THE ROLE OF WILLPOWER IN REDUCING AND PREVENTING PROCRASTINATION AMONG STUDENTS

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Abstract. *This article scientifically investigates the relationship between procrastination and willpower among university students. According to the results, a negative correlation was identified between procrastination and willpower. Furthermore, the findings revealed that students who spend more time on social media exhibit higher levels of procrastination. A total of 88 university students participated in the study.*

Key words: *Procrastination, Willpower, Postponement, Self-confidence, Negative consequences.*

Introduction. Everyone experiences the tendency to postpone tasks that need to be done. However, regularly delaying important tasks can lead to negative consequences. The habit of postponing necessary tasks is called procrastination.

According to statistics, procrastination is most prevalent among students. It is observed in 80-95% of the students, with 75% of students considering themselves procrastinators. [3]

This situation highlights the relevance of studying the phenomenon of procrastination among students. One of the primary causes of procrastination is lack of willpower. In this scientific research, the correlational relationships between procrastination and willpower were examined.

Literature review. Procrastination is the unnecessary delay of something despite being aware of its negative consequences [6]. While all procrastination involves delay, not all delay is procrastination[2].

Procrastination is the voluntary and conscious postponement of necessary and important tasks without any valid reason, despite being aware of the potentian negative consequences [1].

Procrastination leads to a range of negative consequences. These include a decline in students' academic performance, diminished self-confidence, an increased predisposition to cardiovascular diseases, weakening of the immune system, and it can also cause insomnia [5].

Based on the above, it can be concluded that procrastination is the intentional delay of important tasks. Procrastination has a number of detrimental consequences for human health.

Human psychology is highly complex. One of the underlying causes of procrastination is a lack of willpower.

Willpower is a voluntary activity of an individual that manifests in conscious actions and self-awareness, particularly in overcoming the physical and mental obstacles encountered on the path to achieving a goal. [4]

Participants. A total of 88 students participated in the study. Of these, 85 were women and 3 were men. The age of the participants ranged from 19 to 35 years. Students aged between 24 and 35 years accounted for 8 individuals.

Methodology. The scientific research utilized questionnaires and statistical analysis methods to evaluate the collected data. For the statistical processing of the results, the IBM SPSS software package was used. Parametric criteria were applied during the data analysis process. The study primarily utilized two methodologies: N.N.Obozov's "Assessment of Willpower" questionnaire (1997) and C. Lay's "Procrastination" scale (1986) [7].

"Prokrastinatsiya" so'rovnomasi jami 20 savoldan tashkil topgan. Sinaluvchilar har bir savolga 1 dan 5 gacha bo'lgan shkalada javob beradilar.

"Procrastination" questionnaire consists of 20 items in total. Participants respond to each item using a 5-point Likert scale (ranging from 1 to 5).

Analysis of results. The study investigated the correlational and regressional relationships between procrastination and willpower.The correlational relationship between procrastination and willpower is presented in Table 1. According to the results, a significant negative correlation was identified between procrastination and willpower ($r = -0.338$; $p \leq 0.001$) (Table 1.)

Table 1.

Procrastination and willpower correlation

	Willpower
Procrastination	- 0.338***

The correlational relationship between procrastination and willpower can be seen in Figure 1.

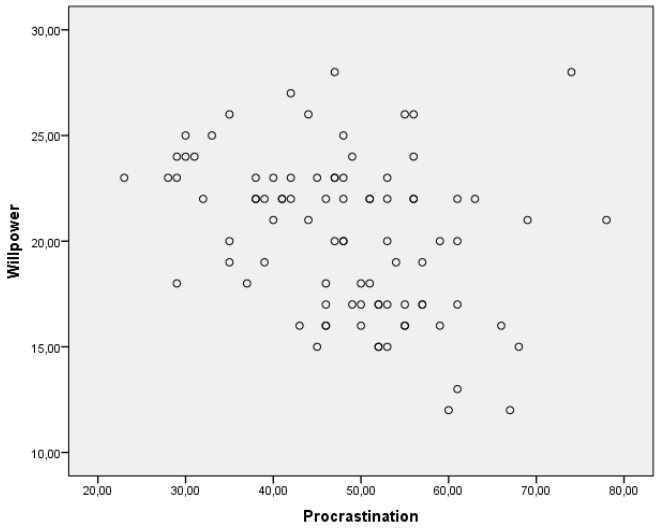


Figure 1. Procrastination and willpower correlation

The impact of willpower on procrastination was examined using regression analysis (Table 2). According to results, willpower accounted for 11% of the variance in procrastination.

Table 2.

The impact of willpower on procrastination

	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.338	0.114	0.104	10.34

A one-unit increase in the willpower score leads to a 1.003 - unit decrease in the procrastination score (Table 3).

Table 3.

The impact of willpower on procrastination

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	68,610	6,219		11,033	0,000
	Willpower	-1,003	0,301	-0,338	-3,328	0,001

The study also surveyed participants regarding their estimated daily hours spent on social media and how many hours they converse with friends. According to the results, a statistically significant difference was found in procrastination scale scores based on the estimated daily social media usage ($F= 4.061$; $p \leq 0.01$). Participants with higher daily social media usage also exhibited higher levels of procrastination (Table 4.)

Table 4.

Comparison of participants based on time spent ind social media

		N	Mean	F	p
Willpower	1,00	26	20,8462	1,245	0.296
	2,00	27	21,1111		
	3,00	19	18,7895		
	4,00	7	19,5714		
	5,00	4	19,7500		
	6,00	2	18,0000		
	Total	85	20,2471		
Procrastination	1,00	26	43,6154	4,061	0.002**
	2,00	27	47,0000		
	3,00	19	51,0000		
	4,00	7	53,8571		
	5,00	4	57,0000		
	6,00	2	68,5000		
	Total	85	48,4000		

Conclusion. The results of the scientific study revealed a negative correlation between procrastination and willpower. It was observed that an increase in willpower among students leads to a decrease in the level of procrastination. Therefore, to reduce and prevent procrastination in students, it is crucial to develop recommendations aimed at strengthening their willpower.

Furthermore, the study confirmed that excessive use of social media increases the level of procrastination. A limitation of this research is that, due to the small sample size, factor analysis and reliability metrics were not determined; instead, the obtained data were processed directly. In future studies, it is recommended to investigate the correlational relationship between procrastination and willpower using alternative methodologies.

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