

## Study on the Solution to Procrastination among College Students

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### Abstract

**This paper introduces the current situation of academic procrastination in college students, and explains the three reasons of fear and lack of desire, poor time management and indolence. And at the end of this article, several solutions are given, including identifying something procrastinating on, asking: “ Why am I putting this off ? ” and picking out answers, tracking down everyday activities and creating an action plan to finish a task, and develop habits.**

### Keywords

**Procrastination, college students, solutions.**

### 1. Introduction

Procrastinators are common in our study and daily life. But some people may not see it as a real problem, and sometimes they even see it as a benefit. For example, when they successfully avoid something they do not want to do, they will be relieved. But the truth is that this is just an illusion. One type of procrastination is academic procrastination, more than 70% of college students often procrastinate, and this is a continuing problem for more than half of the students (Ellis & Knaus, 2002). Procrastinators will often delay until the deadline (Lay, 1986). A large number of reports indicate that it leads to low quality papers and projects, lower test scores, and late or missed assignments in a range (Zarick & Stonebraker, 2009). So for a procrastinator, whether chronic or not, it is time to start tackling this issue, because it is not a help but a hindrance. Delaying on what should be doing are like putting off life, which is no better than being a sleepwalker. This research paper is meant to give readers a deep level understanding of the causes for procrastination, how can overcome it, and help to finally overcome it.

### 2. Causes to Procrastination

#### 2.1 Fear and Lack of Desire

When it comes to doing something, desire and fear are two major forces. Like fuel for progress, desire is a motivation, and only when there is desire and need will people strive to achieve their goals. Without desire, people have no motivation to act, and procrastination will happen. For example, when academic procrastinators lack aims of study (such as the passion for a good grades), they will put off or even try to avoid learning and work as later as they can. Fear, on the other hand, like a fog which keeps them from moving forward, is the second underlying cause of procrastination. When people are afraid of the difficulties that may occur in completing a task, they may choose to procrastinate to avoid it. The fear can be in any types: fear of pain, fear of uncertainty, fear of hardship, fear of not having control, fear of being incapable, fear of rejection, fear of being alone. For some students, exam is itself is a painful process, existing the fear of mastering the difficult knowledge, the fear of the grades, the fear caused by expecting too much difficult to achieve.

Where desire is less than fear, procrastination will take place. On the contrary, where desire is less than fear, action will take place. And if there is a lack of desire combined with fear, procrastination is almost definite. The most common example is students. Most of them are studying for the sake of studying, so it is not hard to imagine that they will feel empty for what they are studying for. In addition, the high competition and intensity of the coursework leads to an inner fear toward studies. There are many students who always have too much hope about the grades, which leads to mental

tension and stress. In fact, this is largely related to their fears. In fact, what the college students should do is to not just focus simply on test results, and try to finish the daily work calmly, not blundering delay.

## 2.2 Poor Time Management

A large number of college students, after working for a period of time, will be in such a state of work: the planned things are dragging, the tasks are always not prepared until the last minute, and all kinds of urgent things are waiting to deal with. It is exhausting, but they don't know how to change it. These people are so used to procrastinating and never start until the last minute.

Take the academic procrastinators as an example. They refuse to complete tasks ahead or on time, and promise to do it later. These delays are rationalized with excuses such as "I work best under pressure," "I am just waiting for the best time to do it," "I know I can pull this out at the last minute," and others which make the delay seems as a good way, and if waiting to start studying is a good thing. Contrary to their claims, academic procrastinators do not work better under pressure, but it may be the only way they work (Tuckman, 2002).

## 2.3 Indolence

People often procrastinate because of feeling too physically or emotionally drained to work. Once falling into this pattern, it is easy to get stuck due to inertia. When people feel lazy, even simple tasks seem like too much work, because their energy is too low compared to the energy required by the task. They may blame the task for being too difficult or tedious, and at that time, procrastinate is a good way to conserve energy. But the longer do this, the more resolve will weaken, and the procrastination will gradually become a habit. For example, some students are always too lazy to do homework, to get up early to class, to learn, and to review in daily study, and after a time, knowledge has been accumulated. Until the eve of the tests, the accumulation contents are too much to start to learn, and they even do not know how to start. Some just find practices, trying to understand the key to solve the problem and learn the key knowledge. However, in the end, the results are generally bad.

## 3. Solutions to Procrastination

Some people may find that they always fail to complete the task in time because of disorganized, or because certain tasks just fell through the cracks? Through the above analysis, it is not hard to find that most of the reasons for procrastination are as follows: lack of interest in tasks, fear of difficulties, and lack of efficiency. In order to overcome procrastination, here lists some practicable methods.

### 3.1 Identifying something they are procrastinating on

Firstly, think about the tasks which are being procrastinating and failing to accomplish well. Write them down, including learning, working and more, such as postponing review, delayed travel plans, etc.

### 3.2 Asking: "Why am I putting this off?" and pick out answers

Then, think about the possible reasons. Write everything that comes up. There may be several different answers. However, if the mind responds with "no idea", write that in anyway, then ask the same question again. A different answer may be got at this time. Just keep on writing until nothing else comes up. For a students, that may be:

- I completely forgot that work
- Time is too tight to finish the review
- I was in a hurry to review only before the exam
- Excessive use of mobile phones and other entertainments
- I don't know...

### 3.3 Tracking down everyday activities and creating an action plan to finish a task

Write down the daily tasks of study and work, and if necessary, write them down in a notebook. Spread the tasks out into small pieces and make sure finish one of them every day. Besides, insist on completing tasks before entertainment, and act immediately when something need to do.

### 3.4 Develop Habits

The above requirements may be considered difficult to complete, of course, and there are some detailed steps that follow. Here is how it works: First, choose a small portion of the task from which and work for 30 minutes. Then choose a reward and get it immediately after finishing the portion. The reward is guaranteed when simply put in the time. It does not depend on any meaningful achievement (Houchell, 2016). Examples include watching favorite TV show, seeing a movie, enjoying a meal or snack, going out with friends, going for a walk, or doing anything pleasuring. Because the amount of working time on the task is so short, people's focus will shift to the impending pleasure of the reward instead of the difficulty of the task. No matter how unpleasant the task, if there is a big enough reward waiting for them, nothing cannot be endured for just 30 minutes virtually (Houchell, 2016). After a period of time, working much longer than 30 minutes may not be a hard job. "everything is difficult to begin with". The folk is really true, because people's behavior is gradual. Once begin taking action, people's focus will shift away from worrying about the difficulty of the task, and actually want to keep working on it and finish the current piece of the task, which now has your full attention.

## 4. Conclusion

More than 70 percent of college students now have the symptoms of procrastination, which is detrimental to their personal study or the ethos of the university as a whole. Among the reasons given in this paper, the most important ones are the lack of time concept, the inability to arrange time reasonably, and the indolence caused by the absence of supervision during the school stay, and the inability to self-govern. The above Suggestions are only for the general discussion of most people. And the fundamental solution to procrastination in learning actually requires everyone to find their own reasons from the individual. Finding their own problems and having the heart to correct them are more effective than many reminders by others.

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