

A Study to Assess the Level of Academic Procrastination among B.Sc. Nursing Students, Royal School of Nursing, The Assam Royal Global University, Guwahati, Assam

Juri Saikia¹, Kohinur Aktar²

¹Lecturer, Dept. of Mental Health Nursing, Royal School of Nursing

²B.Sc Nursing 4th Year, Royal School of Nursing

Abstract:

Background: Academic procrastination comes from Latin term procrastinus, where Pro means “to postpone” and crastinus means “of tomorrow”. There for procrastination means postpone until tomorrow. Through delay or postpone. Procrastination is a voluntary delay in the complete of task if the expected delay leads to adverse consequences. Procrastination is the act of putting off or delaying the task till the last moment, or past their deadlines. Consequently, different psychometric scales have been developed to evaluate the frequency and intensity of procrastinating behavior.

Aim: The aim of the study is to assess the level of academic procrastination among B.Sc. Nursing students, Royal School of Nursing, The Assam Royal Global University, Guwahati, Assam. It also aims to find out the association between level score and some demographic data.

Methods: Descriptive study was conducted among B.Sc. Nursing students, Royal School of Nursing, The Assam Royal Global University. 110 samples were drawn by using proportional sampling technique. The level of the students was assessed by using standardized questionnaire.

Results: The study results revealed that majority of the students that is 72 (65.4%) falls under the age group of 21 – 23 years, 90 (81.8%) are female, 43(39.1%) are 2nd semester students, 54 (49.1%) students have Govt. job, 48 (43.6%) students was Islam religion and 85 (77.3%) students have nuclear family. Study findings also revealed that majority 45 (41%) students are under high level of academic procrastination, 38 (34.5%) students are under moderate level of academic procrastination and 27 (24.5%) students are under low level of academic procrastination. A significance association was found between level of the students and demographic variable gender ($\chi^2=12.24$, $p<0.05$), education ($\chi^2= 12.74$, $p< 0.05$), & parental occupation ($\chi^2=12.91$, $p<0.05$).

Conclusion: The high level of academic procrastination seen among of the students. So a deliberate effort should be in prevent academic procrastination through the proper education.

Keywords: Academic procrastination, level, students.

INTRODUCTION:

Procrastination or tasks-avoidance, is a behavioral phenomenon that permeates the lives of innumerable people to varying degree on a daily basis.⁶ Academic procrastination has become issues that hinders

students from achieving their goals, students face problems which dishearten them. Student life has probably become more difficult, study curriculum has become more extensive and complex. They not only carry over increasing weight of academic material.³ Delaying or postponing has become a common phenomenon. “I’ll do it later” or “I will think of it tomorrow” are frequently heard statements. Most people like to delay doing unpleasant or monotonous tasks from time to time. ¹ Procrastination is the act of putting off or delay the task till the last moment, or past their deadlines.⁵ Academic procrastination is a problem behavior with negative consequences for students. The extent of this phenomenon among students and the negative impact on their academic achievement requires more attention and research on this issue. The general population tends to struggle with procrastination, but students in particular have extremely high rates of consistent academic procrastination¹ . Many students will procrastinate their schoolwork or studying right up until the deadline. Although students can recognize themselves that procrastination is a harmful habit, it is difficult for students to avoid. Researcher have been conducting studies in hopes of finding a solution that has long lasting effect to reduce level of academic procrastination in students. However, it is important that researcher first determine the root cause of procrastination in order to create an intervention plan. Procrastination can be seen as a failure of self-control, which can encompass many different variables concerning the self- including: self-compassion, self-forgiveness, self- esteem, self- efficacy, and self-regulation.

NEED OF THE STUDY

Procrastination is a behavioral phenomenon that permeates the lives of innumerable people to varying degree. On daily basis with competition comes the need for high paced performance, which can be stifled by procrastination. Given the demanding, first paced schedules of the twentieth century, the identification study and treatment of procrastination is being increasingly undertaken. Academic procrastination has become an important problem associated with a high incidence. Studies in the eighties and nineties of the last century found that 52% of students surveyed showed moderate to high non controlled delays. 7.6% and 30.1% of students reported that in their proper writing , exams, weekly readings ,they always or almost always delay.⁸ Ellis and Knause(1977) reported that the general procrastination is to be prevalent in 20% of students, while academic procrastination or dilatory behavior related to academic performance can be prevalent in as many as 70% of the students.¹⁰ B Srilatha, S Somesula (2017) reported that a study investigated the factors affecting academic performance among students is 19% students of academic performance. ⁷ H Hill, Soolmon and Rothlum, 1984, Gollin and Kelleher 1992 found that 52% of surveyed students indicated having a moderate to high need for help concerning procrastination, making it the most frequently cited personal concern for which they needed help. Academic procrastination is the pervasive problem at all levels of study and occurs equally in men and women. ¹ From all these evidences and also from researcher’s own experience it had been observed that most of the students procrastinate due to various factors of academic activities and delay of daily task. Therefore I felt the need to conduct this study as findings of the study may help in future studies and to reduce level of academic procrastination.

PROBLEM STATEMENT

“A study to assess the level of academic procrastination among B.Sc. Nursing students, Royal School of Nursing, The Assam Royal Global University, Guwahati, Assam.”

OBJECTIVES OF THE STUDY

1. To assess the level of academic procrastination among B.Sc Nursing students.

2. To find out the association between academic procrastination with selected socio-demographic variables.

HYPOTHESIS OF THE STUDY

H1: There is significant association between academic procrastination of B.Sc. Nursing students and selected socio-demographic variables.

ASSUPTIONS OF THE STUDY

In this study, it is assumed that B.Sc. Nursing students may have academic procrastination.

DELIMITATION

The study is delimited to students of B.Sc. Nursing, Royal School of Nursing, The Assam Royal Global University.

METHODOLOGY

Research approach - Quantitative approach was used for the present study

Research design - Descriptive research design was adopted for the present study

Settings of the study - The study was conducted in conducted in Royal School of Nursing, Royal Global University

Study population - In the present study population consisted of the B.Sc. Nursing students, Royal School of Nursing

Sample and Sample size - In the present study, the sample consisted 110 (By using Raosoft sample size calculator) students of RSN, RGU fulfilling inclusion criteria of the study, during the researcher's data collection period.

Sampling Technique - A proportional sampling technique was used for the selection of the samples. The students who met the sampling criteria included in this study were taken as a sample for the study.

CRITERIA FOR THE SELECTION OF SAMPLE

Inclusion Criteria

The study included:

- Students who are present during the time of data collection.
- Students who are willing to participate.

Exclusion criteria

The study excluded:

- Students who are absent during the time of data collection.

Variables

The variables for the study were:

- Research variables: Level of the Academic procrastination among B.Sc. Nursing students.
- Demographic variables: Age, gender, education, parental occupation, religion and types of family

DESCRIPTION OF THE TOOL

Based on the objectives of the study, the tool was developed and divided into three sections-

Section A: Structured questionnaire on socio-demographic proforma of the adults like age, gender, education, parental occupation, religion and types of family

Section B: General Procrastination Scale (GPS) by LAY 1986⁹ to assess the level of academic procrastination among B.Sc. nursing students, Royal School of Nursing.

This standardized questionnaire consists of 14 items. The GPS assess the level of academic procrastination. In this way, each item of General Procrastination Scale describes a situation about which must answer a question as follows.

PLAN FOR DATA ANALYSIS

The collected data were analyzed by using descriptive and inferential statistics such as frequency, percentage, mean, standard deviation, Pearson’s correlation and chi-square.

ANALYSIS AND INTERPRETATION OF DATA:

TABLE 1: Frequency and percentage distribution of the samples in relation to demographic variables

Variables		N	%
Age (in years)	18-20	34	31
	21-23	72	65.4
	24-26 & above	4	3.6
Gender	Male	20	18.2
	Female	19	8
Education	2 nd Semester	43	39.1
	4 th Semester	26	23.6
	3 rd Year	24	21.8
	4 th Year	17	15.5
Parental Occupation	Government job	54	49.1
	Private job	15	13.6
	Business	29	26.4
	Others	12	10.9
Religion	Hindu	41	37.3
	Islam	48	43.6
	Christian	17	15.5
	Others	4	3.6
Type of family	Nuclear	85	77.3
	Joint	21	19.1
	Extended	4	3.6

Objective 1: To assess the level of academic procrastination among the students

Table 2: Frequency and percentage distribution of students according to level of academic procrastination

n = 110

Score	Frequency	Percentage	Mean	SD
Low procrastination	27	24.5%	58.2	8.8
Moderate procrastination	38	34.5%		
High procrastination	45	41%		

Objective 2: To find out the association between academic procrastination with selected socio-demographic variables

H2: There is significant association between academic procrastination of students and selected demographic variables.

Table 3.1: Chi square test for association between academic procrastination score of students and age

n = 110

Age (in years)	Level of procrastination			Grand total	Chi-square	df	P value	Remark
	Low	Moderate	High					
18-20	9	13	12	34	4.15	4	0.386	Not significant
21-23	19	34	22	72				
24-26	0	1	3	4				

Not Significant $p > 0.05$

Table 3.2: Chi square test for association between academic procrastination score of students and gender

n = 110

Gender	Level of procrastination			Grand total	Chi-square	df	P value	Remark
	Low	Moderate	High					
Male	1	4	15	20	12.24	2	0.0021	Significant
Female	26	34	30	90				
Significant $p < 0.05$								

Table 3.3: Chi square test for association between academic procrastination score of students and gender

n = 110

Education	Level of procrastination			Grand total	Chi-square	df	P value	Remark
	Low	Moderate	High					
2 nd semester	13	13	17	43	12.74	6	0.047	Significant

4 th semester	4	5	17	26				
3 rd year	7	12	5	24				
4 th year	3	8	6	17				

Significant $p < 0.05$

Table 3.4: Chi square test for association between academic procrastination score of students and parental occupation

n = 110

Parental occupation	Level of procrastination			Grand total	Chi-square	df	P value	Remarks
	Low	Moderate	High					
Govt. job	16	22	16	54	12.91	6	0.044	Significant
Private job	1	2	12	15				
Business	7	9	13	29				
Other	3	5	4	12				

Significant $p < 0.05$

Table 3.5: Chi square test for association between academic procrastination score of students and religion

n = 110

Religion	Level of procrastination			Grand total	Chi-square	df	P value	Remarks
	Low	Moderate	High					
Hindu	13	18	10	41	8.83	6	0.183	Not significant
Islam	11	13	24	48				
Christian	3	5	9	17				
Others	0	2	2	4				

Not Significant $p > 0.05$

Table 3.6: Chi square test for association between academic procrastination score of students and type of family

n = 110

s	Level of procrastination			Grand value	Chi-square	df	P value	Remarks
	Low	Moderate	High					
Nuclear	24	30	31	85	6.9	4	0.136	Not significant
Joint	4	8	9	21				
Extended	0	0	4	4				

Not Significant $p > 0.05$

DISCUSSION

Section I: Findings related to level of academic procrastination of students

The findings of the present study showed that out of 110 students majority i.e., 45 (41%) students are under high level of academic procrastination, 38 (34.5%) students are under moderate level of academic procrastination and 27 (24.5%) students are under low level of academic procrastination.

The study findings are supported by similar studies conducted by **Amal Sameer Morsy (2022)**. They conducted a descriptive research design was utilized on February 2022. Results shows more nursing students had high level of academic procrastination (51.5%).

Section IV: Findings related to association between academic procrastination with selected socio-demographic variables

The findings of the present study showed that there is association between level of academic procrastination with some socio demographic variables i.e. gender, education and parental occupation. And there is no association between level of academic procrastination with some socio demographic variables i.e. age, religion and types of family of the students.

The study findings are supported by similar studies conducted by **J J M Shan, J Ciby (2015)** on academic procrastination among BSc Nursing students.

IMPLICATIONS, LIMITATIONS AND RECOMMENDATIONS

Implications for the Study

Implications in Nursing Practice

- The findings would enable the nurse practitioner to develop insight into the avoidance of on academic procrastination and to complete the given task on time.
- Nursing teachers can give guidance and counseling to the students.

Implications in Nursing Education

- The study suggested that it is necessary for student nurses to have knowledge of consequences related to academic procrastination
- The nurse educator should instruct the students to complete the works or tasks at appropriate time.
- The findings also suggested the need for time-to-time motivation to avoid academic procrastination.

Implications in Nursing Administration

- The findings of the study will help the nurse administrator to make policies and protocols for reducing academic procrastination of the nursing students.
- This study will help nurse administrator and nurse leader to plan and conduct outreach programs motivational speech, encouragement to make the students aware regarding consequences of academic procrastination.
- Nurse educators of nursing college can conduct campus in service education programs.

Implications in Nursing Research

- Research and education will help the students to avoid academic procrastination.
- The nurse researcher should conduct various researches in other departments also. This will help to generate more reliable data to give guidance to the students.

Limitations of the Study –

The study had some limitations:

- The study was limited to 110 students of B.Sc. Nursing students Royal School of Nursing.

- The study was conducted only in the selected Nursing college, Royal School of Nursing, which cannot be generalized for the whole population.
- The tool was standardized and hence responses were limited.

Recommendations

On the basis of the present study, the following recommendations have been made for further studies:

- A similar study can be replicated on a large sample for generalization of the findings.
- A similar study can be conducted in different departments.
- The similar study can be conducted in different settings.
- A workshop can be arranged to make students aware of the reasons behind their postponing behavior.

REFERENCES

1. Poonam D, Nivedita, Academic procrastination among senior secondary school, Chaudhary devi Lal University, Available from: <http://shodhgangotri>
2. Mohammed A S M, Attia N M, Academic procrastination of nursing students of Nursing Zagazing University, Available from: <https://www.eurchembull.com/uploads/paper/da0d8df3384d17d0a58e00fbce8e164e.pdf>
3. Syed S A, Sandhya S, academic procrastination among college students, the international journal of Indian psychology, DOI:10.25215/1001.146 volume 10, <http://www.ijip.in>
4. Srilatha B, Suchitra S (2017) study to assess the level of academic performance among first BSc Nursing students, International Journal of Applied Research, www.allresearchjournal.com
5. Ali A H, Kojuri J (2020) academic procrastination of medical students, Journal of Advances in Medical Education and Professionalism, DOI: 10.30476/jamp.2020.85000.1159. <https://pubmed.ncbi.nlm.nih.gov/32426392/>
6. Mcfadden J K. Janee K, (1999) A study to academic procrastination among college students, p – 1671, <https://digitalcommons.uri.edu/theses/1671>
7. Andrew J Howell and Karn B (2007) academic procrastination: association with achievement goals orientation and learning strategies. Journal of clinical psychology. 123-145.
8. Saplavaska J, Jerkunova A (2018) academic procrastination and anxiety among students, Baltic international academy, DOI:10.22616/ERDev2018.17.N357
9. Lay C Research article on procrastination, Journal of Research in personality, vol 20, 1986, pp. 474-495.
10. Kasim L S M, (2015) Academic procrastination and academic performance amongst undergraduate students at Local University, Available from: <https://doi.etd.edu.my/5262/1/s810931>