



A Study To Assess Academic Procrastination Among College Students In Relation To Anxiety At Selected Colleges, Chittoor.

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ABSTRACT

BACKGROUND: The life of a college student is often characterized by a mix of hope and anxiety. While students are eager to engage with new academic challenges, form connections, and explore their own abilities, they may also experience a growing sense of uncertainty. The pressure to perform academically and meet deadlines can lead to academic procrastination, where students delay their assignments due to feelings of anxiety. This procrastination can further intensify their anxiety, creating a cycle of avoidance and stress. In an attempt to cope, students may use distractions, such as social media or taking selfies, to temporarily boost self-confidence and self-presentation. However, these distractions can also prevent them from addressing their academic responsibilities, leading to further feelings of guilt and self-doubt. Despite their desire for greater independence and self-direction, the demands of academic life can overwhelm them, and the fear of failure can hinder their ability to achieve their goals.

METHODOLOGY: The descriptive study was conducted to assess academic procrastination among college students in relation to anxiety at selected colleges, chittoor. A total of 60 samples were chosen by simple random sampling technique. After getting consent from study sample structured questionnaire was given to data collection.

RESULT: The Results revealed that academic procrastination among college students in relation to anxiety, 18.30% had low academic procrastination, 30.00% had moderate academic procrastination, 43.30% had high academic procrastination, 8.30% had very high academic procrastination. Mild anxiety (25.00%), Moderate anxiety (26.70%), high anxiety (36.70%), and very high anxiety (11.70%).

CONCLUSION: The study concludes that students knowledge and attitudes regarding mental health conditions should be improved through the use of effective education materials and audiovisual aids.

KEYWORDS: Academic Procrastination, Anxiety, College Students.

INTRODUCTION

BACKGROUND OF THE STUDY:

College students refers to individuals who are part of an academic institution (college) and are engaged in learning or studying. College Students represent a diverse and dynamic group of individuals who are navigating one of the most transformative stages of life. Typically aged between 18 and 25, although increasingly varied in age and background, college students are engaged in higher education to gain knowledge, develop skills, and prepare for future careers. They come from all walks of life and often balance academic responsibilities with part-time jobs, extracurricular activities, and social relationships.

This period of life is not only about academic growth but also about personal development. College students face a range of challenges- from managing time and finances to coping with stress and making critical life decisions. At the same time they experience newfound independence, explore their identities, and form meaningful connections that shape their futures. In an increasingly globalized world, today's college students are also more socially aware, technologically adept, and involved in issues such as sustainability, equity, and innovation.

Procrastination, or task avoidance, is a pervasive behavioral phenomenon affecting numerous individuals to varying degrees. Academic procrastination, in particular, has become a significant obstacle, hindering students from achieving their goals and leading to discouragement. The increasing complexity of academic curricula and the growing pressure to perform have exacerbated this issue. Procrastination often leads to last-minute cramming and poor preparation for exams, which increases stress and anxiety. This, combined with the intense pressure to perform academically, has resulted in tragic outcomes.

Academic procrastination, a type of domain-specific behavior, refers to the tendency of students to delay in completing academic tasks, such as studying for an exam, doing homework, or writing an essay, assignments, even though they know they should perform these actions and have a specific deadline for completion.

Delaying or postponing tasks has become commonplace, with many individuals frequently uttering phrases like "I'll do it later" or "I'll think about it tomorrow." While occasional procrastination is common, academic well procrastination is a problem behavior with negative consequences for students, impacting their academic achievement and -being.

Academic procrastination refers to the deliberate delay of academic tasks, such as studying, completing assignments, or preparing for exams, despite knowing that this delay can lead to negative consequences. It is a common behavior among students at all levels of education, but it is particularly prevalent in college and university settings, where students face increased academic pressure, complex assignments, and multiple deadlines.

Procrastination often begins as a response to feelings of overwhelm, fatigue, or fear of failure. For many students, the tasks seem daunting, and they may struggle with starting due to a lack of motivation or the pressure to perform perfectly. This delay provides temporary relief from the anxiety of facing a difficult or stressful task, but over time, procrastination leads to stress, guilt, and more anxiety as deadlines draw closer.

Anxiety is a psychological and physiological response to stress or perceived threats, characterized by feelings of worry, fear, or unease. It often involves both mental and physical symptoms, such as excessive nervousness, tension, difficulty concentrating, increased heart rate, and shallow breathing. While anxiety is

a normal response to stress, excessive or chronic anxiety can interfere with daily functioning and may be classified as an anxiety disorder.

NEED FOR THE STUDY:

College students has been described by Rye by J.D. Salinger as college students in 'current period are seen as struggling with identity and societal expectation'. It is a very crucial period of one's life which covers roughly from 16-21 years. College students are depicted as intellectual, intense, and often isolated from the general student body. More than 1 million people between the ages of 16-21 are predicted to make up the global population by 2026.

A majority of college students from lower socioeconomic back ground in whole world are not untouched by the effects of academic procrastination college students under 19 years are also affected in India and around the word. Moreover, little research has been conducted on academic procrastination in relation to anxiety. Considering the high to moderate rate of India college students, this area needs to be further explored with a focus on what roles the procrastination levels plays in fostering fantasies and acting out behaviors. College students has adapted their behavior always by delaying the academic work and finally going through the anxiety behavior in everyday life. Which effect's both personal and mental health.

Academic procrastination is a pervasive issue affecting students' academic performance worldwide. Research suggests that approximately 70% of students procrastinate on major project deadlines and test preparations. While numerous studies have investigated academic procrastination among diverse populations, there is a significant gap in literature regarding the prevalence and reasons for academic procrastination specifically among students in Northeast India, as well as potential gender differences.

Prevalence of academic procrastination in relation to anxiety in year of 2025 reveals that a significant number of students, nearly 80% exhibit academic procrastination to varying degrees, with half consistently procrastinating due to poor time management skills and lack of planning for academic activities. About 45.2% of college students experience mild anxiety, while 16.7% have severe anxiety.

In 2024, research revealed that significantly 80.4% of college students exhibited moderate academic procrastination and 46.5% of college students reported with severe anxiety, 40.1% students experienced moderate anxiety.

OBJECTIVES:

1. To assess the Academic Procrastination among College students.
2. To assess the Anxiety among College students.
3. To assess the relationship between Academic Procrastination and Anxiety among College students.
4. To find out the association between Academic Procrastination and Anxiety with selected socio demographic variables.

METHODOLOGY :

In the view of problem revealed and objective to be accomplished a descriptive study. A sample of 60 college students were chosen by simple random sampling technique. College students were willing to participate were included taking consent. The settings was Sri Vivekananda Junior College. Besides sociodemographic data sheet , academic procrastination scale consisting of 30 questions as 4-5 options with scoring 0-1 to assess the academic procrastination and relation to anxiety. The data was analyzed by using descriptive and inferential statistics.

Table 1: Frequency and percentage distribution of demographic variables among college students

Sl.No	Demographic Values		Frequency(F)	Percentage (%)
1.	Age in years	16-17 years	12	20.00
		18-19 years	40	66.70
		20-21 years	8	13.00
		Total	60	100
2.	Gender	Male	32	53.30
		Female	28	46.70
		Total	60	100
3.	Religion	Hindu	55	91.70
		Muslim	3	5.0
		Christian	2	3.30
		Total	60	100
4.	Education of father	Illiterate	12	20.00
		Primary Education	26	43.30
		Secondary Education	10	16.70
		Intermediate	6	10.00
		Graduate	6	10.00
		Total	60	100
5.	Education of Mother	Illiterate	12	20.00
		Primary Education	22	36.00
		Secondary Education	15	25.00
		Intermediate	7	11.70
		Graduate	4	6.70
		Total	60	100

6.	Occupation of head of the family	Unemployed	20	33.30
		Labour	24	40.00
		Private job	13	21.70
		Government	3	5.00
		Total	60	100
7.	Monthly Income(in rupees)	10000-15000	30	50.00
		15001-20000	11	18.30
		20001-30000	12	20.00
		30001 and above	7	11.70
		Total	60	100
8.	Geographical background	Urban	23	38.30
		Rural	35	55.80
		Semi-Urban	2	3.30
		Total	60	100
9.	Type of family	Nuclear	40	66.70
		Joint	20	33.30
		Total	60	100
10.	Type of residence	Staying in hostel	18	30.00
		With parents	38	63.80
		With relatives	4	6.70
		Total	60	100

Table 1: Out of 60 students, 20.00% (12) were 16-17 years old, 66.70% (40) were 18-19 years old, and 13.30% (8) were 20-21 years and above. 53.30% (32) were men participants, 46.70% (28) were women participants. Religion: 91.70% (55) were Hindu, 5.00% (3) were Muslim, 3.30% (2) were Christian. In terms of father education, 20.00% (12) were illiterate, 43.30% (26) had only completed primary school, 16.70% (10) had only completed secondary school, 10.00% (6) had completed intermediate school, 10.00% (6) had completed graduate school. In terms of mother education, 20.00% (12) were illiterate, 36.70% (22) had only completed primary school education, 25.00% (15) had only completed secondary school education, 11.70% (7) had completed intermediate school, 6.70% (4) had completed graduate. Regarding the role of the family's head, 33.30% (20) were jobless, 40.00% (24) were laborers, 21.70% (13) had private jobs, 5.00% (3) had Government jobs. In terms of monthly family income, 50.00% (30) of families made between Rs. 10000-15000, 18.30% (11) families made income between Rs. 15001- 20000, 20.00% (12) families made between Rs. 20001-30000, 11.70% (7) families made between Rs. 30001 and above. With respect to geographic location 38.30% (23) people lived in an urban region, 58.30% (35) in a rural area, and 3.30% (2) in a semi-urban area. In terms of family type, 66.70% (40) lived in a nuclear family, 33.30% (20) lived in a joint family. In terms of living type, 30.00% (18) of the population stayed in a hostel, 63.30%

(38) stayed with parents, and 6.70% (4) stayed with their relative.

Table 2: Frequency and percentage distribution of Academic Procrastination among college students

Academic Procrastination

Sl. No	Academic Procrastination	Frequency	Percentage
1	Low Academic Procrastination	11	18.30
2	Moderate Academic Procrastination	18	30.00
3	High Academic Procrastination	26	43.30
4	Very High Academic Procrastination	5	8.40
	Total	60	100.00

Table 2: Shows that out of 60 samples 18.30% (11) had Low Academic Procrastination, 30.00% (18) had Moderate Academic Procrastination, 43.30% (26) had High Academic Procrastination, 8.30% (5) had Very High Academic Procrastination.

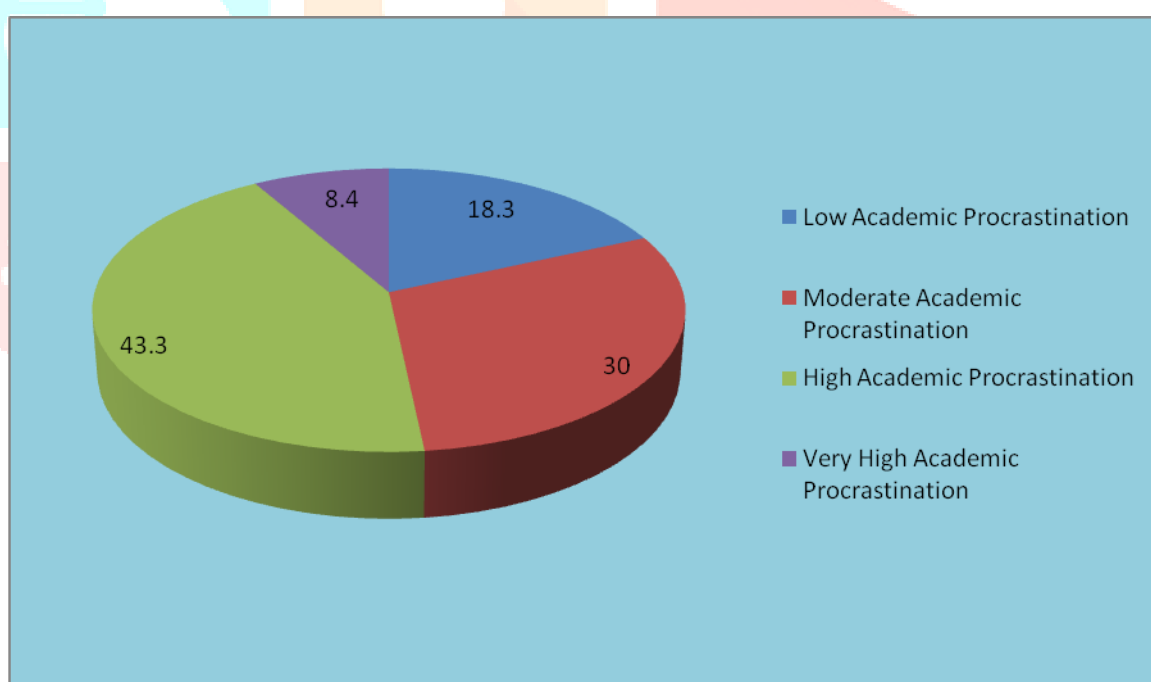


Fig 1:Percentage distribution of Academic Procrastination among college students.

Table 3: Frequency and percentage distribution Anxiety among college students Anxiety

Sl. No	Anxiety	Frequency	Percent
1.	Mild Anxiety	15	25.00
2..	Moderate Anxiety	16	26.70
3.	Severe Anxiety	22	36.70
4.	Very Severe Anxiety	7	11.60
	Total	60	100.00

Table 3: Shows that out of 60 samples 25.00% (15) had Mild Anxiety, 26.70% (16) had Moderate Anxiety, 36.70% (22) had Severe Anxiety, 11.70% (7) had Very Severe Anxiety.

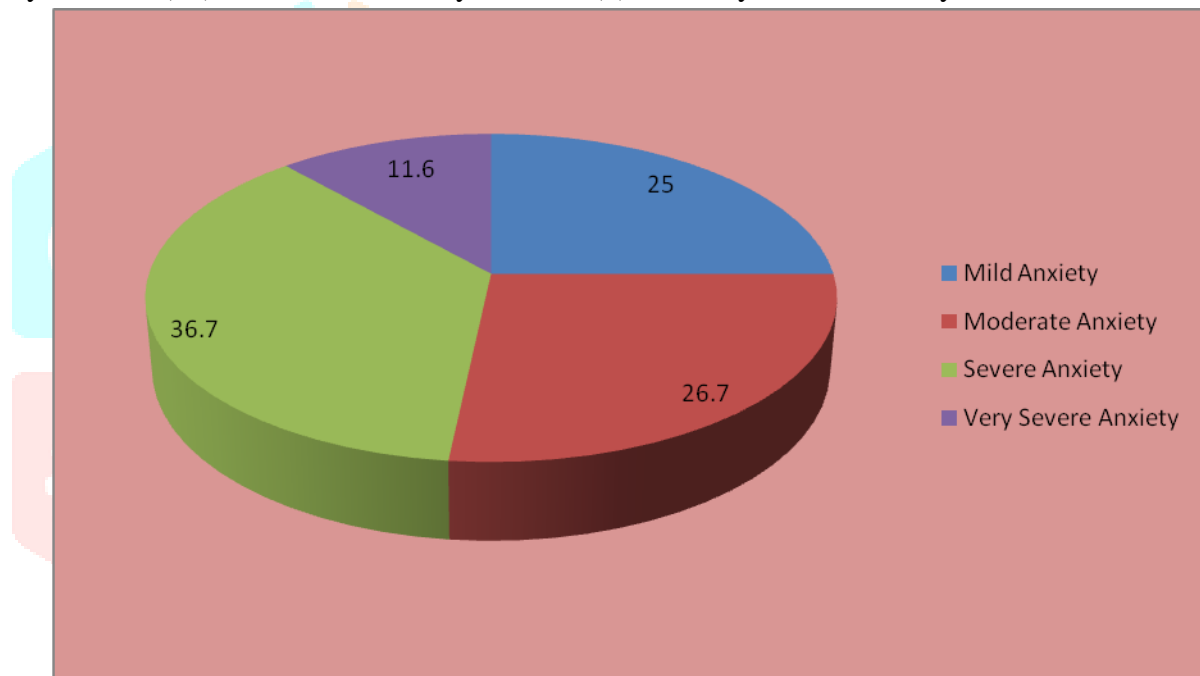
**Fig 2 : Percentage distribution of Anxiety among college students**

Table 4: Correlation between the Academic Procrastination in relation to Anxiety among college students

Variables	Correlation	Anxiety
Academic Procrastination Scale	Pearson Correlation	-.714**
	Sig. (2-tailed)	0.000
	N	60.000

Table4: Shows that correlation of academic procrastination in relation to anxiety among college students** correlation is significant at the 0.01 level (2-tailed).

TABLE 5: Association between Academic Procrastination and selected demographic variables among college students

Sl.No	Variables	Chi square	P value
1.	Age in years	51.803	0.000**
2.	Gender	1.786	0.618
3.	Religion	7.529	0.275
4.	Education of the father	52.052	0.000**
5.	Education of mother	47.560	0.000**
6.	Occupation of head family	37.620	0.000**
7.	Monthly family income	25.137	0.003**
8.	Geographical background	23.762	0.001**
9.	Type of family	2.313	0.510
10.	Type of Residence	5.332	0.502

Note : *Significant at 0.05 level

**Significant at 0.01 level

Table 5 : Shows that association between Academic Procrastination and selected demographical variables among college students are age, gender, education of father, education of mother, occupation of head of the family, monthly family income at $p < 0.01$ level.

TABLE 6: Association between Anxiety and selected demographic variables among college students.

Sl.No	Variables	Chi Square	P Value
1.	Age in years	25.599	0.000**
2.	Gender	2.734	0.434
3.	Religion	6.620	0.357
4.	Education of father	39.276	0.000**
5.	Education of mother	25.375	0.013**
6.	Occupation of head of the family	17.118	0.047*
7.	Monthly family income	11.566	0.239
8.	Geographical background	14.774	0.022*
9.	Type of family	0.733	0.865
10.	Type of residence	10.214	0.116

Note: *Significant at 0.05 level

**Significant at 0.01 level

Table 6: Shows that association between Anxiety and selected demographic variables among college students are age, gender, education of father, education of mother, occupation of head of the family at $p < 0.01$ level.

CONCLUSION :

In this study out of 60 college students in the study, 18.30% had low academic procrastination, 30.00% had moderate academic procrastination, 43.30% had high academic procrastination, 8.30% had very high academic procrastination. Mild anxiety (25.00%), Moderate anxiety (26.70%), high anxiety (36.70%), and very high anxiety (11.70%). Academic procrastination is statistically associated with a few demographic variables, including age, gender, mother and father education, the head of the household's occupation, and monthly family income ($p < 0.01$). Anxiety is statistically associated with a few demographic variables, including age, gender, mother and father education, and the head of the household's occupation ($p < 0.01$).

RECOMMENDATIONS:

- A similar study can be conducted with large number of samples.
- A comparative study can be conducted among girls and boys.
- A comparative study can be conducted among nursing students and other graduate students.

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