

# **THE ESSENCE OF THE PHENOMENON OF ACADEMIC PROCRASTINATION: PROBLEMS, CONSEQUENCES AND WAYS OF CORRECTION**

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**Abstract:** The article analyses the concept of procrastination, its types and signs, outlines the approaches of domestic and foreign researchers to the definition of this term. The reasons for the emergence of procrastination are analyzed, and its characteristics and peculiarities are determined. Possible negative consequences for the individual are indicated. Analyzed normative (temporary) and non-normative (permanent) procrastination, active and passive. The methods of preventing procrastination are also considered.

**Keywords:** procrastination, stress resistance, psychophysiological characteristics of students, visualization method, informatisation, globalization, resource.

**Introduction.** In today`s world, information is a valuable global resource, without which economic development of society is impossible. In the context of social transformation, information is the main achievement of modern civilization. It is constantly updated, complicated, changes qualitatively and quantitatively, which leads to certain stress in different categories of information consumers, and students are the most vulnerable. Stress tolerance, the ability to quickly process and

reproduce information, social engagement and communication skills have become not an advantage, but the norm in today`s society. This allows a person to be in the resource, and be competitive in the modern labor market. But, contrary to the requirements of modernity, the opposite negative effect is more common. It is manifested in slow thinking, inability to absorb and reproduce large amounts of information, even stress, and therefore delay in solving tasks and objectives, postponing important things for later, etc.

One of the negative aspects of the globalization of science and education is the phenomenon of procrastination - the deliberate postponement of things for later, which is becoming increasingly important in the modern world.

This phenomenon can be observed in various social spheres, but most often, where activities involve mental labour and the need to work with large amounts of information. The purpose of the article is to analyze theoretical sources with domestic and foreign approaches to understanding the essence of procrastination; to outline the approaches and methods of studying this phenomenon; to define the concept of procrastination;

**Analysis of recent research and publications.** The relevance of the problem of procrastination in general has led to a number of case studies in the field of psychology and related sciences. In particular, the peculiarities of procrastination and its causes were studied by J. B. Burka (2008), J. R. Ferrari, J. L. Johnson, W. G. McCowin`s (1995), N. Milgram, R. Tenne (2000), P. Steel (2011), T. Koltunovych, O. Polishchuk (2017), V. S. Kovylin (2013), H. C. Schouwenburg, C. H. Lay, T. A. Pychyl, J. R. Ferrari (2004), M. M. Kachgal (2001), problems of academic procrastination – M. E. Aitken (1979), M. M. Kachgal (2001), W. K. O`Brien (2002), L. J. Solomon (1984), E. Bazyka (2012), O. Grabchak (2016), M. A. Kuznetsov and L. Kozub (2013), S. Soboleva (2014) and others.

**Presentation of the main material.** In a broad sense, it is a term that describes a person`s tendency to postpone unpleasant or difficult or overly complicated tasks, or to solve problems until later. Another variation is the tendency to do easy things that bring more pleasure or quicker results. The phenomenon of

procrastination is a subject of research not only in psychology. Experts in other sciences, such as medicine, economics, pedagogy, sociology, etc., also encounter this phenomenon. The most common is academic (student) procrastination and its negative impact on mental and physical health.

So, in general, procrastination is the deliberate postponement of necessary tasks, activities, actions and events, which leads to missed deadlines and causes problems in the future. Modern university students, who are used to distance education at school, find it difficult to adapt to the university model of knowledge, which is accompanied by excessive informatisation.

That is why most higher education students are prone to all types of procrastination, but the dominant one is high intellectual stress, which causes academic procrastination itself. In particular, everyone knows about the cases of writing term papers, diploma papers, written papers and other types of academic work on the last evening or even at night.

In addition, students with low self-organization who fail to submit their homework and tests on time subsequently have problems with admission to the examination session. Many students are also characterized by chronic procrastination, which they experience at the beginning of their studies at university. This is due to an unconscious choice of specialty and a lack of understanding of the need to study basic fundamental disciplines.

Modern psychology is inclined to believe that procrastination is an expression of an emotional reaction to planned or necessary tasks. Depending on the nature of these emotions, procrastination is divided into two fundamental types: relaxed (temporary), when a person spends time on other, more enjoyable activities and entertainment, and tense (chronic), which is associated with general overload, loss of sense of time, dissatisfaction with their own achievements, unclear life position, indecision and self-doubt; [1].

In contrast to relaxed procrastination, chronic procrastination is worse, as it is the result of regular postponement of tasks. This is because a person loses the ability to rationally organize their leisure time and chronically postpones any current tasks

for later. As a result, the temporary, stage turns into a chronic one. As a result, it is harder for a person to achieve success, more difficult to make plans, work, study, etc. Chronic procrastination is usually the hidden beginning of a psychological imbalance.

Other definitions of the term interpret procrastination as the process of constant voluntary delay in performing important tasks, accompanied by a feeling of discomfort and leading to exhaustion, anxiety, stress, overwork, intrapersonal conflict, deterioration of interaction with others, etc.; [2].

There are five main types of procrastination:

- everyday (domestic) - postponing household chores that should be done regularly; procrastination in decision-making (including insignificant ones);
- neurotic - postponing vital decisions, such as choosing a profession or starting a family [1,3];
- compulsive - combining two types of procrastination - behavioral and decision-making;
- academic - postponing academic tasks, preparing for exams, etc. [3].

The factors that cause procrastination in the student environment include [4]:

- psychological: lack of motivation to learn, impaired volitional sphere, inability to organize oneself and time, inadequate self-esteem, fear of failure, failure and criticism;
- social and psychological: lack of communication with others, distractions, boring and unpleasant work, and parental authoritarianism;
- pedagogical: both excessive demands and lack of demands from the teacher, lack of guidance and advice from teachers;
- psychophysiological: health status, fatigue, illness, temperament, impulsivity, low vitality, drowsiness, poor health, apathy, illness, strong emotional arousal, irritation, sadness, irritability.

Procrastination is associated with such negative phenomena as maladaptability, dysfunctionality, passivity, lack of self-organization, etc.

Procrastination can be viewed positively only when postponing tasks is associated with a reduction in negative effects in the process of their implementation, when delay makes it possible to understand that some things should not be continued [5]. In contrast to the above, there is an opinion that procrastination is a sign that the work a person is delaying is not necessary, and his whole being protests against it [6].

Other researchers believe that the cause of procrastination lies in the natural organization of the personality. A number of neuroscience and physiology studies show that procrastinators have damage or low activity in the prefrontal cortex, specifically the limbic system. Such disorders do not allow a person to fully reject stimuli that distract them from performing tasks, and as a result, concentration and attention span decrease, which increases the level of procrastination. Proponents of the psychophysiological approach also identify the relationship between procrastination and impulsivity, which is generated by the limbic system [1, 7].

Researchers point to normative and non-normative procrastination. In particular, normative (temporary) procrastination is observed from time to time in every person, but it does not pose a threat. A person`s tendency to non-normative (permanent) procrastination determines feelings of guilt, stress, loss of productivity, acute emotional experiences of personal failure, interpersonal conflicts due to dissatisfaction with unfulfilled obligations, threats to psychological well-being, and somatic disorders [4].

Let`s analyze the methods of combating procrastination. The first step in eliminating procrastination is to actually recognize the existence of the problem, understand the causes and the need to correct this phenomenon. In order to get rid of temporary procrastination that occurs from time to time, you need to pay attention to good sleep and quality rest.

After all, it is well known that prolonged sleep disorders lead to a decrease in physical and cognitive resources, and in a state of exhaustion, a person usually chooses easier tasks than those that are unpleasant, uninteresting or resource-intensive.

The second method is to get rid of the fear of the task. To do this, you need to realize that the path will be conquered by the one who walks and start performing a certain complex task that seems large and voluminous. It may be worth breaking the task into smaller components. It is also worth creating intermediate deadlines and rewarding yourself for the work you have done. The realisation that the deadline is close but the task is small makes it possible and easier to complete it. Therefore, it is worth dividing a large task into smaller blocks and starting to complete it, building willpower and self-discipline. You should also be aware of your own laziness and how to overcome it.

**Conclusions.** Procrastination is a characteristic that involves the temporary or systematic postponement of necessary activities in favour of other activities that distract from problems and improve emotional state.

Behind the phenomenon of procrastination lie various emotions, personal resistances, socio-psychological and psychophysiological factors that require attention and the need to correct them. On a more general scale, systemic procrastination is a deep existential problem that involves the meaning of life, issues of individual free will, responsibility and choice, communication, etc.

The authors plan to focus their further research on identifying procrastination among first-year students, in particular, identifying preventive determinants of procrastination and developing effective measures to prevent and correct this process.

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