

# “Psycho – Scientific Approach to Improve and Enhance Learning by Reducing Procrastination”

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In childhood, I was confronted repeatedly by my parents and family seniors with a sermon through quoting a couplet काल करे सो आज कर आज करे सो अब, पल में..... and this was much more frequently sermoned during the school days by our Respected, knowledgeable teacher too. In school days compulsorily we were required to mug & learn by heart the educative and relevant couplets (Dohe) of great poet & saint, Philosopher of 15<sup>th</sup> century Resp. Kabir Ji and the one quoted above is from those collection of his couplets. Unfortunately and in general student are focused in citing, writing or explaining the meaning thereby inherent in this as well as in other couplets. All this education from parents and seniors was a corrective measure because the tendency of postponing and avoiding a given task leads to lowering the level of learning.

During schooling and even in colleges, the tendency of postponing the jobs / assignments and similar tasks is observed to an alarming level. According to the literature survey available this phenomenon of postponing and avoidance of doing a tasks is called Procrastination. This can take place until the “last minute” and it’s observed that level of procrastination increases with age. A study reveals that “52% of surveyed student indicated having a moderate to high need for help concerning procrastination. It is estimated that 80-95% of college students engage in procrastination, and approximately 75% consider themselves procrastinators.

In a study performed on university students, procrastination was shown to be greater on tasks that were perceived as unpleasant or as imposition than on tasks for which the student believed they lacked the required skills for accomplishing the task. Study so that more than one third in variation in the final examination scores could be attributed to procrastination. This negative association between procrastination and academic performance is recurring and persists.

This is my own experience as school & college student as well as serving as a teacher since 1966 and observing and studying the behavior and pattern of student over these years the tendency of postponing the assignments results in dangerous and disastrous impact on their future, career and life.

This putting off general as well as important priority task results in a sense of guilt that causes loss of Motivation and Productivity. Many a times it leads to stress consequently developing habit and later nature for not meeting the commitment, lowering the learning level

The procrastination can be attributed to the following:-

1. Perfectionism
2. Coping Responses
3. Health Perspective
4. Management
5. Negative Impact – Psychological disorder
6. Co-relate – Impulsiveness and Conscientiousness

and a unique to student fraternity is

7. Academics – Studies show that procrastination in students is due to lack of efficient time management which gives rise to “Student Syndrome”, a phenomena where a student will begin to fully apply himself to a task only immediately before a dead line.

The other important reasons for students procrastinating are as,

1. Fear of failure and success
2. Perfectionist expectations
3. Other activities take precedence over select work

Procrastination affects the entire teaching learning process, and gives rise to frustration, demonization in both teacher and taught as well.

The lowering level of learning is due to increase in procrastination affects the Thinking process. In any education system in general and in engineering education in particular Creativity and Innovation are key elements. These key elements stem from Thinking Process.

The approach in consideration is student focused. This approach integrates various theories of motivation and psychology with scientific and Meta analytical methods.

The very important principle of physics, chemistry can be used in overcoming the ill effect of procrastination. The Newton’s laws, laws of conservation of energy can be used to improve the motivation and productivity by reducing procrastination and thus improving and enhancing Learning.

A club / society V2V is formed in Gyan Ganga Group under the direction of Group Director organize Events and talks which strengthen the thinking process eventually improving and enhancing learning.

Note: - The Above abstract material is collected from numerous sources and acknowledged respectfully.

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**Advisory**

All departments are advised to go through and understand the concept of "Psycho Scientific approach to improve & enhance Learning by reducing Procrastination" hoisted in college website. Please take steps to reduce Procrastination in students and faculty and submit your feedback for discussions in the forth coming meeting.

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