

# To Study the Relationship Between Perceived Stress and Procrastination Among Young Adults

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**Abstract:- Procrastination, the act of delaying or postponing a task, has been associated with negative outcomes such as reduced productivity and increased stress. Contrarily, perceived stress relates to a person's subjective assessment of the expectations imposed on them and their capacity to handle those demands. The purpose of the current study was to investigate how young individuals' perceptions of stress and procrastination relate to one another. The Procrastination Scale (PS) by Bruce W. Tuckman and the Perceived Stress Scale by Sheldon Cohen, Tom Kamarck, and Robin Mermelstein were the instruments utilized in the study. 101 participants were selected using purposive sampling in which 61 were male and 40 were females. Age group of the participants were 18-21 years. The study signifies that there are no significant influences on perceived stress and procrastination among young adults.**

**Keywords:- Perceived Stress; Procrastination.**

## I. INTRODUCTION

Any type of physical or mental fixation that a person has is linked to stress. Procrastination is the next tragic variable that tends to support the form of stress. Perceived stress is a widely studied concept in psychology and has been defined and measured in various ways. Lazarus and Folkman (1984) defined perceived stress as "the degree to which situations are appraised as taxing or exceeding one's resources and endangering well-being". Although earlier studies have shown that procrastinators have high levels of stress, little is known about the reasons why procrastination is associated with stress (Sirois, M., 2013). A growing body of research indicates that procrastination, a common kind of self-regulation failure, increases the risk of bad health outcomes, especially when it develops into a habit (Stride & Pychyl, A., 2023). College students frequently put off doing their homework, which affects their grades and has been linked to stress. Various factors can influence an individual's perception of stress, including personality traits, coping styles, and social support. For instance, Cohen and Wills' (1985) study discovered that social support can serve as a buffer against the adverse effects of perceived stress. Teenage procrastination can be significantly impacted by stress. Adolescents who are stressed out may find it difficult to concentrate, which can result in procrastination. This can lead to a vicious cycle in which procrastination causes stress to rise, which then causes further procrastination. One explanation for this is that stress can cause the release of the

hormone cortisol, which can affect cognitive processes including impulse control, planning, and decision-making. Teenagers who are stressed out may have trouble setting priorities and may feel overburdened by the demands on their time and attention. As a result, individuals could postpone and delay chores as a coping mechanism. According to a research by Steel (2007), between 80 and 95 percent of college students put off doing their homework, whereas only 20 percent of adults admit to procrastinating on a regular basis. A number of unfavorable effects, such as poorer work and academic performance, elevated stress levels, and diminished wellbeing, are associated with procrastination. According to a study (Tice & Baumeister, 1997), procrastinating is linked to lower academic achievement and more stress. In addition, a meta-analysis conducted by (Steel, 2007) found that procrastination is negatively correlated with academic achievement, and it can also lead to health problems such as insomnia and depression.

## II. REVIEW OF LITERATURES

A longitudinal study on procrastination, performance, stress, and health: The costs and advantages of waiting was conducted by Tice, D. M., and Baumeister, R. F. in 1997. According to the findings, people who procrastinate also get lower grades on all of their assignments. Thus, it appears that procrastination is a self-dealing behavior pattern with both short-term rewards and long-term drawbacks. According to this study, procrastination is linked to higher levels of stress, poorer academic achievement, and worse health outcomes.

According to a study by Svartdal, F. and Granmo, S. (2018), procrastinators differ from non-procrastinators in how they carry out their desired action. There were 965 participants in this study of various genders. The conclusion is that procrastinators tend to delay the commencement of activity (i.e., in both actual conduct and onset preference) when an action possibility is available for the desired behavior.

The Study done by Discord., A. 2021 "on smartphone addiction and depression, anxiety: the role of bedtime procrastination and self-control" was conducted on 355 students studying in different universities in china. The BPS, SCS, and DASS scales were employed. To explore the moderate mediating effects, SPSS 24.0 was used to analyze their data. The findings revealed that, through bedtime procrastination, smartphone addiction scale scores were positively correlated with depression and anxiety in university

students. Self-control was discovered to play the moderating role, making the mediated relationships advantageous for students who had high levels of self-control.

In their 2012 study, Sirois, Strike, and Pychyl tested "the roles of stress and health behaviors" across time in order to examine the relationship between procrastination and health. This lab-based study, which includes 379 people, examines the attribute procrastination through time as well as health habits, stress, and health issues at each time point. Three waves of longitudinal investigations with one-month intervals made up the design. After controlling for other important characteristics, the findings indicate that the relationship between chronic procrastination and bad health is mostly explained by higher stress.

The research by Ragusa A, González-Bernal J, Trigueros R, Caggiano V, Navarro N, Minguéz-Minguéz LA, Obregón AI, Fernandez-Ortega C in the year 2023 "effects of academic self-regulation of procrastination, academic stress and anxiety, resilience and academic performance in a sample of Spanish secondary school students". The sample taken were 991 high school students between the age of 16 and 19. The outcome demonstrates that procrastination was negatively predicted by academic self-regulation. Procrastination alone was a strong predictor of academic stress and anxiety. And it demonstrates that, in contrast to stress and anxiety, resilience was a good predictor of academic performance.

A study by Rozental A, Forsell E, Svensson A, Forsström D, Andersson G, Carlbring P done research on the topic "psychometric evaluation of the Swedish version of the pure procrastination scale, the irrational procrastination scale, and the susceptibility to temptation scale in a clinical population". 710 people who were recruited for a clinical feature of an online cognitive treatment program for procrastination make up the study's sample. The results from the Swedish version of the scale have strong online consistency because the factor structure is similar to that of the English version.

The study by Chu and Choi (2020) on gender differences in procrastination among college students in South Korea conducted a literature review on the topic. In their review, they found a number of previous studies that had investigated the relationship between gender and procrastination.

### III. METHODOLOGY

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#### ➤ *Research Design*

Correlation research design was used for the statistical analysis of the research. The analysis was done with the prior idea that there might be a significant relationship between two variables. Correlational research designs, according to Artem Cheprasov (2018), are used when a researcher wants to know the kinds of connections that naturally occurring variables have with one another.

#### ➤ *Hypothesis:*

- *H0*: there is no significant relationship between perceived stress and procrastination among young adults.
- *H1*: there is a significant relationship between perceived stress and procrastination among young adults.
- *H02*: there is no significant relationship between gender with perceived stress among young adults.
- *H2*: there is a significant relationship between gender with perceived stress among young adults.
- *H03*: there is no significant relationship between gender and procrastination among young adults.
- *H3*: there is a significant relationship between gender and procrastination among young adults.

#### ➤ *Participant and procedure:*

In this study the participants were taken from the age group of 18-21. All the participants were given informant consent. The questionnaire lacking basic information and incorrectly filled were eliminated. The study contains 101 valid participants questionnaires were obtained. Which includes 61 of male and 40 of female participants. The samples of college students ranged from undergraduates to postgraduates.

#### ➤ *Measures:*

- *Procrastination scale (PS)*: The author of the scale is Bruce W. Tuckman. This includes a 35-item test meant to gauge procrastinating tendencies. Procrastination is defined as the tendency to delay or totally avoid an action that is within one's control. It is also defined as the absence of self-regulated performance. With an alpha of 90 for the 35-item scale and 86 for the 16-item scale, the PS has very good internal consistency. No stability information was provided. The Ps' concurrent validity was strong, inversely correlated with the behavioral measure of self-regulated performance and overall self-efficacy scale.
- *Perceived Stress Scale (PSS)*: The authors of the scale are Sheldon Cohen, Tom Kamarck and Robin Mermelstein. The goal is to gauge how stressful the scenario is. The PSS is a 10-item questionnaire created to assess how stressful one perceives particular life circumstances to be. Overall, the PSS had a mean of 13.02 (SD=6.35); males had a mean of 12.1 (SD=5.9), while females had a mean of 13.7 (SD=6.6). The PSS has a high alpha of 0.78, which indicates good internal consistency. No stability information was provided. The construct validity of the PSS is high. The PSS scores and the frequency of stress events are used to measure potential sources of stress. Higher PSS scores and a few self-reported health habits also showed small but significant relationships.

**IV. STATISTICAL ANALYSIS**

SPSS 16.0 software was used for analysis. First the descriptive statistics were conducted for the variables. The normality of the test was done for the variables. Then it was found to be normally distributed. To study the hypothesis (i.e) the influence of both variables is yet to test first the correlation and then the regression was done for both the variables. Then the SPSS 16.0 software to investigate the role of perceived stress on procrastination.

**V. RESULTS AND DISCUSSION**

➤ *Correlation Analysis*

The correlation was calculated for two variables, perceived stress and procrastination. The sample consists of 61 male and 40 female young adults with the significant level at (0.001). According to the Pearson correlation findings, procrastination and perceived stress are positively correlated ( $r_s = -.050, p < 0.01$ ). Therefore, the study accepts the null hypothesis. This says that when perceived stress increases procrastination decreases. The authors of a new study that was published in the Journal of Applied Psychology found no evidence of a connection between procrastination and felt stress. In this study, procrastination and perceived stress were evaluated using validated measures in a meta-analysis of 126 trials involving 38,799 participants.

*Table 1: Showing the Pearson correlation between perceived stress and procrastination:*

	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>p</i>	<i>r</i>
Procrastination	101	90.61	7.96	.619	-.050**
Perceived Stress	101	30.06	3.81		

Note: \*\*correlation is significant at the level of 0.01 (2-tailed)

H0: there is no significant relationship between perceived stress and procrastination among young adults.

➤ *Test analysis for the variables*

*Table 2: Showing the independent sample t test for gender for perceived stress among young adults*

<b>Variables</b>	<b>Gender</b>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>SE</i>	<i>t</i>	<i>df</i>	<i>p</i>
Perceived Stress	Male	61	29.80	3.88	.496	-.865	99	.854
	Female	40	30.47	3.71	.587	-.873		

Ho2: there is no significant relationship between gender with perceived stress among young adults.

The analysis of the above table indicated that the obtained ( $t = -.865, p = .85$ ) value was statistically not significant at 0.05 level and therefore there was no significant gender difference for perceived stress and procrastination among young adults. A study published in the journal Personality and Individual Differences found no significant gender differences in procrastination among a sample of 482 adults. This study used a measure of academic procrastination and found that there were no significant differences between men and women in terms of their levels of procrastination.

*Table 3: Showing the independent t test for gender difference for procrastination among young adults*

<b>Variables</b>	<b>Gender</b>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>SE</i>	<i>t</i>	<i>df</i>	<i>p</i>
Procrastination	Male	61	89.60	7.62	.976	-1.580	99	.345
	Female	40	92.15	8.32	1.31			

Ho3: there is no significant relationship between gender and procrastination among young adults.

The analysis of the above table indicates the p value ( $p = .34$ ) was statistically not significant and therefore there was no significant gender difference for procrastination among young adults. Chu and Choi's (2020) investigation examines the connection between procrastination and gender among college students in South Korea. Male and female individuals did not demonstrate significantly different procrastinating behavior, according to the study.

**VI. CONCLUSION**

To find the variables significant differences correlation was done it is found that there is no significant relationship between perceived stress and procrastination among young adults. Therefore, the null hypothesis was accepted for both the variables. To find more peculiar results independent t test was done for both the variables with the gender as concern it also shows that there is not significant relationship between gender and both the variables.

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