



Systematic Review: Academic Procrastination in Students

Robiatul Adawiyah^a, Isyatin Rodiyah^a, Nida Hasanati^{b}*

^a Postgraduated Student, University of Muhammadiyah Malang, Jl. Raya Tlogomas No. 246 Malang-East Java, Indonesia

^b Lecture, University of Muhammadiyah Malang, Jl. Raya Tlogomas No. 246 Malang-East Java, Indonesia

DOI: <https://doi.org/10.55248/gengpi.5.0724.1729>

ABSTRACT

Academic procrastination is a form of procrastination that occurs during school or college related to study assignment requirements. Other research also argues that academic procrastination not only results in decreased performance and has a negative impact on students' learning approaches, it also gives rise to negative emotions, such as depression, anxiety and shame, and even causes suicide, and also academic procrastination can drain students' energy and prevent them from gaining success. further nursing knowledge and skills. This review aims to analyze 16 international journals regarding factors of academic procrastination in students. Researchers used a systematic review question formula, namely SPIDER (Sample, phenomenon of interest, Design, Evaluation, Research Type), Journal Publication Year was 2018-2024. The results that influence academic procrastination for students are social media addiction, perceived stress, locus of control, psychological well-being, academic motivation, academic achievement, academic motivation.

Keywords: Academic procrastination, students

Introduction

Education is an important means for a person to develop their potential and develop themselves in modern society as a quality person, although education provides positive support for the individual, making the individual someone who is firm, responsible and realistic. but there are many obstacles for someone to overcome, one of which is academic procrastination, procrastination can be interpreted as an individual consciously postponing a task and deliberately doing it at a later time(Akbay and Delibalta 2020).

Academic procrastination is one of the delays that occurs when school or college is related to assignment requirements. Research has shown that academic procrastination not only results in decreased performance and has a bad impact on students' learning approaches, it also gives rise to negative emotions, for example depression, anxiety and shame. it can even be a cause of suicide, and academic procrastination can drain students' energy and prevent them from gaining further nursing knowledge and skills(Huang et al. 2023). Academic procrastination occurs among students, with around 46.1% of students carrying out academic procrastination based on the level of trust they have in themselves.(Tuaputimain 2021).

Individuals who frequently engage in academic procrastination behavior related to learning have more opportunities to engage in distracting activities, one of which is using the internet, viewing cell phones as an effective distraction to avoid academic tasks and to facilitate feeling stress-free and comfortable online, Cognition Such interference may influence subsequent cell phone use behavior in academic situations and increase the likelihood of developing addiction symptoms(Hong et al. 2021).

The impact that occurs due to student academic procrastination can result in academic difficulties(Alenazi 2023). The impact on students is also a decrease in grades, difficulty in doing assignments, even in the health sector physical and psychological experiences such as stress and frequent medical treatment, especially towards the end of the semester, research conducted by Suhadianto and Nindia (2019) found out the impact of academic procrastination by involving 20 students from the Faculty of Psychology at an A-accredited University in Surabaya suggested that in 1) the effective domain they often experience restlessness, anxiety, fear, regret, emotions, uncontrollability, 2) behavior such as being lazy about doing other tasks, coming in late, collecting late. assignments, 3) physical in the health sector such as easy headaches, insomnia, irregular eating, easy fatigue, 4) in terms of morals it can be like cheating on a friend's assignment, and 5) interpersonal getting bad grades, being scolded by the lecturer(Aviani and Primanita 2020).

Based on the background above, the researcher aims to find out what factors can influence academic procrastination and also the literature obtained can describe academic procrastination in more depth.

Method

The method in this research includes several journal search processes, questions that guide when reviewing journals, as well as limitations on taking journals used in literature reviews(Apriliawati 2020). Starting with creating research questions using a systematic review question formula, namely

SPIDER (Sample, phenomenon of interest, Design, Evaluation, Research Type. Next, carry out search terms and design a search protocol. These search terms are used for the Google Scholar and Scopus databases. The next stage is all journals checked using Mendeley and Rayyan, then filtered all journals that had completed duplicate selection based on title and abstract. The selected journals were then analyzed based on the full version of the journal. After selecting 1,245 journals, 16 journals were found that discussed academic procrastination. towards students. The author limits this review to (1) the journal discusses academic procrastination in students, (2) the subject is students, (3) the type of quantitative research, (4) the journal is in English, and (5) the journal publication year is 2018-2024 . As for journals that are not included in the criteria (1) Journals that do not match the topic, (2) articles with reviews, literature reviews and research whose methods are poorly understood or not clear and detailed. The selection flow graph can be seen in Figure 1.

Figure 1

PRISMA graph for journal selection flow

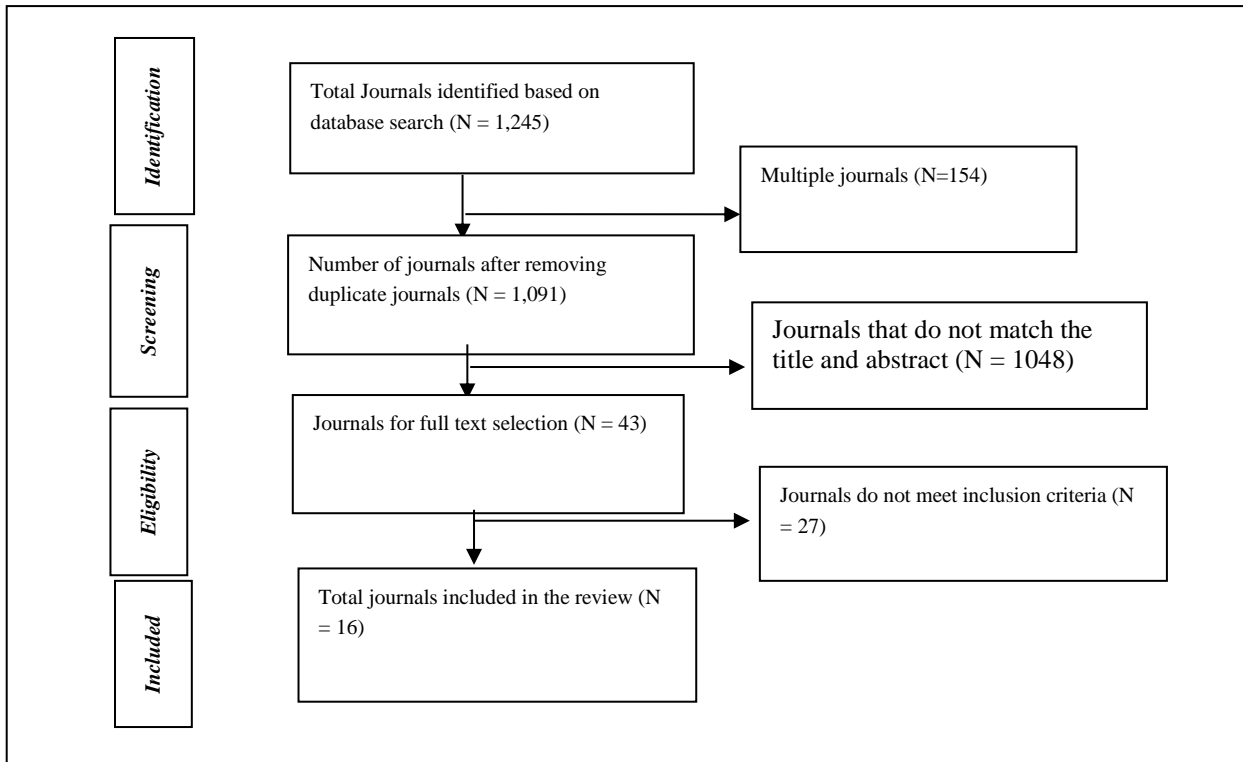


Table.1

Result and Discussion

Table.1

List of Academic Procrastination Variables

No	Author and title	Subject	Factors Associated with Academic Procrastination	Results
1	Sinem, et al. (2019) "Academic Risk Taking Behavior in University Students: Academic Procrastination, Locus of Control, and Academic Perfectionism"	507 students	- Academic locus of control - Academic perfectionism - risk taking	There is a negative relationship between academic risk taking behavior and academic procrastination and academic perfectionism, there is also a negative relationship between external locus of control and academic risk taking, and there is also a positive relationship between internal locus of control and academic risk taking.

2	Halil E, et al (2019) "The Mediating Role of General Procrastination Behaviors in the Relationship between Self-Control and Social Media Addiction in University Students"	394 Students	- Self control - Social media addiction	Self-control has a significant influence on social media addiction.
3	Inmaculada, et al., (2020) "Mexican and Spanish University Students' Internet Addiction and Academic Procrastination: Correlation and Potential Factors"	758 Students	- Internet Addiction	There is a significant positive correlation between internet addiction and academic procrastination.
4	Lenach'ng, & Soo Hoo, P., (2022) "Relationship between Social Media Addiction Levels and Academic Procrastination among Undergraduate Students in Malaysia: Grit as the Mediator"	88 students	- Social media addiction - Grit	There is a positive relationship between social media addiction and academic procrastination, social media addiction is negatively related to grit as a mediator, and there is a significant negative relationship between grit and academic procrastination.
5	Sarvenaz R., et al., (2021) "Investigating the Relationship of Test Anxiety and Time Management with Academic Procrastination in Students of Health Professions"	281 students	- worry - time management	There is a significant negative correlation between time management and academic procrastination, and there is a significant positive correlation between test anxiety and academic procrastination.
6	Yan Ma., et al., (2022) "The Influence of Stress Perception on Academic Procrastination in Postgraduate Students: The Role of Self-Efficacy for Self-Regulated Learning and Self-Control"	281 students	- stress perception - self-efficacy - self-regulated learning - self-control	Perceived stress was a significant positive predictor towards academic procrastination, self-control moderates the relationship between perceived stress, and perceived stress is significantly negatively correlated with self-regulation and self-control learning efficacy, and positively correlated with academic procrastination.
7	Winda L., et al., (2019) "Internal locus of control, social support and academic procrastination among students in completing their thesis"	80 students	- Social support - Internal locus of control	Getting lower The higher the level of internal locus of control, the higher the level of academic procrastination.
8	Ziad M., (2024) "Exploring the Association Between Academic Procrastination and Psychological Well-being among University Students: A Case Study of the Blended Learning Model at a Public University in Jordan"	709 students	- psychological well-being	Shows that academic procrastination negatively impacts psychological well-being.
9	Nihal Y., & Selcuk D., (2019) "Structural Relationships Among Academic Procrastination, Academic	509 students	- Academic motivation - solving skills	Shows that problem solving abilities have a significant impact on academic procrastination. Intrinsic and extrinsic motivation do not have a significant influence on academic procrastination.

	Motivation, and Problem Solving Skills in Prep Class College Students"				
10	Alicia T., et al., (2023) "Uses of Facebook and Academic Procrastination in General Studies Students at a Peruvian University"	150 students	-	Use of Facebook	Shows the strongest significant correlation: level satisfaction with Facebook and academic procrastination.
11	Haito H., et al., (2023) "The Association Between Perfectionism and Academic Procrastination among Undergraduate Nursing Students: The Role of Self-Efficacy and Resilience"	587 students	-	Perfectionism - role of efficacy - resilience	Adaptive perfectionism and maladaptive perfectionism respectively negatively predict academic procrastination in nursing students and positive. Self-efficacy plays a partial mediating role in the relationship between Adaptive perfectionism and academic procrastination. Additionally, resilience plays a role Moderating role in the relationship between adaptive perfectionism and procrastination academic
12	Haitao H., et al., (2022) "Resilience and Positive Coping Style Affect the Relationship Between Maladaptive Perfectionism and Academic Procrastination among Chinese Undergraduate Nursing Students"	665 students	-	Resilience - coping style	Shows that maladaptive perfectionism, resilience, positive coping styles, and academic procrastination in nursing students are significantly correlated between each two variables; resilience partially mediated the relationship between maladaptive perfectionism and academic procrastination; Meanwhile, positive coping style moderates the influence of resilience on academic procrastination.
13	Meily M., et al., (2022) "Academic Procrastination and Cyberloafing Behavior: A Case Study of Students in Indonesia"	732 students	-	Cyberloafing behavior	Cyberloafing has a significant effect on students' academic procrastination.
14	John M., (2020) "The Relationship between Academic Procrastination and Academic Performance of Freshmen Students From a Teacher Education Institution"	90 students	-	Academic achievement	There is a significant relationship between academic procrastination and academic achievement.
15	Fatima M., (2023) "The Relation between Academic Procrastination and Student's Achievement-A Quantitative Study Among Female Students at Jouf University"	342 students	-	Student achievement	Academic procrastination has a negative impact on female students' achievement. So students who often procrastinate tend to have poor academic performance.
16	Unice W., Kususanto D., (2021) "Fear of Failure and Academic Procrastination among University Students:	102 students	-	Fear of failure - Performance	Shows a significant positive influence of fear of failure on academic procrastination and a significant

The Role of Achievement Expectancy and Year of Study"

negative influence of achievement on academic procrastination.

Individuals view locus of control as controlling their behavior depending on external factors or themselves, when individuals consider their actions as a result of chance, fate and the power of other people they call it external locus of control, and if individuals consider their actions as a result of these characteristics what they have individuals call it locus of control, many of the individuals avoid taking risks in teacher assessment tasks, they take more risks in tasks that require self-assessment, so individuals can control themselves by not procrastinating on assignments, because Individuals focus more on success and failure in procrastination behavior(Akbay and Delibalta 2020).

Academic motivation can direct our behavior to a greater or lesser extent, also summarizing another approach that explains procrastination, when many tasks are considered uninteresting and unpleasant and the longer the time set to complete them the higher the level of procrastination, somotivation is related to the satisfaction that various aspects of study provide to the individual, procrastination in this case means a failure of motivation and will, creating and deepening the gap between intention and action so that it moves away from the originally planned goal, it can be said that less procrastination appears in activities that have motivation intrinsic or activities that involve a person, on the other hand, if the motivation to carry out certain activities is absent or low, procrastination will be greater(Magdová, Fuchsová, and Berinšterová 2021).

Social media addiction where with the rapid growth of social media in recent years, individuals have become increasingly dependent on social media platforms such as Facebook, Instagram, Twitter, and Tiktok for social networking, entertainment and information acquisition, as frequent social media users, greatly affecting academics undergraduate degrees, one of which is academic procrastination, academic procrastination is associated with dysfunctional learning outcomes for many students,such as poor academic performance, poor quality of academic work, lack of knowledge, time constraints, dropping out of school, and extension of the study period, many students experience uncontrollable delays in their learning life, and the use of social media is one of the main factors, individuals with Social media addiction exhibits behaviors such as spending a lot of time on social media and having a strong desire to be informed about anything instantly(Ch'ng and Soo Hoo 2022).

Ignoring responsibilities and postponing tasks are considered related to self-control, defined as a person's ability to establish control over their emotions, desires and behavior and regulate them appropriately in order to achieve harmony between themselves and their environment. People with high self-control are considered to act naturally, controlling their willpower, and doing work that requires consistency and determination, individuals with low self-control are considered to behave recklessly, are prone to addiction, and act on impulse(Ekşi, Turgut, and Sevim 2019).

Time management understanding the value of time, the ability to control time, and optimal use of time are the most important characteristics of students with the desired time management skills. Effective time management and optimal use of time involve planning, setting goals, and prioritizing activities in work and life. According to the results of a study, time management training has a positive effect in reducing anxiety and depression and improving sleep quality, mimproving time management skills and taking steps to reduce test anxiety can reduce academic procrastination in students(Roshanisefat, Azizi, and Khatony 2021).

In improving their psychological well-being, thereby reducing educational problems, such as academic procrastination, on the other hand, a person may have difficulty overcoming academic procrastination, which weakens their motivation to learn, thereby negatively impacting their health and well-being. In order for a person to achieve their educational goals, they need a pathway comprehensive safe psychological growth that guarantees an adequate level of well-being, one of the factors that contributes to increasing student well-being is collaboration in the learning environment, which can be achieved through teachers who have a central role in improving students' social and psychological well-being. However, excessive cooperation or lack of student assertiveness can result in low quality of assignments and increased academic procrastination. The increasing prevalence of procrastination is a matter of concern because it is associated with a negative impact on academic achievement and psychological well-being.(Alkhazaleh 2024)

Social support is verbal or nonverbal information or advice, real assistance, and actions given because of social intimacy or obtained because of the presence of other people, and has emotional and behavioral benefits for the recipient. Social support can come from family, friends and lecturers, social support is really needed by individuals, especially students, in completing their thesis, social support can help them solve their problems, and make them feel helped and enthusiastic in completing their thesis, so that the level of academic procrastination will be reduced(Sari and Fakhruddiana 2019).

4. Conclusion

Academic procrastination or procrastinating on assignments has become common among students. There are several factors that influence it, such as social media addiction, perceived stress, locus of control, psychological well-being, academic motivation, academic achievement, academic motivation, the following are factors that can significantly influence academic procrastination. Procrastination is a phenomenon that is increasingly widespread in the academic environment. Not only college students but also elementary and middle school students often avoid academic tasks such as completing learning-related activities and studying for upcoming exams.

There are several ways to deal with academic procrastination, one of which is social support. Social support is a healthy relationship when individuals experience problems or difficulties, either in the form of information or real assistance, so that individuals will feel cared for, appreciated and loved, with

social support it can help them solve their problems, and make them feel helped and enthusiastic in completing their thesis thus reducing the occurrence of academic delays.

References

- Agustin, AR, and W Winarso. (2021). "Profile of Student Academic Procrastination Behavior in Problem Solving and Mathematical Digital Literacy. *Journal of Mathematical Didactics*. <https://jurnal.usk.ac.id/DM/article/view/21367>.
- Akbay, Sinem Evin, and Ayca Delibalta. (2020). Academic Risk Taking Behavior in University Students: Academic Procrastination, Academic Locus of Control, and Academic Perfectionism. *Eurasian Journal of Educational Research* 2020(89): 159–78.
- Alenazi, Fatimah M. (2023). The Relation between Academic Procrastination and Student's Achievement-A Quantitative Study Among Female Students at Jouf University. *Information Sciences Letters* 12(5): 2075–87.
- Alkhazaleh, Ziad M. (2024). Exploring the Association between Academic Procrastination and Psychological Well-Being among University Students: A Case Study of the Blended Learning Model at a Public University in Jordan. *International Journal of Education and Practice* 12(2): 268–83.
- Apriliawati, Denisa. (2020). Diary Study as a Data Collection Method in Quantitative Research: A Literature Review. *Journal of Psychological Perspectives* 2(2): 79–89.
- Asio, JM R. (2020). The Relationship between Academic Procrastination and Academic Performance of Freshmen Students from a Teacher Education Institution. ... *between Academic Procrastination and Academic* https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3753566.
- Aviani, Yolivia Irna, and Rida Yanna Primanita. (2020). Exploration of causal factors, impacts and strategies for handling academic procrastination among students. *RAP Journal (Actual Research in Psychology, Padang State University)* 10(2): 193.
- Aznar-Díaz, Inmaculada, José María Romero-Rodríguez, Abel García-González, and María Soledad Ramírez-Montoya. (2020). Mexican and Spanish University Students' Internet Addiction and Academic Procrastination: Correlation and Potential Factors. *PLOS ONE* 15(5): 1–18.
- Ch'ng, Lena Tzyy Xian, and Pei Ying Soo Hoo. (2022). Relationship between Social Media Addiction Levels and Academic Procrastination among Undergraduate Students in Malaysia: Grit as the Mediator. *Advanced Journal of Social Science* 11(1): 13–27.
- Eksi, H, T Turgut, and E Sevim. (2019). The Mediating Role of General Procrastination Behaviors in the Relationship between Self-Control and Social Media Addiction in University Students. *Addicta: The Turkish Journal on* <https://www.addicta.com.tr/Content/files/sayilar/10/9.pdf>.
- Hong, Wei et al. (2021). Academic Procrastination Precedes Problematic Mobile Phone Use in Chinese Adolescents: A Longitudinal Mediation Model of Distraction Cognitions. *Addictive Behaviors*. <https://doi.org/10.1016/j.addbeh.2021.106993>.
- Huang, Haitao et al. (2022). Resilience and Positive Coping Style Affect the Relationship between Maladaptive Perfectionism and Academic Procrastination among Chinese Undergraduate Nursing Students. *Frontiers in Psychology* 13(October): 1–11.
- Huang, H et al. (2023). The Association between Perfectionism and Academic Procrastination among Undergraduate Nursing Students: The Role of Self-efficacy and Resilience. *Nursing*.... <https://onlinelibrary.wiley.com/doi/abs/10.1002/nop2.1922>.
- Margaretha, Meily, Susanti Saragih, Ana Mariana, and Kristin Monica Simatupang. (2022). Academic Procrastination and Cyberloafing Behavior: A Case Study of Students in Indonesia. *Cypriot Journal of Educational Sciences* 17(3): 752–64.
- Ma, Yan, Xi Mei Yang, Lan Hong, and Ren Ju Tang. (2022). The Influence of Stress Perception on Academic Procrastination in Postgraduate Students: The Role of Self-Efficacy for Self-Regulated Learning and Self-Control. *International Journal of Digital Multimedia Broadcasting* 135.
- Magdova, Monika, Katarína Fuchsová, and Marianna Berinšterová. (2021). Procrastination of University Students in the Context of Academic Motivation and Self-Control. *Ceskoslovenska Psychologie* 65(4): 389–402.
- Roshanisefat, S, SM Azizi, and A Khatony. (2021). Investigating the Relationship of Test Anxiety and Time Management with Academic Procrastination in Students of Health Professions. *Education Research*.... <https://www.hindawi.com/journals/edri/2021/1378774/>.
- Sari, WL, and F Fakhruddiana. (2019). Internal Locus of Control, Social Support and Academic Procrastination among Students in Completing the Thesis. *International Journal of Evaluation and Research in* <https://eric.ed.gov/?id=EJ1220909>.
- Taipe-quispe, Alicia, Yulissa Heredia-mamani, Osbaldo Turpo-gebera, and Juan-jose Igartua. (2023). Uses of Facebook and Academic Procrastination in. *Journal of Technology and Science Education* 13(2): 461–79.
- Tan, EWY, and KD Prihadi. (2022). Fear of Failure and Academic Procrastination among University Students: The Role of Achievement Expectancy and Year of Study. *International Journal of Evaluation and Research in* <https://eric.ed.gov/?id=EJ1340409>.
- Tuaputimain, Hendrik. (2021). Correlation Between Self-Efficacy and Academic Procrastination Among Students. *Living News Theological Journal* 3(2): 6.

Yurtseven, Nihal, and Selcuk Dogan. (2019). Structural Relationships among Academic Procrastination, Academic Motivation, and Problem Solving Skills in Prep Class College Students. *Pegem Egitim ve Ogretim Dergisi* 9(3): 849–76