



**NATURE, EFFECTS AND FACTORS OF PROCRASTINATION
 AMONG ADOLESCENTS, YOUNG ADULTS AND MIDDLE
 ADULTS IN THE CITY OF MUMBAI**

Dr. Sarita Kasaralkar,

Assistant Professor,

Department of Home Economics – CHILD DEVELOPMENT,

Smt. M.M. P. Shah Women's College of Arts and Commerce

(Autonomous), Mumbai

&

Ms. Shreyal Gada,

M. Sc. Human Development,

University Department of Human Development,

SNDT Women's University, Mumbai

ABSTRACT

Procrastination is a prevalent and detrimental form of self-regulatory failure that is not entirely understood. Procrastination is a prevalent and problematic phenomenon that has mostly been studied in the domain of academic behaviour. The present study is focusing on different developmental age groups i.e. adolescents, young adults and middle adults in reasons for procrastination. Procrastination is the act of unnecessarily postponing decisions or actions. Procrastination involves unnecessary and unwanted delay, be it decisional, implemental, or lack of timeliness (Lay, 1986; McCown et al., 1989; Mann et al., Steel, 2010). This research aims at studying the comparison of reasons for procrastination among adolescents, young adults and middle adults. The purposive sampling technique was used to select 150 samples consisting of adolescents (13-19 years), young adults (20-30 years) and middle adults (31-55 years) from the western suburbs of Mumbai. The data collected was

analyzed. Statistical measures such as mean scores, T-test and MANOVA tests were used to analyze data. The major findings of the study were that adolescents are dreamers and defiers, young adults are perfectionists and crisis makers, middle adults are perfectionists, over doers and worriers in types of procrastination. The two major reasons which were found to be the major causes of procrastination i.e. Fear of failure and lack of self-control. It was found adolescents fall into the category of lack of self-control whereas young and middle adults fall into the category of fear of failure in reasons of procrastination. Based on these findings, it can be concluded that procrastination has been found in each developmental age group.

Keywords: Procrastination, Types, Effects, Reasons, Adolescents, Young adults, Middle adults.

1. INTRODUCTION

Procrastination refers to wasting time before a deadline. Procrastination involves unnecessary and unwanted delay, be it decisional, implemental, or lack of timeliness (Lay, 1986; McCown et al., 1989; Mann et al., Steel, 2010). Procrastination is often conceptualized as the voluntary delay of important and necessary tasks, despite knowing that one will be worse off for doing so (Steel and Klingsieck, 2016). This behaviour was found to be associated with many personal, cognitive, emotional, and motivational factors that often led to a somewhat fragmented representation of the behaviour (Rebetez et al., 2015).

A) Characteristics

The Procrastinator is often remarkably optimistic about his ability to complete a task on a tight deadline; this is usually accompanied by expressions of reassurance that everything is under control. Procrastination continuously makes you unproductive. A procrastinator person has the following characters (Devi and Dhull, 2017)

Procrastinators are late- They delay things very frequently. They might be waking up late, always miss their train, bus or flight. They might be postponing their career or marriage decisions.

Procrastinators find it hard to start working on something -It's difficult for them to start any new task. They think why one should put all efforts or they may be opposite they will put all efforts to make it perfect but not able to get it done on time.

Procrastinators always complain about how hard things are and how busy they are – They start giving excuses that the task is too hard or they are too busy with something that they are not able to complete the task. They start blaming others and situations because this task is incomplete

Procrastinators don't have systems means no proper planning to accomplish a task – Procrastinator doesn't have a proper or realistic plan for completing the tasks. They do not visualize the outcome of the plan and they are very optimistic that they can complete the task before the deadline or they feel that that there is a lot of time to complete the task so planning can be done later.

Procrastinators usually don't finish what they start - It is in two ways they that is they are not able to start the work and another one is they are not able to finish the task. There are many reasons for not completing the task such as there are a lot of distractions, they find the task is not worth it at all, they try to do the task in perfectionism and so on these are a few reasons procrastinators usually don't finish what they start.

Procrastinators don't prioritize task which is important for them and which is not.

Time is spent switching constantly from one task to another or spending too much time deciding what to do. This often happens to people who like to multitask or have a variety of things to do all the time. Things can get mixed up, and prioritization can become an issue.

Procrastinators often forget every important thing- this because they do not pay attention to important tasks and do not prioritize the task which is important to do Procrastinators check social networks and emails constantly and most often there's nothing new to see- Procrastinators have habits of getting distracted by social media and they try to check constantly social media or mails which makes them less focused on the task

B) Factors of procrastination: -

Abstract goals- People are more likely to procrastinate when their goals are vague or abstract, compared to when their goals are concrete and clearly defined. For example, goals such as "get fit" or "start exercising" are relatively vague, and are therefore likely to lead to procrastination. Conversely, a goal such as "go to the gym on Monday, Wednesday, and Friday right after work, and spend at least 30 minutes on the treadmill, running at high speed" is concrete, and is therefore much more likely to lead you to take

action.

Rewards that are far in future- People often procrastinate on tasks that are associated with rewards that they will only receive a while after completing the task since people tend to discount the value of rewards that are far in the future, a phenomenon is known as temporal discounting or delay discounting. For example, it's easier to discount the value of attaining a good grade on an exam while that exam is still weeks away compared to when it's only days away, which is one of the reasons why people wait until right before the deadline to complete necessary tasks.

A disconnect from our future selves- People sometimes procrastinate because they view their future self as being disconnected from their present self, a phenomenon known as temporal self-discontinuity or temporal disjunction. For example, someone might delay when it comes to eating healthy, even if their doctor told them that it's important because the harmful impact of their present diet will only start being a serious issue in a couple of years, which they view as someone else's problem (i.e., as the problem of their future self).

Feeling overwhelmed- People sometimes procrastinate because they feel overwhelmed about the tasks that they need to handle. A feeling of overwhelm can occur due to a variety of reasons, such as having a single task that feels huge in terms of scope or having a large number of small tasks that add up. When this happens, a person might simply decide to avoid the tasks in question, or they might attempt to handle them, but then end up feeling paralyzed before those tasks are completed. For example, if you need to clean up your entire house, the fact that the task will take so long and involve so many parts might cause you to feel overwhelmed, in which case you might avoid getting started on it in the first place.

Anxiety- People sometimes procrastinate because they feel anxious about a task that they need to handle. For example, someone who feels anxious about checking their bills might repeatedly delay doing so, even though this avoidance won't make the problem go away. This issue can be especially problematic in cases where a person's anxiety increases as a result of their procrastination, which can lead to a feedback loop where someone feels anxious about a certain task, which causes them to procrastinate instead of doing it, which makes them even more anxious, which in turn causes them to procrastinate even further.

Task aversion- People often procrastinate because they are averse to the tasks that they need to perform. For example, if you need to make an important phone call to someone you dislike, you might end up procrastinating instead of just getting it done because you don't want to talk to them. This occurs because, in general, the more people find a certain task unappealing, the more likely they are to want to avoid it, and therefore the more likely they are to procrastinate. Note that many things can make a person averse to a task in a way that causes them to procrastinate on it. For example, a person might procrastinate because they perceive a task as frustrating, tedious, or boring, or they might procrastinate because they believe there is a gap between the difficulty of the task and their competence, which means that they feel that the task is too difficult for them to handle.

Perfectionism- People sometimes procrastinate as a result of their perfectionism. Perfectionism can lead to procrastination in many ways, such as by making someone so afraid of making a mistake that they end up not taking any action at all. For example, someone might delay working on their book, because they want every line that they write down to be perfect from the start, which causes them to not write anything at all. Similarly, someone who has finished writing their book might repeatedly delay sending it out for feedback, because they want to make sure that it's flawless first, so they keep going over it, again and again. While it's reasonable to want to create and publish high-quality work, the problem starts when perfectionists aim for unattainable flawlessness, which causes them to procrastinate by giving them a seemingly valid excuse for unnecessary delays.

Fear of evaluation or negative feedback - People sometimes procrastinate because they are afraid of being evaluated or because they are afraid of receiving negative feedback from others. For example, someone might delay publicizing a project that they worked on because they're worried about what other people are going to think about it.

Fear of failure- People often procrastinate because they're afraid of failing at the tasks that they need to complete. This fear of failure can promote procrastination in various ways, such as by causing people to avoid finishing a task, or by causing them to avoid getting started on a task in the first place. For example, someone might be so worried that their business idea will fail, that they end up continuing to work on it indefinitely, without ever making it available to the public.

A perceived lack of control- People sometimes procrastinate because they feel incapable of controlling the outcomes of events in their life. For example, a person might delay getting started on an assignment at work, if they feel that their boss will criticize it regardless of how much effort they put into it. Individuals who are internally oriented believe that they have a high degree of control over their life. Individuals who are externally-oriented believe that they have a low degree of control over their life, and think that external factors, such as other people or their environment, influence them more strongly. Individuals who are internally oriented tend to get started and complete tasks on time, while individuals who are externally oriented tend to procrastinate more, perform worse on tasks, and experience more anxiety.

Lack of motivation- People often procrastinate because they are not motivated enough to work on a given task. For example, a student might procrastinate when it comes to studying for a test in a subject that isn't relevant to their major because they don't care about getting a good grade on it. Accordingly, when people are driven to complete a certain task by an external source of motivation, they generally display higher levels of procrastination than when they are driven by an internal and autonomous source of motivation. Furthermore, there are various other reasons why people can be unmotivated to work on a task. For example, in some cases, people are unmotivated because they don't value the reward for performing the task, or because they experience a disconnect between the task that they need to perform and the reward that is associated with it.

Lack of energy- People are generally more likely to procrastinate if they suffer from low energy levels, in terms of physical or mental energy. For example, someone who is tired after having worked hard all day might find it harder to exercise self-control when they get home late at night, which could cause them to procrastinate on things they need to take care of such as washing the dishes.

2. RATIONALE

Procrastination is an active process- they choose to do something else instead of a task. In general, to attain a goal, people must have the adequate motivation and the ability to perform. Their motivation, which is based on the expectation of receiving some reward for efforts, can support individuals' self-control, and make it more likely that things will be done promptly. People struggle with procrastination. Procrastination is even harder to

conquer because there are so many addictive distractions everywhere; it's become a bigger problem because of all the accessible, appealing, and addicting distractions. The study will focus on the factors of procrastination on adolescents, young adults and middle adulthood age groups. The study will compare all these age groups and will get a better understanding of what are the reasons for procrastinating in each age group.

3. REVIEW OF LITERATURE

Irum Saeed Abbasi & Nawal G. Alghamdi (2015) reviewed the paper "The Prevalence, Predictors, Causes, Treatments, and Implications of Procrastination Behaviors in General, Academic, and Work Setting". The conclusion of many studies have drawn in this study that some of the identified factors closely associated with procrastination include evaluation anxiety, task aversion, task delay, low self-efficacy, and lack of persistence, dependence, fear of failure, negative evaluation, irrational beliefs, learned helplessness, and perfectionism. Procrastination tendencies also give rise to poor self-esteem, poor self-confidence, anxiety, public and private self-consciousness, and concerns over public image. Procrastinators hold unrealistic expectations, lack effective time management, and organizational skills that cause anxiety and fear about the task at hand, leading to negative beliefs about their personal and professional capabilities. On the whole, procrastination is seen as a self-perceived problem that negatively affects people's general, social, academic, professional, and marital life.

4. METHODOLOGY

The research consisted of a self-structured five-point scale which involved five points, that is point 5 is Strongly agree, point 4 is Agree, point 3 is No response point 2 is Disagree and point 1 is Strongly disagree which provide quantitative data for the study. This chapter consists of the main objectives of the study, hypothesis framed, operational definitions of the main variables of the study, sample, sample size and sampling technique. It also consists of information about the tool used, the procedure of data collection and ethical considerations made. It also has the mention of data analysis and statistics used for data interpretation. The methodology section allows the reader to critically evaluate a study's overall validity and reliability.

A. Aim

- To compare the types, effects and reasons of procrastination among adolescents, young adults and middle adults

B. Objectives

- To study the types of procrastination among adolescents(13-19years), young adults (20-30years) and middle adulthood (31-55years)
- To study the reasons for procrastination among adolescents (13-19year), young adults (20-30year), and middle adulthood (31-55 years).

C. Hypothesis

1. H0: There is no significant difference like procrastination among adolescents, young adults and middle adulthood.
2. H1: There is a significant difference like procrastination among adolescents, young adults and middle adulthood.
3. H0: There is no significant difference in reasons of procrastination among adolescents, young adults, and middle adults.
4. H1: There is a significant difference in reasons of procrastination among adolescents, young adults, and middle adults.

D. Operational Definitions

- Adolescents - a person whose age is between 13 to 19 years, it can be male or female.
- Young adults –a person whose age is between 20 to 30 years, it can be male or female.
- Middle adults -a person whose age is between 31 to 55 years, it can be male or female.

E. Locale

The study will be conducted in the Western part of Mumbai

F. Sampling Technique

Purposive Sampling Technique was used to conduct the study.

G. Sample Size

Data will be collected from a sample size of 150 Adolescents, Young Adults, & Middle Adults (50 Adolescents, 50 Young Adults & 50 Middle Adults). Further divided into 25 female and 25 male for each group

H. Variables

- **Independent variable:** Adolescents, Young Adults, and Middle Adults.

- **Dependent variable:** Factors of procrastination

I. Design of the Study

The research design used for the study was explorative as it had a hypothesis based on limited evidence that was proved or disproved for further investigation.

J. The tool used for Data Collection

The tool used for the study was a self-constructed five-point scale which was used to study the Types, Effects, and Reasons of Procrastination among Adolescents, Young Adults, and Middle Adults. The tool was in the form of a statement that had only close-ended statements which define self-characteristics. The total number of statements were 46 which was divided into 6 types of Types (36 statements), 2 types of effects i.e. positive and negative (10 statements), and 1 Reason (6 statements). It had five-point scoring from strongly agree, agree, no response, disagree, and strongly disagree having the lowest score 1 and strongly agree to have the highest score 5.

A. Reliability Test

To verify the reliability and validity of the scale applied in the tool, the Cronbach Alpha test is applied. Results are as follows.

Sr. no.	Factor	Number of questions	Cronbach Alpha Value		
			Adolescent	Young Adult	Middle Adult
1	Perfectionism:	5	0.732	0.845	0.916
2	The Dreamer:	5	0.727	0.724	0.647
3	The Worrier	5	0.613	0.669	0.857
4	The Crisis Maker:	5	0.762	0.769	0.642
5	The Defier:	5	0.737	0.691	0.737
6	The Over doer:	5	0.781	0.611	0.884
7	Positive effects of Procrastination:	5	0.803	0.759	0.763
8	Negative effects of Procrastination:	5	0.608	0.793	0.854
9	Factors of Procrastination:	6	0.778	0.791	0.658
	Overall	46	0.814	0.759	0.746

The rule for testing of Cronbach Alpha Test: If Cronbach Alpha Value is greater than

0.700, then the reliability test is accepted. The conclusion is the scale used in the tool is reliable and accepted.

The above table indicates that most of the calculated values are greater than 0.0700. Therefore Reliability test is accepted and the tool is appropriate.

- **Validity Test.**

The self-constructed five-point scale was first validated by guide and co-guide. The expert's reviews were taken under consideration and changes were made accordingly within the tool. The data collection was done a post all the final changes made in the tool.

B. The procedure of Data Collection

The procedure for data collection began with identifying individuals in different setups like schools, colleges, office workers, homemakers. The individual in the age group of 13- 19 years of age was school going and college going students, 20-30 years individual were also college students, have started working in unorganized and organized sectors, and age group 31-55 were homemakers, working in their setups. Then individual participants were requested to fill in the response and they were informed that the participation is voluntary and the Data Collected from them will be kept confidential and this study was a great help in understanding the nature, effects and factors of procrastination among adolescents, young adults and middleadults.

C. Ethical Considerations

The sample was located and permission was obtained. The purpose of the study was shared with the participants. Confidentiality was maintained and they were told that all the information provided by them will be kept confidential and will only be reported as group data with no identifying information. All data, including the questionnaire, will be kept in a secure location and only those directly involved with the research can have access to them only for the research purpose.

D. Data Analysis

The data coding was done into an Excel spreadsheet and Statistical Measures such as Mean scores, T-test and Multivariate analysis of variance (MANOVA) was employed followed by results and discussions.

1. RESULTS AND DISCUSSION

The results were analyzed after data was collected from all three developmental age

groups i.e. adolescents, young adults, and middle adults through a 5 points scale. The result has been categorized to question asked on the five-point scale.

MANOVA- Multivariate analysis of variance is used for statistical analysis of the data wherever implicated.

- MANOVA in types of procrastination among adolescence, young adults, and middle adulthood.
- MANOVA Reasons of procrastination among adolescents, young adults, and middle adults.
- Mean average of factors of procrastination among adolescents, young adults, and middle adults

A. MANOVA in types of procrastination among adolescence, young adults, and middle adulthood.

Wilks' Lamda Test for Multivariate analysis

Value	F	Hypothesis df	Error df
.203	28.911***	12.0	282.0

*** $p < .000$

Null hypothesis (1) was rejected. Alternative hypothesis (2) accepted

The above table 5.1 denotes a multivariate analysis of the types of procrastination among adolescents, young adults, and middle adults. The value is .203 with a hypothesis difference that is 12.0 and F are 28.911. The p-value is greater than .000. So it indicates null- hypothesis rejected and alternate is accepted.

Through this table, the finding of the study is that there are significant differences like procrastination in all three developmental age groups i.e. Adolescents, Young adults, and middle adulthoods. There is a relationship between the types of procrastination and the developmental age groups.

According to the study done by Oliver J. Kaftan and, Alexandra M Freund (2018) supports the results of the study, according to this study procrastination is studied only in the educational context, but largely neglected in life span. This shows that procrastination can not only be seen in the educational context but also as another aspect of the life of different age groups. People procrastinate differently as they age.

Graph 5.1 Mean types of procrastination among adolescents, young adults and middle adult

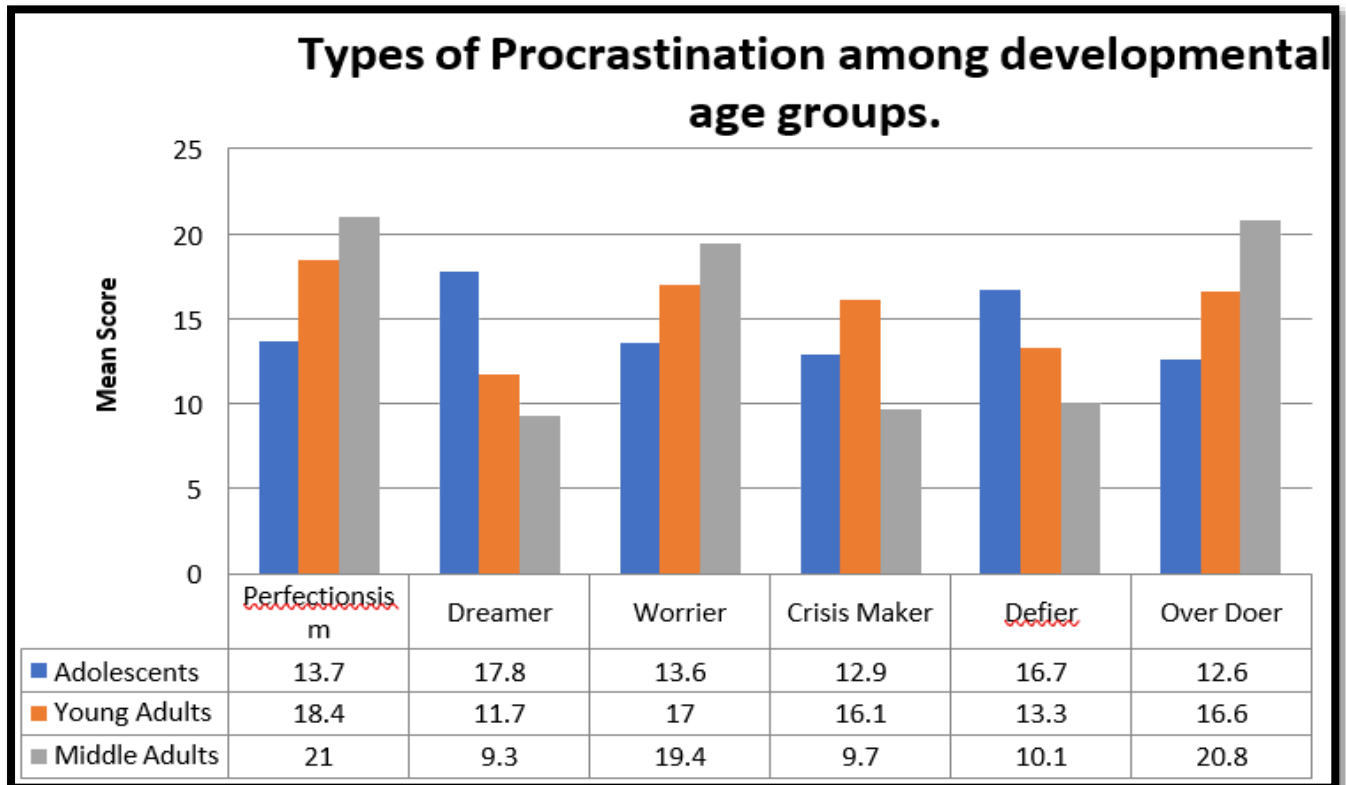


Figure 5.1 Mean types of procrastination among adolescents, young adults and middle adults.

Graph 5.1 depicts the mean types of procrastination among adolescents, young adults, and middle adults. It can be understood that all groups procrastinate but in a different way of procrastination. The mean score of perfectionism in adolescents is 13.7, the young adult is 18.4 and the middle adult is 21. Through this study it can be understood, middle adults, fall under perfectionism as compared to adolescents and young adults. The mean of the dreamer in adolescents is 17.8, young adults are 11.7 and middle adults are 9.3. Adolescents are falling under the dreamer category as compared to young and middle adults. The mean of a worrier in adolescents is 13.6, young adults are 17 and middle adults are 19.4. Middle adults are worrier as compared to adolescents and young adults. The mean of crisis maker in adolescents is 12.9, young adults are 16.1 and middle adults are 9.7. Young adult's falls under crisis maker compare to adolescents and middle adults. The mean of defier in adolescents is 16.7, young adults are 13.3 and middle adults are

10.1. The adolescents are falling into defier as compared to young and middle adults. The mean of the over doer in adolescents is 12.6, young adults are 16.6 and middle adult is 20.8. Middle adults fall under over doer as compared to adolescents and young adults. Through this table, it shows that adolescents are dreamers and defier, young adults are perfectionists and crisis makers and middle adults are perfectionists, worriers, and doers in types of procrastination.

B. MANOVA Reasons of procrastination among adolescents, young adults, and middle adults.

Wilks’ Lamda Test for Multivariate analysis

Value	F	Hypothesis df	Error df
.664	5.385***	12.0	284.0

Null hypothesis (3) rejected. Alternative hypothesis (4) accepted

There was a statistically significant difference in the reasons for procrastination among adolescents, young adults and middle adulthood, $F(12,284) = 5.385, p < .000$

The above table 5.2 denotes Wilks’ Lamda Test for Multivariate analysis of the reasons for procrastination among Adolescents, Young adults, Middle adulthood. The value is .664 with ahypothesis difference of 12.0 and F is the degree of freedom which is 5.385. The p-value is greater than .000 then alternative hypotheses are accepted and the null hypothesis is rejected. Through this hypothesis, we can state that there is a difference in reasons for procrastination among all three developmental age groups.

C. Mean table of reasons of procrastination among adolescents, young adults, and middle adults.

Age Group	Gender	Factors of Procrastination					
		Fear Of Failure	Lack Of Focus On Future	Anxious, Feeling Overwhelmed	Lack Of Self- Control	Task Aversi on And Lazines s	Lack Of Perseveranc e
Adolesc	Male	3.56	4.08	3.16	4.08	4.12	3.24

ents	Female	3.32	3.56	3.52	3.64	3.2	3.56
	Average	3.44	3.82	3.34	3.86	3.66	3.4
Young Adults	Male	4.2	2.6	2.84	3.72	2.8	2.76
	Female	3.84	2.64	3.52	3.2	2.56	2.84
	Average	4.02	2.62	3.18	3.46	2.68	2.8
Middle Adults	Male	4.36	2.72	3.2	3.64	2.6	2.56
	Female	4.4	2.84	3.4	3.24	2.8	3.28
	Average	4.38	2.84	3.3	3.44	2.7	2.92

Table 5.3 denotes the mean of factors of procrastination among adolescents, young adults, and middle adults. The study stated that adolescent respondents feel that cause of procrastination is lack of self-control (3.86).

This might be because there is a lot of distraction around them- internet, social media, going out with friends, and so on and which are more appealing than doing important tasks- assignments, school worksheets. And this is because of the external belief that the environment influences them not to do tasks.

As the study says that young and middle adults' cause of procrastination is fear of failure, this means that young and middle adults, at this age they are more focused on career, jobs, marriage, and children. They have fear of evaluation by others and society so because of this sometimes they procrastinate to do tasks.

2. CONCLUSION

The research titled "A Comparative Study of Types, Effects and Reasons of Procrastination among Adolescents, Young Adults & Middle Adults" has discovered the traits of procrastination among adolescents, young adults and middle adults developmental age groups. The research compares the effects of procrastination found between these threedevopmental age groups. It also looks at different factors that are responsible for procrastination in these developmental age groups. The study compares all three developmental age groups with these variables i.e. Types, Effects and Reasons for procrastination.

It found that young adults and middle adults fall under the perfectionist's category of procrastination. There were no meaningful differences found in both the genders of these

developmental age groups. In young adulthood, people are into careers, job seeking and starting with their marriage life they are attracted to reward-seeking behaviour and motivated to do tasks in perfectionism that leads to procrastination more in young adults. People in middle adulthood are in the stage of generativity versus stagnation according to Erik Erikson stage of psycho-social development. In the middle adulthood stage, individual's are raising their children, doing their jobs, they are finding mates for their children, contributing to society. Middle adults try to do the task with perfectionism as they guide the younger generation and see themselves with success. That led to perfectionism in middle adults.

The young adults are under the crisis maker category of procrastination. Male young adults scored higher in the crisis maker nature of procrastination as compared to female young adults. In this it can be concluded that male young adults enjoy doing tasks at the last minute until deadlines are not near they do not get excited to do any task, they work best under pressure. They are risk-takers for proving themselves.

Through this study, it found that middle adults are worrier and over-doer in kind of procrastination. The middle adult who fails to develop generativity experiences stagnation, or self-absorption, with its associated self-indulgence and invalidism. By failing to find a way to contribute, they become stagnant and feel unproductive. They have a feeling of disconnection from society or community. This makes them worry a lot while doing tasks. They do not take decisions quickly; they have fear of unfamiliar tasks and sudden changes make them worry. They always fear evaluation of tasks by others-it can be the marriage of the child, how constructive they were in life, what contribution they have made, or it can be a small business or job currently they are doing. And they question themselves as to what if I won't be successful or unproductive while doing the task or if sudden changes in the task make them worry. So they also procrastinate because they are worried while doing tasks. The study also shows middle adults fall into the over-doer category of procrastination. They procrastinate because they are busy doing others work or they take a lot of work at one time because of that they are unable to complete the work or task in a given time which leads to procrastination.

Several factors initiate procrastinating behaviour in developmental age groups. In Developmental age groups, the major cause of procrastination is fear of failure and lack

of self-control. Adolescents procrastinate due to a lack of self-control. Young and middle adults procrastinate due to fear of failure. From this study, it can be understood that adolescents are distracted by others and their surroundings while doing tasks. They feel incapable of controlling outcomes and events in their life. Young adults and middle adults procrastinate because of fear of failure. Young and middle adults procrastinators believe that trying hard and failing is worse than not trying. Their fear may be so great that they would rather do nothing than risk failure.

Other factors are lack of focus, anxiety, feeling overwhelmed; task aversion and laziness, lack of perseverance are some other factors that lead to procrastination.

As concluded through this study procrastination is seen in developmental age groups i.e. adolescents, young adults, and middle adults. But these developmental age groups fall under a different nature of procrastination.

Limitations of the study

The current study has the following limitations

1. The sample was restricted to people who were well-known in the English language.
2. The sample was taken only from Mumbai.
3. The study is confined to adolescents, young adults, and middle adults.
4. The sample size is limited in this study.

Suggestions & Recommendations:

1. A study can be conducted on different age groups such as school-age or late adulthood.
2. Procrastination effects on various aspects of family and life can be studied.
3. Individuals can refer to this research for understanding the types of procrastination they fall under.
4. Effective intervention or guidelines can be planned to reduce procrastination behaviour in developmental age groups.

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