



# “A Study to Assess the Effectiveness of Cognitive Behavior Therapy on the Level of Procrastination Among I year B.Sc. Nursing Students in Selected Nursing Colleges at Bangalore.”

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## ABSTRACT

**Background:** This study attempts to assess the Effectiveness of Cognitive behavior therapy on the Level of Procrastination among I year B.Sc. Nursing students. The objectives of the study are:

- To assess the pre-test and Post test level of Procrastination among I year B.Sc. Nursing students.
- To evaluate the effectiveness of Cognitive behavior therapy by comparing pretest and post-test level of Procrastination.
- To determine the association between post test score and socio demographic variables among I year B.Sc. nursing students. The conceptual frame work adopted for the study was based on Kings' S Goal Attainment Model Modified (1989).

**Methodology:** The research design adopted for the present study was one group pretest post-test design. It comes under the Quasi-experimental design. The independent variable of the study was cognitive behavior therapy and the dependent variable in this study was the level of procrastination among 1st year B.Sc. Nursing students

**Results:** The paired 't' test values obtained are in pretest and post-test over all 32.4. The paired 't' test value shows that by comparing the pretest and post-test values there is a significant increase in the Procrastination level. The study findings revealed that there was a significant difference in the pre-test and post-test level of procrastination among I year B.Sc. Nursing students. Key words: Effectiveness, Cognitive behavior therapy, Procrastination.

**Conclusion:** The study findings revealed that there was a significant difference in the pre-test and post-test level of procrastination among I year B.Sc. Nursing students.

**Key words:** Effectiveness, Cognitive behavior therapy, Procrastination.

**INTRODUCTION:** Adolescence! A beautiful age group filled with colours. Every person will wish that they could have stayed in the adolescence. Adolescents aged between 10-19 years account for more than one-fifth of the world's population. According to some researchers, procrastination has more than quadrupled in the last 30 years. In 1978 itself 5% of the population admitted to being chronic procrastinators compared to roughly 26% of the population today. Surveys of student populations suggest that procrastinate are pervasive. Some surveys suggest that 85&95% of students have problems associated with procrastination and most common is among students in college. There are many therapies to beat procrastination but cognitive behavior therapy has been proved effective. The road block of procrastination is a complex one. Procrastination statistics show that procrastination affects over 20% of the population and that it is on the rise. Cognitive Behavior Therapy is a wide ranged which attempt to modify, change, correct or eliminate maladaptive thoughts and behaviours. This therapy is problem focused and action oriented or directive in its therapeutic approach.

**METHODOLOGY:** The research design adopted for the present study was one group pretest post-test design. It comes under the Quasi-experimental design. And the research approach adopted for this study is Evaluative survey approach. The research design selected for the present study can be symbolically represented as,

O1- level of procrastination in the pretest.

X – Cognitive Behavior Therapy

O2- level of procrastination in the post test.

## RESULTS:

**Section -1:** Description of selected socio demographic variables of the I year B.Sc nursing students.

**Section -2:** Analysis and interpretation of pre -test and post- test level of Procrastination among I year B.Sc nursing students.

**Section -3:** Analysis and interpretation level of Procrastination among I year B.Sc nursing students with the selected socio demographic variable.

### SECTION - 1

#### Distribution of I year B.Sc. nursing students according to socio demographic variables by frequency and percentage

##### Socio-Demographic Characteristics of Respondents

1	Age in years	No	%
	a) 16-18	0	0.0
	b) 18-20	12	20.0
	c) 20-22	48	80.0
2	Sex		
	a) Male	16	26.7
	b) Female	44	73.3
3	Religion		
	a) Hindu	31	51.7
	b) Christian	24	40.0
	c) Muslims	5	8.3
	d) Others	0	0.0
4	Education of the parents		
	Father		
	a) No formal education	4	6.7
	b) High School	19	31.7
	c) Higher Secondary School	24	40.0

	d) Graduate	13	21.7
	<b>Mother</b>		
	a) No formal education	3	5.0
	b) High School	24	40.0
	c) Higher Secondary School	26	43.3
	d) Graduate	7	11.7
5	<b>Occupation of the parents</b>		
	<b>Father</b>		
	a) Unemployed	8	13.3
	b) Professional	6	10.0
	c) Business	27	45.0
	d) Self Employee	19	31.7
	<b>Mother</b>		
	a) Unemployed	28	46.7
	b) Professional	7	11.7
	c) Business	20	33.3
	d)Self Employee	5	8.3

### SECTION- 2

#### Classification of Respondents on comparing pretest and Post test Procrastination level regarding among I year B.Sc. nursing students

n=60

Level of Procrastination	Score	Pre test		Post test	
		No	%	No	%
Inadequate	<50%	42	70.0	0	0.0
Moderate	50-75%	15	25.0	22	36.7
Adequate	>75%	3	5.0	38	63.3
Total		60	100	60	100

### SECTION – 3

#### Association between Demographic variables and Post test Procrastination level among I

#### year B.Sc. nursing students

S.No	Demographic Variables	No	%	No of Respondents				Chi-square
				≤ Median (24)		> Median (36)		
				No	%	No	%	
1	<b>Age in years</b>							
	a)16-18	0	0.0	0	0.0	0	0.0	4.4
	b) 18-20	12	20.0	8	66.7	4	33.3	df 2
	c) 20-22	48	80.0	16	33.3	32	66.7	N.S
2	<b>Sex</b>							
	a) Male	16	26.7	11	68.8	5	31.3	7.5
	b) Female	44	73.3	13	29.5	31	70.5	df 1 S
3	<b>Religion</b>							
	a) Hindu	31	51.7	12	38.7	19	61.3	0.5

	b) Christian	24	40.0	10	41.7	14	58.3	df 2
	c) Muslims	5	8.3	2	40.0	3	60.0	N.S
	d) Others	0	0.0	0	0.0	0	0.0	
4	<b>Education of the parents</b>							
	<b>Father</b>							
	a) No formal b) education	4	6.7	4	0.0	0	0.0	7.26
	c) High School	19	31.7	10	1.0	9	1.0	df 3
	d) Higher Secondary School	24	40.0	8	2.0	16	2.0	S
	e) Graduate	13	21.7	2	15.4	11	84.6	
	<b>Mother</b>							
	a) No formal b) education	3	5.0	3	100.0	0	0.0	6.4
	c) High School	24	40.0	10	41.7	14	58.3	df 3
	d) Higher Secondary School	26	43.3	8	30.8	18	69.2	N.S
	e) Graduate	7	11.7	3	42.9	4	57.1	

**CONCLUSION:** The present study assessed the effectiveness of Cognitive Behaviour Therapy on the level of procrastination among I year B.Sc. Nursing students in selected nursing Colleges. The study findings revealed that there was a significant difference in the pre-test and post-test level of procrastination among I year B.Sc. Nursing students.

#### LIMITATIONS:

The investigator found difficulty in getting permission for study setting.

Collecting review of literature was very difficult as there were only few studies related to procrastination and that too were foreign studies.

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