

A Study to Explore Factors Causing Procrastination among BSc. (N) Students of Selected College of Nursing & Research centre Bhopal (M.P)

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ABSTRACT

Aim and objective: To find out the factors causing procrastination among B.Sc. Nursing students of selected colleges of nursing & research centre Bhopal (M.P).

Materials and Methods: target population- B.Sc. Nursing Students, accessible population- B.SC. Nursing students who are studying in people's college of nursing & research centre. (Madhya Pradesh) design-exploratory design sampling technique-convenient sampling to select 120 students who satisfied the inclusion criteria. Method of data collection-Assessment of level of procrastination using Procrastination Assessment scale student's & Academic Procrastination scale

Results- the frequency and distribution of subjects according to academic procrastination scale. In the category of academic procrastination scale 2.5%, above average 5.8%, average 20.8% and low 70.8%.

Conclusion- our study brings novel insights into the underlying mechanism of procrastination. Our study showed that both psychological flexibility and time management are important factors influencing procrastination, and furthermore, they appear to be closely related factors and together influence procrastination behaviour. Thus, both these factors should be considered when the focus is on reducing procrastination. Students who tend to procrastinate might benefit from trainings that focus on training both time management skills and psychological flexibility and not focusing on only either one.

Key-words- Procrastination, Explore, Academic, performance.

Source of support – No funding

Conflict of interest – No conflict of interest

INTRODUCTION

Procrastination is the thief of time. Procrastination-putting off tasks until later that one doesn't want to do now-is well practiced well in adolescence, but the objectives of ten seems to shift from stage to stage of grow ingup. When procrastination stand in the way of our it being effective however, it can cause serious problems at work, in our social lives, and with how confident we feel in our abilities. Following are some steps which when carefully implemented help the things to be get done. There are many therapies to beat procrastination but cognitive behavior therapy have been proved effective. Cognitive behavior therapy is a wide ranged which attempt to modify, change, correct or eliminate maladaptive thoughts and behaviors. This therapy is problem focused and action oriented or directive in its therapeutic approach.

RESEARCH METHODOLOGY

Research Analysis: This exploratory study adopted a quantitative approach and utilized the survey method in gathering data. Research design- This exploratory study adopted a quantitative approach and utilized the survey method in gathering data.

Independent Variable

The independent variable causes an apparent change in, or affects the dependent variable. An unknown quality whose

values are not affected by other variables. The opposite of a dependent variable.

Causes for procrastination among B.Sc. Nursing student of people's college of nursing & research centre.

Dependent Variable

A dependent variable is a variable dependent on the value of another variable. An unknown quality whose values are dependent on the values from another variable.

The dependent variable in this study is the level of procrastination among B.Sc. Nursing students of people's college of nursing & research centre, Bhopal.

Setting of the study

The study was conducted for B.Sc. Nursing students in People's College of Nursing & Research Centre. People's College of Nursing & Research Centre (group of people's institution) is affiliated to Madhya Pradesh people's University. It was established in the year of 2001. It is recognised by government of India, Indian Nursing Council, Madhya Pradesh and midwives Council. It is a private self-financing college situated at Bhopal, Madhya Pradesh.

Population of the setting

Target Population :-

Target population is the universe about which information is wanted and estimates are required. The target population is the set of the statistical units.

The target population of the study is all B.Sc. Nursing students of people's college of nursing & research centre, Bhopal.

Accessible Population: -

The actual population (**target population**) is rarely available. Then the population to which a researcher is able to generalize is the accessible population.

All BSc. Nursing students studying in People's Nursing College, Bhopal, Madhya Pradesh and Peoples college of nursing, Bhopal Madhya Pradesh .

Sample

The BSc. Nursing students, who satisfied the inclusion criteria and were available in the selected settings at the time of data collection, were the samples of the study.

Sample size

The samples consisted of 120 B.Sc. Nursing students of people's college of nursing & research centre, who fulfilled the inclusive criteria.

Sample technique

Sample technique is the procedure, which the research readopts in selecting the subjects for the study. In view of the objectives of the study convenience sampling was used.

Criteria for sample selection

Inclusive Criteria

- Students who are able to speak and understand Hindi or English.
- Students who are able to reach the centre during time of study.
- The students those who are addicted the use of mobile.
- Students who are willing to participants in the study.
- Students who have less than 40% attendances.

Exclusive Criteria

- Students who are unable to understand Hindi or English.
- Students who are unable to reach the centre during time of study.
- Students who are regular in academic study and their home work.
- Students who are unwilling to participants in the study.
- Students who have more than 40% attendances.

Description of the tool

A tool is a written devise that a researcher uses to collect the data. Purpose of tool development was to collect relevant information for the purpose of the study. In the present study the standardized tools were used.

- PASS (Procrastination Assessment Scale Student’s)
- APS (Academic Procrastination Scale)
- Correction and validation of tool carried out as per suggestion of experts.
- Conducted pilot study tested feasibility of tool. Items analysis was done and found reliability.

Description of tool:

Section A: Consist of socio- demographic variables, it has 5 variables.

Section B: Standardized Procrastination Assessment Scale Student’s Known as ‘PERCEVED STRESS SCALE’ to assess the procrastination assessment for student.

Section C: Modified Academic Procrastination Scale (APS) to assess the performance for students.

Result: The computed chi-square value depicts no association between demographic variable among procrastinations cal for students’ level of knowledge scores that findings of the student states that demographic variables age had significant Association with their assessment knowledge.

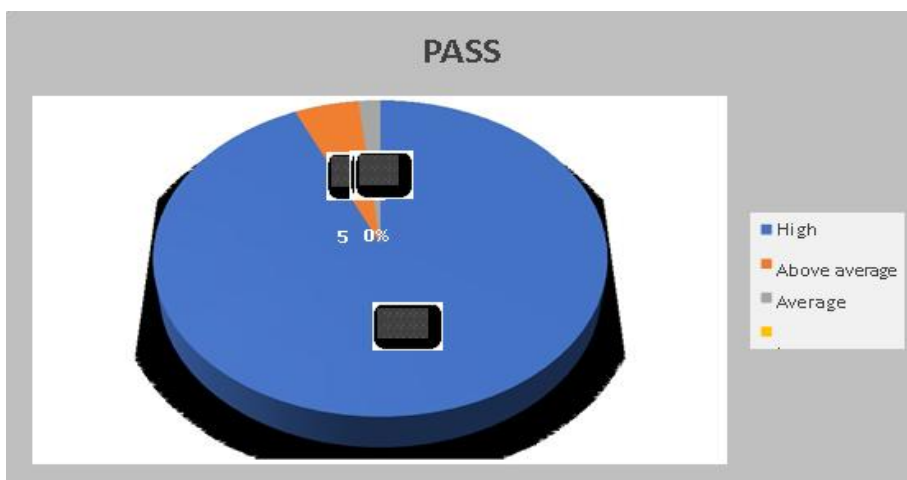
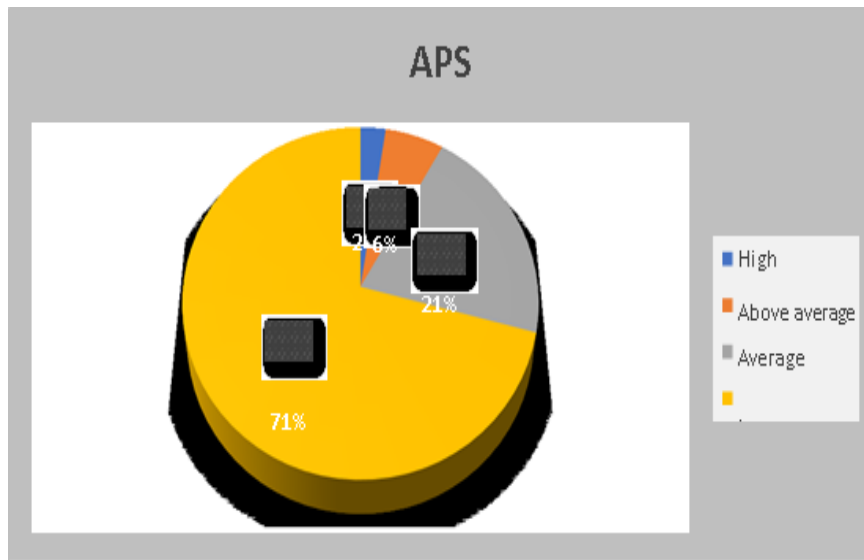


Table : 4.7 Distribution of according APS to frequency and percentage

	Frequency	Percent
High	3	2.5
Above average	7	5.8
Average	25	20.8
Low	85	70.8
Total	120	100.0

Table 4.8 Mean percentage assessment of PASS and APS for students.

	Mean	Std. Deviation
APS	94.93	11.195
PASS	55.51	9.007

The table 4.8 data reveals that the mean percentage of APS score was 94.93 and PASS is 55.51.

The study findings reveals that the mean assessment for knowledge (55.51) among assessment for students procrastination assessment scale student's or academic procrastination scale mean score (94.93). Regarding assessment for students procrastination assessment scale student's and academic procrastination scale standard deviation(9.00)

DISCUSSION

This chapter discuss the findings of the study based on the objectives. The present study was undertaken for the assessment of factors causing procrastination and academic procrastination among B.Sc. nursing students in selected nursing colleges of Bhopal. The study is assessment in nature. The study was conducted among the B.Sc. students of people's college of nursing. The purpose of this study of the study is to find the factors causing procrastination and academic procrastination.

CONCLUSION

The present study assessed the effectiveness of improvement in student son the level of procrastination among B.Sc. Nursing students in selected nursing colleges, Bhopal. The study findings revealed that there was a significant difference in the assessment of procrastination level of B.Sc. Nursing students. As time and effort management in our study was the predominant factors associated with procrastination, we suggest that time man management should be promoted for higher education students.

RECOMMENDATIONS

Based on the research findings the followings recommendations can be made:

- The nurse investigator encourages the improvement for students on the level of procrastination for all the students.
- Similar study can be done as comparative study to assess the improvement for students on the level of procrastination among nursing students and various other departments.
- Similar study can be replicated on a larger sample to increase validity and generalize ability of findings.
- Similar study can be done in larger level in India.

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