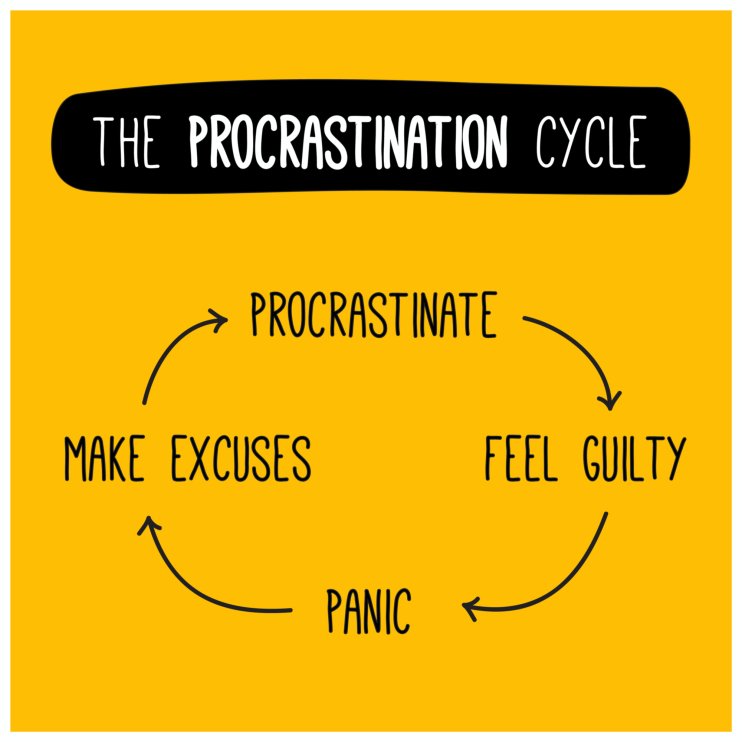
REASONS FOR PROCRASTINATION

Procrastination is frequently putting off a task to be done until tomorrow what could have been done today. It is voluntary delaying of an intended course of action, even if it will be worse off the delay. Procrastination can cause a harmful effect to students, like suspension from academics, poor grades, among others, especially when they postpone their academic work.

Below is a picture showing the procrastination cycle.



What are the possible reasons for students procrastinating until their last minute? Although there are other reasons for procrastination, fear of failure, inferior organization methods, and concentration problems are the main reasons students procrastinate.

Studies have shown that procrastination is one of human behavior since time immemorial. The fear of failure, where a student wants to perfect and keep on postponing, leads to not achieving the required goal. Fear is a physiological trauma, and the result is worse.

Fear of the unknown, imagine this: you notice one day you have a mole appearing on your skin. You get anxious it may be cancerous so you avoid checkups hoping it will go away. Sometimes people are afraid of taking action that may reveal a truth they don’t want to hear.

I will do it later; this is the excuse where one decides to work on a pending work at a later time. You imagine that in a future time you will have perfect opportunity to complete the task. This creates a disconnect between how you will ideally feel future and how you will actually feel in the future.

Trouble concentrating is another reason for procrastinating. This can be because of other distractions like social media, peer influence, and multitasking. Trying to do many tasks at the same time is tiresome.

Poor organization skill that is characterized poor planning or lack of plan. When a student fails to plan, his daily work ends up not doing what he is supposed to do and doing petty and unnecessary things.

Low energy skills that can be due to lack of sleep or food are reasons for procrastination. Some work, primarily academic work, involves a lot of body and mind energy; therefore, the student will procrastinate without the power.

The optimism of the future, where students procrastinate because they are optimistic, will do so in the future. This optimism will reduce the time available for the completion of the task.

While most researchers consider procrastination as the main reason why student fail in their academic work, I would find it wise when a student procrastinates to extend his or her research to come out with the best findings

Mainly the above stated reasons above can be avoided. Procrastination to the student may cause panic, and they may end up losing it all. A suggestion to the following research question would be ways in which we can help the student avoid procrastination.

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