

# A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF ACADEMIC PROCRASTINATION AMONG COLLEGE STUDENTS IN SELECTED COLLEGES, PUDUCHERRY

## Author(s) Name(s):

R. Chandru, A. Priyadharshini, V. Sandhiya, K. Sarumathi M. Swathi

1. Dr. R. GOMATHY, M.Sc.(N), Ph.D.,  
PRINCIPAL,  
A.G. PADMAVATHI COLLEGE OF NURSING,  
BAHOUR, PUDUCHERRY.

2.Dr.R. Malathy,M.Sc.(N), Ph.D.,  
VICE -PRINCIPAL,  
A.G. PADMAVATHI COLLEGE OF NURSING,  
BAHOUR, PUDUCHERRY.

3.Mrs. R. DHIVYA, M.Sc.(N),  
SENIOR TUTOR  
A.G. PADMAVATHI COLLEGE OF NURSING,  
BAHOUR, PUDUCHERRY.

## Author Affiliation(s):

A.G. Padmavathi College of Nursing, Bahour, Puducherry.

## Abstract

**Background:** Academic procrastination, defined as the voluntary delay of academic tasks despite negative consequences, affects 70% of university students globally. This study assessed the prevalence and correlates among Indian college students.

**AIM:** To assess the level of academic procrastination among college students in PSV College.

**Methods:** A cross-sectional descriptive design was employed with 142 undergraduate students from PSV Arts and Science College, Puducherry, selected via convenience sampling. Data were collected using a validated 25-item Academic Procrastination Scale (Likert 1–5; total score 125).

**Results:** The findings revealed 36.6% (n=52) as high procrastinators, 61.3% (n=87) as moderate, and 2.1% (n=3) as low procrastinators. Significant associations emerged with academic program ( $p<0.05$ ) and social media use ( $p<0.05$ ). Commerce students procrastinated more (mean score=91.48) than science peers (79.72).

**Conclusion:** Procrastination is prevalent among Indian undergraduates, with discipline-specific patterns. Interventions targeting digital distractions and time management are recommended.

## KEY WORDS:

Descriptive, Knowledge, Academic procrastination, College students.

## 1. Introduction

### 1.1 Background

Procrastination in academia is linked to poor self-regulation (Steel, 2007) and affects 70% of students worldwide (International Journal of Indian Psychology, 2023). In India, digital distractions exacerbate this issue, with 48% of students citing social media as a primary cause (Study Mode, 2021).

### 1.2 Problem Statement

Despite global research, regional studies in India—particularly Puducherry—are scarce. This study addresses this gap by examining:

1. Prevalence of academic procrastination
2. Associations with demographic variables

### 1.3 Objectives

1. Quantify procrastination levels using standardized measures.
2. Analyze the relationship between the program of study and digital habits.

## 2. Literature Review

Recent studies highlight:

- **Prevalence:** 44–70% moderate-to-severe procrastination (Zenoozian et al., 2024).
- **Impact:** Correlates with 20% lower GPAs (Renu et al., 2022).
- **Digital Factors:** Social media accounts for 60% of task interruptions (Bhati et al., 2021).

Theoretical frameworks suggest procrastination stems from:

- Emotional regulation deficits (Tice & Bratslavsky, 2000)
- Task aversiveness (Blunt & Pychyl, 2000)

## 3. Methodology

### 3.1 Design

- **Type:** Cross-sectional descriptive study.
- **Setting:** PSV Arts and Science College (June–August 2024).

### 3.2 Participants

- **Sample:** 142 undergraduates (convenience sampling).
- **Inclusion Criteria:** Full-time students aged 17–25.

### 3.3 Instrument

- **Tool:** Academic Procrastination Scale ( $\alpha=0.87$ ).
- **Scoring:** High (92–125), Moderate (58–91), Low (25–57).

### 3.4 Analysis

- Descriptive statistics (SPSS v28).
- Kruskal-Wallis test for group comparisons.

## 4.RESULTS AND DISCUSSION

This descriptive study aimed to assess the level of academic procrastination among college students in selected colleges in Puducherry and to examine the association between procrastination levels and selected demographic variables.

A total of 142 arts and science students participated in the study after providing oral consent and receiving an explanation regarding the purpose and procedures of data collection. Data were gathered using a structured questionnaire.

### Level of Academic Procrastination

The first objective was to determine the level of academic procrastination among the participants. The findings revealed that 52 students (36.6%) were classified as high-level procrastinators, 87 students (61.3%) as medium-level procrastinators, and 3 students (2.1%) as low-level procrastinators. The majority of students (61.3%) demonstrated moderate levels of academic procrastination.

These results align with findings reported by Sharadha Ramesh et al. (2024), who conducted a descriptive study among nursing students at Vinayaga Mission's College of Nursing, Puducherry. Their study found that 82% of students exhibited moderate academic procrastination, 16% showed high levels, and 2% exhibited low levels of procrastination, concluding that most students had moderate procrastination tendencies.

### Association Between Academic Procrastination and Demographic Variables

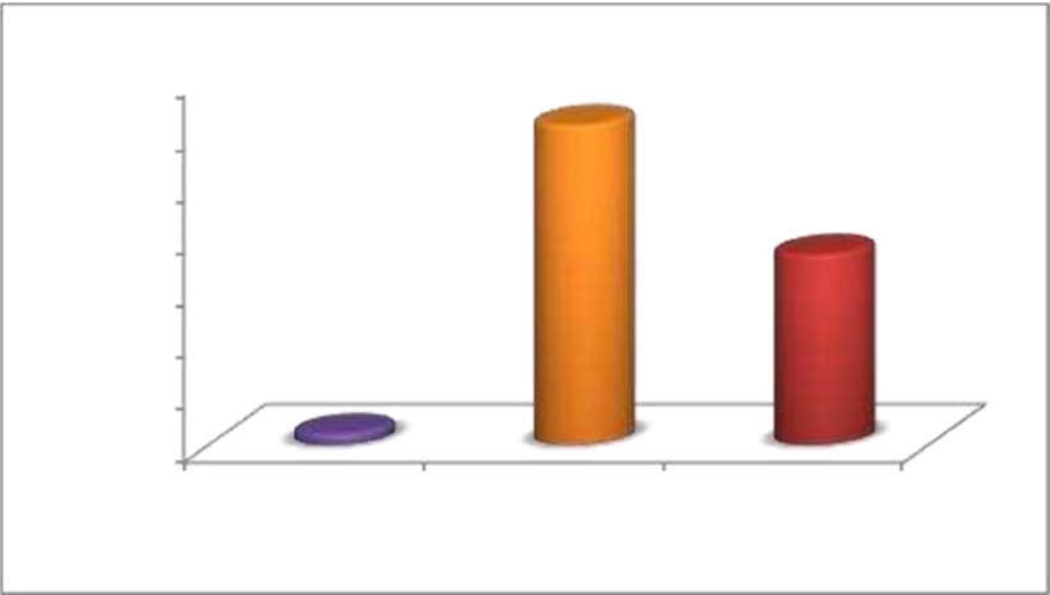
The second objective was to explore the association between the level of academic procrastination and selected demographic variables. The present study indicated a statistically significant association between academic procrastination and variables such as the program of study and use of social media ( $p < 0.05$ ).

These findings are consistent with the study by Ranjit Kumari Behera (2024), who investigated academic procrastination behavior among college students at Sambalpur University, Odisha. Behera's study reported no significant differences related to locality or caste but identified significant differences based on gender and academic streams. Similarly, the current study found significant associations with the program of study and social media usage, supporting the relevance of these demographic factors in academic procrastination tendencies.

**Table 4.2: Frequency and percentage distribution on level of academic procrastination**

(n=142)

Procrastination Score level	Frequency	Percentage
Low level	3	2.1%
Medium level	87	61.3%
High level	52	36.6%
Total	142	100.0%
Mean = 87.27; SD = 15.17		



**Figure no. 4.1:** Frequency and percentage distribution on the level of academic procrastination

## **SUMMARY AND CONCLUSION:**

This descriptive study aimed to assess the level of academic procrastination among college students at PSV Arts and Science College, Puducherry, and to examine its association with selected demographic variables. A total of 142 students participated, providing data through structured questionnaires.

The findings revealed that academic procrastination is highly prevalent among the study population: 61.3% of students exhibited moderate levels of procrastination, 36.6% were classified as high procrastinators, and only 2.1% demonstrated low levels. Furthermore, significant associations were identified between academic procrastination and certain demographic factors, notably the program of study and social media usage ( $p < 0.05$ ).

These results indicate that academic procrastination is a substantial concern for college students, potentially affecting their academic performance and well-being. This necessitates focused interventions aimed at enhancing self-regulatory skills and reducing distractions, particularly those related to social media.

### **Implications**

The study underscores the importance of targeted strategies in nursing education and student support services to mitigate procrastination. Educators should incorporate awareness programs and time management training to help students overcome procrastination habits, thereby improving academic success.

## **IMPLICATIONS TO NURSING ADMINISTRATION:**

Nursing administration plays a crucial role in addressing and mitigating the negative implications of academic procrastination among students, which can affect their academic performance, stress levels, and overall well-being.

### **LIMITATIONS:**

- ❖ The study sample size is limited to 142 samples. Hence, generalization of the results can not be done.
- ❖ The study is confined to undergraduates only.
- ❖ The study is limited to arts and science college students only.

### **RECOMMENDATIONS:**

- ❖ This study can be replicated on a large sample size and also in different settings.
- ❖ This study can be conducted among postgraduate students.
- ❖ This study can be conducted by including a greater number of samples.

**CONCLUSION:**

The present study was conducted among 142 college students in PSV Arts and Science College, Mullodai, Puducherry to assess the level of academic procrastination among college students. The study revealed low-level procrastinators - 3(2.1%), medium-level procrastinators- 87 (61.3%), and high-level procrastinators – 52 (36.6%). It shows an association between the level of academic procrastination with their demographic variables ( program of study and use of social media).

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