

IMPACT OF PROCRASTINATION ON TIME MANAGEMENT OF UNDERGRADUATES: STRESS AS THE MEDIATOR

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ABSTRACT

The purpose of this study was to understand the impact of procrastination on the time management of undergraduates at selected state universities in Sri Lanka, considering the mediating effect of stress. A common experience for new students is becoming engrossed in making new friends, discovering new places, and adapting to an independent life, causing them to lose sight of their primary objective: academic success. This often results from the procrastination of compulsory and essential study-related matters. When deadlines for initial assignments or examinations approach, reality usually returns with an unpleasant rush to complete them. This quantitative study deployed six dimensions of procrastination: task aversiveness, fear of failure, difficulty making decisions, dependency, risk-taking, and rebellion against control. The measurement scales were adopted from the PASS Scale designed by Solomon and Rothblum (1984) to measure procrastination, the Scale of Razali (2017) to measure time management, and the stress scale (ASQ) developed by Kim (1970). The study sample comprised 379 undergraduates from three state universities: Rajarata University of Sri Lanka, Sabaragamuwa University of Sri Lanka, and Wayamba University of Sri Lanka. Data were collected through a structured survey questionnaire, and the hypotheses were tested using Multiple Regression Analysis and Mediation Analysis of Baron and Kenny using SPSS software (version 21). The findings indicate that procrastination, including aversiveness of task, risk-taking, rebellion against control, and the mediating effect of stress, significantly impacts the time management of undergraduates. It was proven that fear of failure, difficulty in making decisions, and dependency are not significant dimensions of procrastination. The study recommends that both undergraduates and the administrative bodies of state universities in Sri Lanka address the issues of time management and procrastination behavior among students by implementing relevant policies and practices.

Keywords: Procrastination, Sri Lankan stress, time management, undergraduates.