

RESEARCH-BASED STRATEGIES TO COMBAT PROCRASTINATION

By

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Abstract: Context By using wellness as a gauge for sustainable development, schools are better equipped to provide an example of good conduct. Schools are forced to investigate effective teaching practices to give kids and their families a high-quality education because of the numerous contacts that today's youth are subjected to in both real and virtual worlds. Objective This study looks at the connections between academic success, subjective well-being, assessment anxiety, and academic procrastination. The act of postponing or delaying a necessary but unpleasant or tiresome duty is known as procrastination. This study found that 95% of people occasionally put things off. If you put things off, you risk ruining your reputation, decreasing your effectiveness, and causing yourself unnecessary anxiety.

Keywords: Anxiety, dullness, unpleasant, laziness, apathy, inactivity, unwillingness,

1. Introduction: Contrary to what they claim, most individuals do not associate procrastination with laziness. When we put off doing anything, we tend to work hard for extended periods right before the deadline. Laziness cannot be the reason we work such hard and long hours; rather, it is the contrary. What can we do to stop procrastinating and, more importantly, why do we do it? Procrastination can be attributed to deeper, more intricate psychological causes rather than just being the result of inadequate time management abilities. Schools that continuously evaluate their students, particularly in college where grades are important and performance can have a significant impact, can exacerbate these dynamics. Students frequently use procrastination as a form of self-defense. If you put things off, for instance, you'll always have the justification of "not having enough" time if you don't succeed, so you never have to doubt your abilities. Given the amount of pressure students face to do well on assignments, like papers, it makes sense that they would prefer to avoid it and put off doing their job. Most of the time, our avoidance and delay behaviors are motivated by fear and anxiety: fear of performing too well, fear of performing too poorly, fear of losing control, fear of seeming foolish, and fear of having one's identity or self-concept questioned. We put off working so that no one will criticize our skills. And if we do well, it makes us feel more "smarter." What can we do, therefore, to combat our procrastination tendencies?

2. Is Being Lazy the Same as Procrastinating?

Though they are significantly different, procrastination and laziness are sometimes misconstrued. Procrastination is an intentional procedure in which you decide to put off a task that you know must be done. On the other hand, being lazy implies being indolent, apathetic, and hesitant to act. When someone procrastinates, they usually choose to put off a difficult but probably more necessary duty in favour of something easier or more pleasurable. However, giving in to this need may have unfavorable effects. For instance, we may experience guilt or shame even from small instances of procrastination. It may result in decreased output and prevent us from reaching our objectives. Long-term procrastination can cause us to lose motivation and become disillusioned with our work, which, in the worst situations, can result in despair and even the loss of our job.

Research Based Strategies Used To Develop The World And Its People

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