

## Procrastination among University Students in Sri Lanka

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Procrastination is the deliberate, unintentional or habitual postponement of tasks. This study aimed to identify the degree of procrastination, prevalent among university students in Sri Lanka and the corresponding antecedents. The targeted population was 403 students who were enrolled in different programs in public and private universities. Purposive sampling was used to select the participants. To obtain study data, this cross-sectional study utilized a structured online questionnaire while data collection was through social media. The pre-tested self-administered questionnaire comprised sociodemographic details and the statement used regarding the procrastination behavior on the five point Likert scale ranging from 'strongly agree' to 'strongly disagree'. The obtained data were analyzed with the help of the Statistical Package for the Social Sciences (SPSS V28); the level of confidence was taken to be 95%. The 50% predetermined cut-off value was used to categorize the procrastination level. The participants' sociodemographic information and their response to the procrastination statements were analyzed descriptively. Regarding the studies conducted to identify the causes of procrastination among university students in Sri Lanka., the findings reveal that the majority 97% of the students are habitual procrastinators. Notably, 38.9% often delay assignments, and 39.4% start work only when necessary. Time management challenges are evident, with 31.2% frequently arriving late and 22.7% making last-minute purchases. Seventy nine point one per cent of the students prefer submitting assignments early while, 39.4% lack a peaceful study environment at home, and 61.6% face similar issues at college. Social media distractions (39.4%) and feelings of guilt (65.2%) further exacerbate procrastination. Additionally, 54% of the students study better under stress, but 35.8% often delay tasks. 97. 15% of the students were categorized as high procrastinators and 2.5% as low procrastinators. The findings of the present study underlined the need for targeted efforts to prevent procrastination patterns among university students in Sri Lanka

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