

Effect of Procrastination on Problem Solving in Young Adults

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ABSTRACT

Procrastination and Problem Solving are the terms which every individual experience and practice on regular basis. Procrastination has been defined as a repeated failure to perform actions necessary to reach one's goal and a voluntary delay in an intended action course. All people tend to procrastinate sometimes but many of them do it on regular basis in varied situations, hence are called procrastinators. Problem Solving is another important component in an individual's life; it's a way to find solutions for the complex or difficult issues. The study has the sample of 100 participants who belong to the age group of 18-30 years collected with the help of stratified snowball sampling method. The findings of the study depict that there is no correlation between the two variables. Above all the t-test result states that the variables aren't influenced by gender or by working population but the graduate population indicates a correlation between two variables.

Keywords: *Procrastination, Problem Solving, Voluntary Delay*

Procrastination means the act of delaying the tasks or putting / keeping the task for the end time. Many theorists and dictionaries have defined Procrastination and all of them came to one conclusion; it is the act of delaying, putting off or postponing the tasks due to laziness or negligence.

All people tend to procrastinate punctually or sometimes but many of them do it regularly in different situations, hence are called procrastinators. Some researchers define procrastination as a type of self-regulation failure which is marked by an irrational delay of certain tasks in spite of its primary negative repercussions. There are three major dimensions of data that have been seen to influence procrastination. These dimensions consist of intrapersonal factors, task characteristics and behavioral factors. (Ritu Gupta, 2012)

Approaches of procrastination

Different approaches state procrastination differently and has a unique perspective, following are the approaches of procrastination:

Psychodynamic and Psychoanalytic Approach

In 1953 Freud has explained regarding the tendency of procrastination which was primarily based on the concept of avoiding task. (Ferrari, Johnson and MC. Cown, 1995). In content of

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Received: September 26, 2021; Revision Received: December 02, 2021; Accepted: December 20, 2021

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this concept all the tasks which are not completed will be avoided because it will lead to a threat to ego. Freud came up with a postulate that anxiety act as a warning sign of the existence towards ego, when individuals get encounter with existence of threat which is being possessed by a task, under this situation avoiding the task, defense mechanism would be raised Psychodynamic theorist also stated that a person's personality is linked to their childhood experiences. (Siaputra, 2010)

Behaviorist Approach

Behaviorist theorist stated that procrastination is raised by the repeated behaviors of individuals success of doing negligent behavior. Another approach which behaviorist explained is to adapt the behaviors which avoid unpleasant stimulus. Avoidance condition conditioning comes in situation where individuals lead to extraordinary efforts to avoid the task. This creates a situation for an individual where it leads to delayed efforts regarding the start of work on a particular task. (Siaputra, 2010)

Cognitive Approach

cognitive theories are kind of popular theories when it comes to explain behavioral and psychological concepts including procrastination. It states that there are three things which was proposed for the cause of procrastination which are irrational beliefs inability to take dishes decisions and vulnerable self-esteem. Ellis and Knaus in 1977 (Ferrari, Johnson and MC Cown, 1995) defined procrastination as an emotional disorder which was deeply embedded in irrational thinking

Causes of procrastination

- **Low self-efficacy** - An individual's conviction and desire that they are fit for finishing a task. At the point when we don't have a lot of trust in our capacity to finish a task (or to finish it well), our probability of procrastination goes far up.
- **Low value** - How much fun or painful is the task needing to be done? its seen that, the more pleasant or interesting is the task, the less we procrastinate on it. It has also seen that, if the task appears somewhat painful and exhausting then it lead to the higher level of procrastination alongside making the task seem more difficult—which explains that why we in general delay such tasks and encounter great amount of busywork.
- **Impulsiveness** - Trouble keeping up focus even with face or immediate and all the more engaging interruptions. In case we're helpless against lots of interruptions—or work in a profoundly diverting environment—and make some hard time opposing those interruptions, we're substantially more prone to procrastination.
- **Fear of failure**, one of the most well-known reasons for procrastination is a constant fear of failure. if you will only fear about the repercussions, at that point an intelligent expansion of this is a reluctance to make a move. This is on the grounds that you are ensured not to fail if you don't even attend a particular task (despite the fact that the contention can undoubtedly be made that not attempting is equivalent to failure in any case – which is a significant point to consider).
- **Excessive perfectionism**, another common cause of procrastination is the excessive perfectionism. If you' re a perfectionist then you may find it difficult to take action unless you are quite satisfied with your work . This creates a problem and lead to procrastination rather than task completion.

Types of procrastination:

- **Anxious procrastination:** Neil Fiore one of the known authors recommended that individuals who procrastinate a lot are normally terrible at dealing with their time and regularly wind up booking in more work than they can really do, allowing for the sake of entertainment, exercises or resting. Fiore insisted that not indulging in these unreasonable desires can cause pressure and anxiety which a certain people try to manage by procrastinating.
- **Fun procrastination** The fun procrastination would prefer to do anything aside from that one feared task. for example ,All things considered, there's such huge numbers of fun and energizing things you could be doing.
- **Perfectionist procrastination,** perfectionist are continually strive at the best and, in that capacity, are continually censuring and criticizing their own work. For certain perfectionist, the fear of failing, or creating work with the standard which is not up to the mark according to them, can be so overpowering they never really get around to beginning anything.

Problem solving

A problem is being understood as a hindrance practical nature which leads to inquiring attitude about an individual and lead to enriching knowledge of that individual. (Cz. Kupisiewicz, p.16).

Jonaseen (1997) Explain the range of certain problem solving learning outcomes by differentiating between well structured and non structured problem in the form of their instructional design. Two traits of problem are First , the problem is seen as an unknown entity under a certain situation. Second, solving for some unknown entity should be having intellectual social and cultural values.

Problem solving involves cognitive operations towards any goal directed behaviour (Anderson, 1980, p.257) Problem solving is a way to define a problem, regulate a cause of problem, recognizing , prioritizing, and determining alternatives for a particular solution and then putting the solution in practice.. It's a way to find solutions for the complex or difficult issues.

Problem solving skill is defined as an ability to come to a solution for a problem in a quite effective and timely manner. It's a cognitive process which is centrally focused on achievement of a specific goal. The world consist of many problems among which some problems are simple while some are complicated. In order to become a good and effective problem solver, an individual should possess an ability to use the prior problem solving skills on the existing problem. Problem solving isn't a constant activity. Problems are not termed as equal in context process or structure. Schema theoretical conceptions about the problem solving middle way for different problem types, by contending that problem solving skill is reliant on a schema for solving certain kinds of problems. (Jonassen, 2000)

Problem solving skills

- **Creativity,** problems are generally solved creatively or systematically. Creativity is used when no new knowledge is required, we use our common sense or experiences to reach out for a solution of a problem.
- **Emotional intelligence** is to look at the impact of a particular problem and how its solution can have an impact on other people and on oneself hence emotional intelligence

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playing a crucial role. Recognizing other and self's emotions will further lead to a better solution.

- **Team working** – many times the problem are being well defined and solved with the input and knowledge of other people. team working skill is required for problem solving while solving the problems at school or workplace.

Procedure for problem solving

Define a problem It refers to Developing a clear view about the problem and look upon how the problem has been discovered. Next is to **Generate possible solutions** which includes Listing down the varied solutions of a problem. Being creative while generating solutions will help generate new ideas. Thinking of solutions from an all-round perspective. Next comes is to go through the solutions and remove the undesirable ones, which is to **Evaluate alternatives it includes** making an order of the remaining solutions and note down in its preference. And evaluating these solutions with respect to their advantages and disadvantages. After evaluation **decide a solution** which will be implemented. and specify that how the implementation of the solution will take place. Also, decide when the solution will put in practice. After deciding the solution, the next step which comes is to **implement the solution** which was planned earlier. After the implementation the step is to evaluate that how effective the solution was regarding the problem, If the solution doesn't solve a problem, then decide whether the solution is need to be revised or the new plan has to be generated regarding the problem.

REVIEW OF LITERATURE

Cassandra.G, (2020). The aim was to investigate the Association between procrastination with rumination effective balance and sleep quality over the period of time. The sample of 63 University students of the age group 18 to 35 what taken for the study. The analyses revealed out no potential reciprocal associations of the assessed constructs. The results outcome don't support existing theoretical assumptions and research on antecedents and consequences of procrastination.

Mohmoodinezhad, S. (2020) the study focused on investigating the association between progressive motivation and problem-solving styles in population of Dezful medical students. For this the sample of 120 students of Dezful University of Medical Sciences was taken through a random sampling method. Results showed that these students have average motivation score which showed quite high results, it also showed a relationship between the motivation for progress and the constructive style of problem-solving creativity, tendency and trust.

Sarjana, (2018). The study focused on determining the effect of locus of control on the arousal procrastination among the students. Sample of 400 students from Universities Brawijaya were taken through the method of accidental sampling. IPC Levenson scale (1981) and General Procrastination Scale (1986) were used for the assessment. it was found that locus of control simultaneously contributes to arousal procrastination with 0,001 significance. Locus of control takes effect as much as 3,6% towards the procrastination arousal, other 96,4% is explained by other factors.

Elena Beleaua.R, (2016), The aim of the study was to examine the relation between procrastination, stress and coping styles in employees and high school students. 134 people, 64.2% employees and 35.8% high school students were selected as the sample for the research study. Results showed that procrastination correlate negatively with proactive

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coping, there exist a small positive correlation between procrastination and avoidance coping. Procrastination also correlates negatively with strategic planning. And at last differences were found among students and employees regarding the procrastination and stress levels.

Marium, S., Rafia R. (2012). The study explored the if the college students showed any relationship between procrastination and self esteem. Gender and birth order differences were also taken in account to measure procrastination and self esteem. Results highlighted that there is a significant negative correlation between procrastination and self esteem Enhancement of self-esteem through the use of psychological interventions is being proposed.

METHODOLOGY

Aim

To study the effect of procrastination on problem solving among young adults.

Objective

- To examine the relationship between Procrastination and Problem Solving.
- To examine the relationship between Procrastination and Problem Solving on graduates and working.
- To examine the relationship between Procrastination and Problem Solving on males and females.
- To study the difference between males and females in relation to Procrastination and Problem Solving.
- To interpret the difference between Graduates and working in relation to Procrastination and Problem Solving.
- To examine the relationship of Procrastination on Problem Solving of graduates and working.

Hypothesis

- There shall be significant negative relationship between Procrastination and Problem Solving.
- There shall be significant negative relationship between Procrastination and Problem Solving on graduates and working.
- There shall be significant negative relationship between Procrastination and Problem Solving on males and females.
- There shall be significant difference between males and females in relation to Procrastination and Problem Solving.
- There shall be significant difference between Graduates and working in relation to Procrastination and Problem Solving.
- There shall be significant association of Procrastination on Problem Solving of males and females.
- There shall be significant association of Procrastination on Problem Solving of graduates and working.

Participant/sample

The present study was pursued on a sample of 100 (50 males and 50 females) participants and the participants were affiliated to four different religious groups- Hindus, Muslims, Sikhs, Christians. The age range of the sample was, 18 to 30 Years i.e. Young Adults. The sample was determined through stratified snowball sampling method.

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Instruments

For the conduction of this study wo scales were used to assess the ‘‘ Effect of procrastination on problem solving in young adults’’

General Procrastination Scale by Lay (1986) the scale is consist of 20 items. It’s a 5 point item scale from ‘extremely uncharacteristic’ to ‘extremely characteristic’. It measures the characteristics of procrastinators across the variety of situations.The scale has split half reliability equivalent to 0.711, with the similar to the Cronabch’s Alpha correlation value established at 0.714. the scale was observed to be high on construct validity (0.76).

Problem Solving Style Questionnaire by Cassidy and Long(1996) the scale is consist of 20 items based on four subscales including sensing(item no. 4,5,10,16 & 19), intuitive (item no. 3,8,11,13 & 18), Feeling (item no.2,6,9,14 & 17), and thinking (item no. 1,7,12,15 &20) problem solving styles of individuals. The responses were rated on 5 point rating scale ranging from 1=strongly disagree to 5=strongly agree. It showed accurate realiability and strong internal consistencies ranging from 0.83 to 0.96.

Procedure

To collect the data for the current research the age group which was taken is 18 to 30yrs (Young Adults). The Participations were introduced with the research and no personal identification information was requested but certain details were obtained for example: Social Economic Status, and Education though privacy was anyhow ensured. Later, a set of questionnaires named, General Procrastination Scale and Problem-Solving Style Scale were passed on which were individually administered and it was also ensured that participants don’t have any difficulty in completing the questionnaire. The participants were given our utmost gratitude for participating.

The obtained data was statistically analyzed by applying correlation, regression and t-test to get the desired results.

Statistical analysis

The results were analysed through SPSS’s 19th version. In the first step, correlation scores were obtained for Procrastination and Problem solving by using Pearson’s correlation. Then regression was used by Linear to confirm the results of the correlation. Lastly, we carried out t-test to see the differences between the groups.

ANALYSIS OF RESULT

Table 1: Showing no correlation coefficient between Procrastination and Problem Solving.

		Correlations	
		Procrastination	Problem Solving
Procrastination	Pearson Correlation	1	-.110
	Sig. (2-tailed)		.278
	N	100	100
Problem Solving	Pearson Correlation	-.110	1
	Sig. (2-tailed)	.278	
	N	100	100

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Table 2: Showing the correlation coefficient between Procrastination and Problem Solving on graduates and working.

Education			Procrastination	Problem Solving
Graduates	Procrastination	Pearson Correlation	1	-.378**
		Sig. (2-tailed)		.007
		N	50	50
	Problem Solving	Pearson Correlation	-.378**	1
		Sig. (2-tailed)	.007	
		N	50	50
Working	Procrastination	Pearson Correlation	1	.072
		Sig. (2-tailed)		.620
		N	50	50
	Problem Solving	Pearson Correlation	.072	1
		Sig. (2-tailed)	.620	
		N	50	50

Table 3: Showing the correlation coefficient between Procrastination and Problem Solving on males and females.

Gender			Procrastination	Problem Solving
Female	Procrastination	Pearson Correlation	1	-.260
		Sig. (2-tailed)		.068
		N	50	50
	Problem Solving	Pearson Correlation	-.260	1
		Sig. (2-tailed)	.068	
		N	50	50
Male	Procrastination	Pearson Correlation	1	.068
		Sig. (2-tailed)		.641
		N	50	50
	Problem Solving	Pearson Correlation	.068	1
		Sig. (2-tailed)	.641	
		N	50	50

Table 4: Showing means, SDs and t-values of procrastination and problem solving of males and females.

	Gender	N	Mean	Std. Deviation	t-test	Sig.
Problem Solving	Female	50	69.04	8.036	-1.083	.281
	Male	50	70.74	7.655		
Procrastination	Female	50	56.88	10.215	.819	.415
	Male	50	55.22	10.049		

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Table 5: Showing means, SDs and t-values of procrastination and problem solving of graduates and working.

	Education	N	Mean	Std. Deviation	t-test	Sig.
Problem Solving	Graduates	50	70.28	7.301	1.219	.622
	Working	50	69.50	8.428		
Procrastination	Graduates	50	57.28	9.143	.495	.226
	Working	50	54.82	10.958		

Table 6: the following table shows the effect of procrastination on problem solving in males and females

Gender	Model	R	R Square	Adjusted R Square	Sig.
Female	1	.260 ^a	.068	.048	.068 ^b
Male	1	.068 ^a	.005	-.016	.641 ^b

a. Predictors: (Constant), Procrastination

b. Dependent Variable: Problem Solving

Table 7: The following table shows the effect of procrastination on problem solving in graduates and working.

Education	Model	R	R Square	Adjusted R Square	Sig.
Graduates	1	.378 ^a	.143	.125	0.007
Working	1	.072 ^a	.005	-.016	0.620

DISCUSSION

Procrastination is a basic human tendency. In this current study we are trying to analyze and focus whether procrastination affects the problem solving ability in young adults. The data of the following study was collected from 100 subjects in total through stratified snowball sampling method.

There were certain objective/hypothesis created for the study in which relationship between procrastination and problem solving in young adults was interpreted. The major findings of the study represents that there is no correlation between procrastination and problem solving in young adults. Our first hypothesis which is ‘‘ There shall be significant negative relationship between Procrastination and Problem Solving.’’ Is been rejected as there is no correlation coefficient which is been seen between these two variables. Hence through Table 1 it could be seen that there exist no significant correlation between procrastination and problem solving.

The second hypothesis which is ‘‘There shall be significant negative relationship between Procrastination and Problem Solving on graduates and working. ‘’ is been partially accepted because the significant correlation is seen to be 0.007 in graduates, which shows that there exist a correlation between the graduate sample in terms of Procrastination and problem solving. Whereas in terms of working sample there exist no correlation coefficient in terms of Procrastination and problem solving. Hence through table 2 its been seen that the hypothesis is partially accepted.

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Another hypothesis states ‘‘ There shall be significant association of Procrastination on Problem Solving of graduates and working.’’ Is been partially accepted because there has been seen a correlation coefficient between Procrastination and problem solving in graduates which can be seen in table 2.

A study by **Khoshouei, M. Sadat (2017)** shows negative relation between procrastination and feedback as a job characteristic. The study supports the results of this hypothesis as the researches stated that the variable procrastination doesn't affect the work performance of an individual which is also been stated in our results of second hypothesis; which shows no correlation between procrastination and problem solving in working group of sample.

The third hypothesis which is ‘‘There shall be significant negative relationship between Procrastination and Problem Solving on males and females.’’ is been rejected as no correlation coefficient which is been seen between the variables Procrastination and problem solving in terms of males and females. Hence through Table 3 it could be seen that there exist no significant correlation between procrastination and problem solving on males and females. The other objective of the study was to study the difference between males and females in relation to Procrastination and Problem Solving. Where the mean of the variable problem solving in female is 69.04, standard deviation is 8.036. Whereas in male mean score is 70.74, standard deviation is 7.655, along with the t-test value of -1.083 of males and females with the significance of .281 which is further insignificant at 0.05 level. The mean of the variable procrastination in female is 56.88, standard deviation is 10.2. whereas in male mean score is 55.22, standard deviation is 10.04, along the t-test value of .819 of males and females. With the significance of .415 which is further insignificant at 0.05 level. Hence the hypothesis ‘‘There shall be significant difference between males and females in relation to Procrastination and Problem Solving.’’ Is rejected.

Another objective was to interpret the difference between Graduates and working in relation to Procrastination and Problem Solving. Where the mean of the variable problem solving in graduates is 70.28, standard deviation is 7.30. whereas in working the mean is 69.5, standard deviation is 8.42 along with the t-test value of 1.21 of graduates and working. with the significance of 0.22 which is further insignificant at 0.05 level.

The mean of the variable procrastination in graduates is 57.28, standard deviation of 9.14. whereas in working the mean is 54.8, standard deviation of 10.95 along with the t-test value of 0.49 with the significance of 0.22 which is insignificant at 0.05 level.

The hypothesis ‘‘There shall be significant association of Procrastination on Problem Solving of males and females.’’ Is already been rejected as according to Table 3 as there is no correlation between the two variables which is procrastination and problem in terms of gender.

This can be supported by the research **Schuster, (2017)** which shows that procrastination leads to the unfinished tasks, that all the way round affect rumination after work on daily basis and do not enhance subsequent procrastination on the next workday. Stating no correlation.

It's been seen that due to procrastination many things are affected in an individual's life. Although quite interesting findings came out through this research study and broadly it was seen that the variables Procrastination and Problem Solving are not correlated with one

another. Though other variables might show a correlation when associated with the variable as procrastination.

Limitations

- The study has minute sample size.
- Small sample might not provide a broader and more generic results in the study and its results.
- Due to prevailing pandemic situations results might be different than from the normal situation.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Tanwar K. & Kapoor R. (2021). Effect of Procrastination on Problem Solving in Young Adults. *International Journal of Indian Psychology*, 9(4), 1420-1430. DIP:18.01.134.20210904, DOI:10.25215/0904.134