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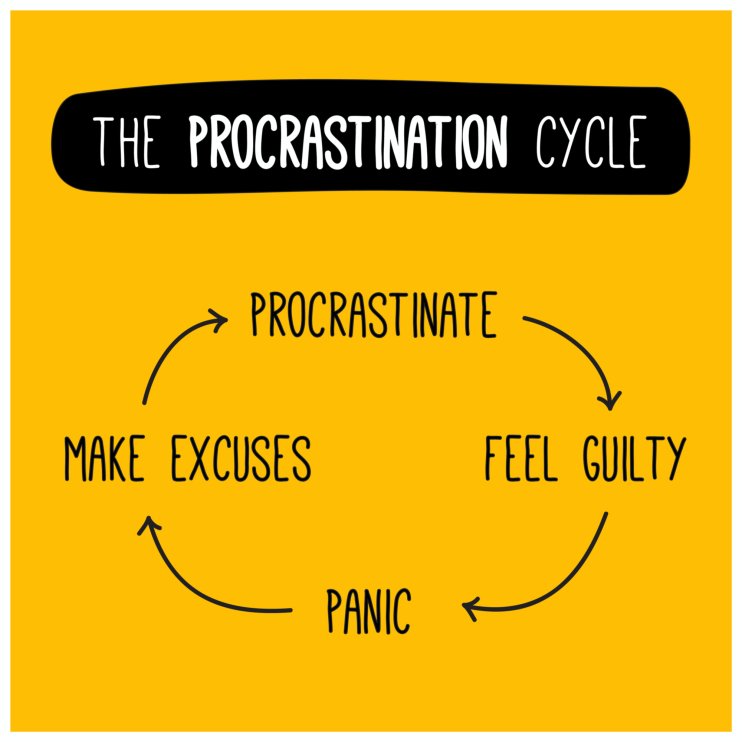
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REASONS FOR PROCRASTINATION

The word procrastination was derived from Latin “procrastinare” that translate to prefix pro – forward and suffix “crastinus” which means next day. Therefore 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. Procrastination can either be passive or active type, in passive procrastination fall into traps of indecision or lack of confidence that cause procrastinator to wait until the last minute to do something. It is a “negative” kind of procrastination. On the other hand active procrastination is kind of “positive” this where say a student decide to procrastinate because they know they work better under pressure.

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, distractions also especially to student internet which remains as man’s biggest distraction, and concentration problems are the main reasons students procrastinate. In the list below, we will be focusing on passive procrastination.

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. Sometimes, being a perfectionist works in your favor. However, it can be tempting to put things off or delay completing tasks simply because you’re worried about the outcome being less than perfect. (“History” par. 3). A 2017 study confirmed that those with perfectionist tendencies were also more likely to engage in procrastination.

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. (Fear par.1)

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. (Karen K. Kirst-Ashman part 5)

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. ( ( optimism part 2)

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. An active kind of procrastination where one believes he/she works best under pressure

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.

**Works cited**

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4. Bernstein, Peter (1996). Against the Gods: The remarkable story of risk. pp. 15.
5. https://solvingprocrastination.com/why-people-procrastinate/
6. Mc Graw for undergraduate:http//Mc Graw.priceton.edu/undergraduates 2017

**Task part**

**https://mcgraw.princeton.edu/sites/mcgraw/files/overcoming\_and\_understanding\_procrastination.pdf**

The above link is from an internet source and a downloadable PDF, I found the link from a Google search engine. The pdf from Mc Graw center teaching and learning.

Mc Graw for undergraduate:http//Mc Graw.priceton.edu/undergraduates 2017.

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