

Procrastination and Academic Achievement in Breakfast Takers and Skippers: A Comparative Study

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ABSTRACT

Breakfast is considered as a very important meal of the day as it affects the Body Mass Index and provides required glucose to the brain and body. Whereas, procrastination is the practice of carrying out less urgent tasks in preference to more urgent ones, or doing more pleasurable things in place of less pleasurable ones, and thus putting off impending tasks to a later time. This study evaluated the differences of breakfast takers and breakfast skippers in relation to their procrastination and academic achievement. The sample consists of 120 students of Lovely Professional University, Phagwara and Punjab Agricultural University, Ludhiana, Punjab. Participants were in the age range of 17-20 years, among them 60 were males and 60 were females. Random sampling was used to collect the data and the data was analyzed by keeping 5% level of significance. Results indicated that there is a significant difference between breakfast takers and breakfast skippers in relation to their procrastination level and academic achievement.

Keywords: *Procrastination, Breakfast Takers, Breakfast Skippers.*

Great scholarly execution of understudies is a worry for parents and teachers, as it ensures better job and higher studies. Though there are several factors contributing to better academic performance, breakfast is one among the factor which plays significant role in cognitive functioning. Amid a busy morning it becomes difficult to give breakfast a chance to fall in priority list; however taking only a couple of minutes to have something to eat can truly affect individuals cognitive and physiological functioning. Breakfast gives the body and mind with fuel after an overnight fast. Without breakfast running the mind and body is like attempting to begin a vehicle without fuel. Studies proposed that breakfast takers meet daily nutritional requirement as contrasted with children who take breakfast occasionally or skip breakfast (Sjoberg et al., 2003). Essential vitamins and minerals are found to be around 20 to 60% more in regular breakfast takers when compared with breakfast skippers (Gibson, 2003). Regular breakfast intake ensures healthy BMI range and prevents obesity in individuals.

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Normal breakfast takers have healthy body weights and additionally have a tendency to take part in more advantageous way of life practices than the individuals who skip breakfast (De la Hunty & Ashwell, 2006).

The longest interval between any meals is between dinner and breakfast on next morning. When the overnight fast further gets extended, the glucose level gradually depletes and leads to stress response, which hinders effective cognitive functioning. Standard breakfast utilization has additionally been related to low stress and decreased contamination rates, with a simultaneous reduction of cortisol level (Smith, 2002). Individual who skip breakfast will probably be lower in physically activity and have a lower cardio respiratory wellness level (Sandercock , Voss and Dye, 2010). Consecutively, when skipping of breakfast occurs often, it affects academic progress of an individual. Children's brain aged between 3 to 11 years requires more oxygen and glucose and consumes 50 % of the body oxygen (Sokoloff, 1976). Regular breakfast intake improves memory and helps to recall required information. Breakfast affects memory, has been found in a study conducted by Mahoney et al. (2005) where findings revealed that oatmeals in breakfast enhances immediate recall. Breakfast helps to maintain attention level, as it provides the necessary glucose to the brain for its optimum performance. Youngsters who skip breakfast however eat later on in the day finds difficulty in concentrating in the classrooms. Breakfast has been recommended to decidedly influence learning in youngsters as far as conduct, psychological and school execution. Notwithstanding, these declarations are generally in light of confirmation which exhibits intense impacts of breakfast on intellectual execution. There was suggestive confirmation that frequent breakfast, positively affect youngsters' scholarly execution with clearest impacts on Mathematic efficiency in undernourished kids. Nature of constant breakfast, as far as giving a more noteworthy assortment of nutrition types and sufficient vitality, was decidedly identified with school execution. Scholastic accomplishment or (scholarly) execution is the degree to which an understudy, educator or establishment has accomplished their short or long haul instructive objectives. Cumulative Grade Point Average (CGPA) and finish of instructive degrees, for example, High School and Bachelor's degrees speak to scholastic accomplishment.

On the other hand Procrastination is the evasion of doing an assignment that may be important. Here and there, procrastination happens until the "latest possible moment" before a due date. Procrastination is an observable fact which is often entitled as negative outcome concern with performance and subjective well-being (Klingsieck, 2013). Procrastinators usually blame others for their plight and avoid challenging situations. Procrastinators are also having low self-esteem and found to be avoiding deadlines. Procrastination is a practice of doing more pleasurable things in place of less pleasurable ones or carrying out less urgent tasks instead of more urgent ones thus putting off impending tasks to a later time (Solomon & Rothblum, 1984). Van Eerde (2000) found that avoidance of the intention and the preference for behaviour or thoughts that distract from the aversiveness is found to be a cause of procrastination. Procrastinators have been found to receive worse grades than non-

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procrastinators. Tice and Baumeister (1997) reported that more than one-third of the variation in final exam scores could be attributed to procrastination. The negative association between procrastination and academic performance is recurring and consistent. Research has indicated influence of procrastination on learning and academic achievement of the students (Balkis, 2013). The stress caused due to delaying can diminish precision and promptness, and on this premise it can be contended that procrastination will adversely impact timely execution of a task (Van Eerde, 2003). Research conducted by Karmen et al., (2014) found lower levels of scholastic scores when the students procrastinated more passively. Rotenstein, Davis and Tatum (2009) also conducted a study and found a positive correlation between procrastination and academic achievement. However, there has been blended support for negative impact of procrastination on academic achievement. Some studies have even reported positive association between procrastination and academic achievement (Brinthaup & Shin, 2001; Schraw & Wadkins, 2007).

The Purpose of this study

Studies have failed to converge and are ambiguous in reaching to a conclusion, that whether procrastination impacts academic achievement in a positive or negative way. Past surveys also gives blended support for the impact of breakfast arrangement in trial and school settings on intellectual or academic execution (Taras, 2005). Moreover, there is a dearth of studies related to procrastination and breakfast habits; in this regard the purpose of the study is to analyze the results obtained from respective sample and see the differences between breakfast takers and breakfast skippers in relation with their procrastination and academic achievement.

METHODOLOGY

Participants

This research is carried out on 110 undergraduate students of Lovely Professional University Phagwara and students of Punjab Agricultural University, Ludhiana, Punjab. Participants were selected by using random sampling and were in the age range of 17-20 years, among them 60 were males and 60 were females.

Instruments

- Procrastination Scale developed by Lay (1986) is used to measure the procrastination score of an individual. This scale includes 20 statements and each statement has five alternative response items ranging from 1- extremely uncharacteristic, 2-moderately uncharacteristic, 3- neutral, 4 -moderately characteristic and extremely characteristic.
- To measure academic achievement Cumulative Grade Point Average (CGPA) is taken and recorded.
- Two option (≤ 3 and >3 days per week individual skips breakfast) are given to record whether an individual is breakfast taker or skipper. The two responses were decided on the basis of the average of week days. If the individual ticks ≤ 3 , then the individual was considered as breakfast skipper and if >3 , then the individual was considered as breakfast taker.

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Statistical Analysis

The collected results are analyzed by using Mean, Standard Deviation and t- test. After scoring, data was computed through Statistical Package for the Social Sciences (SPSS) 16 version.

Procedures

Students were given with procrastination scale and they were instructed to write their Cumulative Grade Point Average. Further the students were asked to tick the two options (≤ 3 and >3) to categorize them into breakfast takers and skippers. Then they were divided into two categories:

- 1) Breakfast takers -more than 3 days a week
- 2 Breakfast skippers -3 or less than 3 days a week

Responses are then recorded and scoring is carried out for further statistical analysis.

RESULTS

[Table 1] presents the t-test results for the independent means and indicates the obtained, 't' values for the breakfast takers and skippers in procrastination and academic achievement. The results suggest that breakfast skippers (mean=60. 27) are high on procrastination than breakfast takers (mean=53. 06) with, 't' value -4. 66 which is significant at 0.05 level of significance. Breakfast skippers found to be low on academic achievement (mean=7. 68) when compare to breakfast takers (mean=8. 42), with 't' value 2.51, which is significant at 0.05 level of significance.

Table 1: Differences Of Breakfast Takers And Breakfast Skippers In Procrastination And Scholastic Scores

Variables	Breakfast Skippers Mean (SD)	Breakfast Takers Mean (SD)	Mean Difference	Critical Ratio
Procrastination Score	60. 27	53. 06	1. 02	-4. 66*
	9. 04	7. 69		
Academic Achievement (CGPA)	7. 68	8. 42	0. 24	2. 51*
	1. 82	1. 40		

*P< 0.05

DISCUSSION

The purpose of this research is to analyze the results obtained from respective sample and see the differences between breakfast takers and breakfast skippers in relation with their procrastination and academic achievement. For the objective assessment of procrastination in the participants, Procrastination Scale developed by Lay (1986) is used and to measure

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academic achievement CGPA is recorded. If the participant takes breakfast three or less than three times a day, the individual was considered as breakfast skipper whereas if the participant takes the breakfast more than three times then the individual was considered as breakfast taker. Findings suggest that when it comes to procrastination, the difference between breakfast skippers and breakfast takers is statistically significant and breakfast skippers are found to be high on procrastination. As there is a severe dearth of research on breakfast habits and procrastination, the probable reason for this may be a habit of throwing today's work on the fate of tomorrow and that's why procrastinators are always behind their schedule. This work mismanagement horribly affects their priorities and breakfast is never considered as important. The inability to schedule and take decision is called as decisional procrastination and is a subtype of procrastination (Effert & Ferrari, 1989; Janis & Mann, 1977). Prioritizing the important work is a challenge with procrastinators and usually they prioritize less important information, where breakfast becomes the victim.

The findings of this research also suggests that breakfast takers are found to be high on academic achievement when compare to breakfast skippers. Youngsters might be especially helpless against the nutritious impacts of breakfast on cognitive activity and related intellectual, behavioral, and scholastic results. Youngsters have a higher cerebrum glucose digestion contrasted and grown-ups. Breakfast skipping leads to lower level of glucose in the blood and which in turn hampers cognitive performance like attention and memory in the class. There are some limitations of the study. First, the sample size could have been increased for generalization of the result. Second, the age group is only between 17-20 years and third is the categorizing participants into breakfast takers and skippers. Since there was no tool to categorize the participants in the required two categories, the mean of week days is taken as a bench mark for categorizing.

Implication Of The Research

The study concludes that procrastinators have higher tendency to skip breakfast and breakfast skippers are low in academic achievement when compare to breakfast takers. If the individual works on strategies to reduce procrastination, it is likely that the person will have regular intake of breakfast and which in turn enhance the academic achievement of the individual. Further scope of the research may be to explore the cause and effect of the above mentioned assertion.

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