dopamine. According to Jasmine Vij, Dr. Hitashi Lomash [1] Low procrastinators are more likely to exhibit identifiable extrinsic motivation, as they do not postpone the start of an academic task since it is appreciated, seen significant for the individual & perceived as one's own choice. High procrastinators, on the other hand, are unaware of the importance of a certain academic task and hence continue to put it off. Extrinsic motivation's other two dimensions, external regulation (behaviour is regulated through an external means like as limitations or reward) & introjection (person begins to internalise the reasons for his or her behaviours), show no significant differences between high & low procrastinators.

### **3.1.2 Intrinsic Motivation**

Intrinsic motivation generally refers to the behaviour that is intrinsic driven by the internal rewards. In other sense, the motivating factor to be engaged in behaviour that arises from within the individual because it's a natural symptom of satisfying to you. When the people visualize the purpose in their regular actions, particularly at the time they genuinely want to perform such actions & this is one of the very strong form of motivation arises; it is also called the intrinsic motivation based journey. These types of motivations are based on the vital concepts of having a personal vision. Unlike to chase goals, a personal vision basically is an expression of doing something which turns last. It is a true reply of the question of how students would most like to spend their time in life. It ultimately focuses on actions, not the results. It also focuses on the journey, not just the destination. In study of Jasmine Vij, Dr. Hitashi Lomash [2] Procrastination is linearly linked to a lack of numerous constructs like as satisfaction, exploration & curiosity experienced when learning, with  $t(198) = -4.88$  indicating that high and low procrastinators differ considerably on intrinsic motivation to know. As a result, such pupils put off duties because they lack inherent intelligence and a psychological demand for competence. Because of the simple joy obtained from participation, there would have been no delay in starting a work if they were genuinely motivated.

## **CONCLUSION**

Procrastination becomes a vicious cycle: you become overwhelmed by the amount of work that has to be done and the lack of time available to accomplish it, you grow increasingly anxious, and you feel stuck and unable to move forward. Procrastination is characterised by a lack of motivation. You're in avoidance mode instead of driving mode! Motivation is what propels you to complete the tasks at hand. Finding out what inspires you can assist you in overcoming procrastination.

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