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Impact of Procrastination on Scholastic Performance in Undergraduate Dental Students in Khammam City

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Abstract Procrastination is the avoidance of doing a task that needs to be accomplished and putting it off at a later time. Procrastination is believed to be highly prevalent among college students and detrimental to their academic performance. The study is to evaluate the prevalence of procrastination among dental students in Khammam city and to analyze its influence on their academic performance.

Aim: To evaluate the prevalence of procrastination among dental students in Khammam City.

Objectives: To assess the prevalence of procrastination among dental students based on age to assess the influence on procrastination among dental students based on year of study

Method: A cross-sectional survey was conducted among 201 dental students, comprising 45 males (22.4%) and 156 females (77.6%) including. This survey included 15 questions exploring the impact of procrastination among dental study were analyzed based on gender, age and year of study using Chi-square tests to identify statistical significant differences.

Key Words: Academic performance, dental students, procrastination, psychological counseling, undergraduate students.

INTRODUCTION:

Procrastination comes from the Latin procrastinare, which means postponing or postponing until tomorrow. Procrastination has become one of the most studied topics because of the detrimental consequences it has on the General public and students. It has been viewed as abnormal behavior or an unreasonable delay in acting in a way, that will have unfavorable effects.

According to Steel, procrastination is defined as a "voluntarily delay of an Intended course of action despite expecting to be worse off for the delay." Academic procrastination is the term Used to describe the overall tendency to delay the academic tasks.

Academic procrastination is defined as a tendency to Delay the academic tasks to point of experiencing anxiety associated with it by Rothblum et al. Due to its negative effects, which

include academic failure and decreased well-being, it is a common problem among students and Many of them must deal with it at practically every stage of their education.

Procrastination is a complicated, poorly understood behaviour that involves various cognitive, emotional, and self-regulation processes. It is characterized by avoidance of unpleasant tasks out of a fear of failure, fear of succeeding, or an expression of poor action control.

Procrastinators have the following traits: they put off beginning or finishing necessary tasks, get late for deadlines, and would rather engage in enjoyable activities than finish the tasks at hand. These traits cause a discrepancy in performance between planned and actual activities.

The present study intends to assess the frequency of procrastination among dental students in Khammam City and investigate its impact on their academic performance because time is a crucial component of dental education.

Therefore, this study will provide valuable insights into the relationship between education and procrastination highlighting the influence of procrastination among under-graduate dental students, the research aims to contribute to evaluate the prevalence of procrastination among dental students in Khammam City.

METHODOLOGY:

- Study design and area: A cross-sectional study was carried out at tertiary care teaching hospital Khammam.
- Study population: The students including those of first year to final year dental students responded to offline paper print questionnaire survey.
- Study Instrument: A self administered questionnaire was designed based on "Impact Of Procrastination On Scholastic Performance In Undergraduate Dental Students" had a total 15 questions. Each participant has to fill their demographic data like name, age, gender, and year of study. Participants have to select appropriate option from the answers provided against the questions and the questions were based on Impact of procrastination on scholastic performance in Undergraduate Dental Student.
- Pilot Study: A Pilot study was conducted on all group of students to assess the validity and reliability of study.
- Sampling Method: The Sampling method used is convenience method.
- Inclusive criteria: The students who were interested in study and who were willing to participate.
- Exclusive Criteria: The students who were not willing to participate are excluded.
- Organising the study: The study was designed in paper based version of the self-administrated questionnaire of 15 questions focusing on knowledge awareness. Includes the sections of demographic data: name, age, gender and year of study demographic information and asked to answer all questions by selecting appropriate option from the provided answers
- Statistical Analysis: Data from the filled questionnaire was conducted in a tabular form in an excel work sheet and evaluate for analysis.

RESULTS:

A total of 201 students took part in this with females (77.6) and males (22.4). Age of participants ranging from 18-26 years. In this study females were more likely to participate than males. Significantly third years should greater familiarity with advanced application than first, second and final years.

Age	N	Minimum	Maximum	Mean	Std. Deviation
	201	18	26	21.2	1.365

Gender

Valid Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Male	45	22.4	22.4	22.4
Female	156	77.6	77.6	100.0
Total	201	100.0	100.0	

Year of study

Valid Year	Frequency	Percent	Valid Percent	Cumulative Percent
I BDS	20	10.0	10.0	10.0
II BDS	55	27.4	27.4	37.4
III BDS	75	37.3	37.3	74.7
IV BDS	51	25.4	25.4	100.0
Total	201	100.0	100.0	

Distribution and comparison of responses based on gender:

Q1

Item	Response	Males		Females		Chi-Square values	P values
		n	%	n	%	8.12	0.004
Q1	1	35	77.8	82	52.6		
Q1	2	10	22.2	74	47.4		

Q2

Item	Response	Males		Females		Chi-Square values	P values
		n	%	n	%	0.376	0.54
Q2	1	22	48.9	66	42.3		
Q2	2	23	51.9	90	57.7		

Q3

Item	Response	Males		Females		Chi-Square value	P Value
		n	%	n	%	3.15	0.369
Q3	1	6	13.3	13	8.3		
Q3	2	21	46.7	92	59		
Q3	3	16	35.6	41	26.3		
Q3	4	2	4.4	10	6.4		

Q4

Item	Response	Male		Female		Chi-Square value	P Value
		n	%	n	%	0.336	0.562
Q4	1	36	80	116	74.4		
Q4	2	9	20	40	25.6		

Q5

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	3.487	0.323
Q5	1	30	66.7	84	53.8		
Q5	2	9	20.0	45	28.8		
Q5	3	6	13.3	22	14.1		
Q5	4	0	0	5	3.2		

Q6

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	19.871	0.0
Q6	1	7	15.6	34	21.8		
Q6	2	18	40	60	38.5		
Q6	3	7	15.6	52	33.3		
Q6	4	13	28.9	10	6.4		

Q7

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	2.149	0.143
Q7	1	35	77.8	101	64.7		
Q7	2	10	22.2	55	35.3		

Q8

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	6.463	0.039
Q8	1	28	62.2	64	41		
Q8	2	17	37.8	91	58.3		
Q8	3	0	0	1	0.6		

Q9

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	0.764	0.858
Q9	1	16	35.6	48	30.8		
Q9	2	15	33.3	63	40.4		
Q9	3	11	24.4	35	22.4		
Q9	4	3	6.7	10	6.4		

Q10

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	0.14	0.703
Q10	1	32	71.1	104	66.7		
Q10	2	13	28.9	52	33.3		

Q11

Item	Response	Male		Female		Chi-Square value	P Value
		n	%	n	%	5.278	0.071
Q11	1	37	82.2	103	66		
Q11	2	5	11.1	43	27.6		
Q11	3	3	6.7	10	6.4		

Q12

Item	Response	Male		Female		Chi-Square value	P Value
		n	%	n	%	4.128	0.248
Q12	1	31	68.9	105	67.3		
Q12	2	13	28.9	49	31.4		
Q12	3	0	0	2	1.3		
Q12	4	1	2.3	0	0		

Q13

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	0.019	0.889
Q13	1	32	71.1	107	68.6		
Q13	2	13	28.9	49	31.4		

Q14

Item	Response	Male		Female		Chi-Square value	P value
		n	%	n	%	0.594	0.743
Q14	1	37	82.2	134	85.9		
Q14	2	4	8.9	13	8.3		
Q14	3	4	8.9	9	5.8		

Q15

Item	Response	Male		Female		Chi-Square value	P Value
		n	%	n	%	2.262	0.52
Q15	1	36	80	128	82.1		
Q15	2	6	13.3	17	10.9		
Q15	3	3	6.7	6	3.8		
Q15	4	0	0	5	3.2		

$P \leq 0.05$ is considered statistically significant

DISCUSSION:

This study examined potential contributing variables the association between procrastination and academic performance and synthesized the findings of another research in this domain. In this study, we came to know that there is a high prevalence of academic procrastination. Although procrastination can occur at any stage of life, it is a widespread issue among college students and has a negative impact on both their academic performance and general well-being. It is important to have an increased awareness of such risk factors and how they can be handled to prevent and reduce procrastination. Procrastinators are of two forms, Passive procrastinators are the ones who will fail to complete the task in last minute, whereas active procrastinators will postpone their task until the last minute, those are the ones who "work better under pressure." According to Chu and Choi, in addition to time management abilities and the ability to priorities and set goals for activities, fulfilling tasks on schedule and creating organized study habits and abilities are two more fundamental requirements for academic success. Otherwise, staying up late studying under pressure results in insomnia, which in turn leads to poor attention and poor academic achievement.

CONCLUSION:

This study could be needed to gain a better knowledge regarding different variation in the relationship between academic procrastination, academic performance and contentment with academic life, research using varies performance indicators and procrastination measures can be done.

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