

# Active Procrastination, Time Perspective and Academic Self-Regulation in University Students

David Moskala<sup>1,2</sup>, Alexander Vitug<sup>1,2</sup>, & Jermaine Henry<sup>1</sup>

<sup>1</sup>Behavioral Sciences Department & <sup>2</sup>Behavioral Neurosciences Program, Andrews University

davidm@andrews.edu

Karl G. D. Bailey, Faculty Sponsor

## Background

### Active Procrastination

**Active procrastination** has four underlying factors: **satisfaction with outcomes**, **preference for time pressure**, **intentional decision to procrastinate**, and **ability to meet deadlines** (Chu & Choi, 2005).

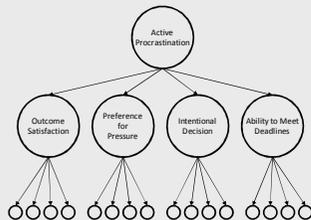
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Outcome Satisfaction (reversed)	My performances tends to suffer when I have to race against deadlines.	.778
	I don't do well if I have to rush through a task.	.763
	If I put things off until the last moment, I'm not satisfied with their outcomes.	.753
	I achieve better results if I complete a task at a slower pace, well ahead of a deadline.	.724
Preference for Pressure (reversed)	It's really a pain for me to work under upcoming deadlines.	.816
	I'm upset and reluctant to act when I'm forced to work under pressure.	.788
	I feel tense and cannot concentrate when there's too much pressure on me.	.737
	I'm frustrated when I have to rush to meet deadlines.	.609
Intentional Decision	To use my time more efficiently, I deliberately postpone some tasks.	.785
	I intentionally put off work to maximize my motivation.	.702
	In order to make better use of my time, I intentionally put off some tasks.	.673
	I finish most of my assignments right before deadlines because I choose to do so.	.576
Ability to Meet Deadlines (reversed)	I often start things at the last minute and find it difficult to complete them on time.	.738
	I often fail to accomplish goals that I set for myself.	.731
	I'm often running late when getting things done.	.729
	I have difficulty finishing activities once I start them.	.602

Traditional **passive procrastinators** postpone their tasks until the last minute because they are not able decide to act in a timely fashion (Choi & Moran, 2009).

Do active procrastinators exist? Initial reports of active procrastination (Choi & Moran, 2009) show apparent contradictions between subscales:

	Intentional Decision	Ability to Meet Deadlines
Active Procrastination (Full Scale)	.62	.37
Outcome Satisfaction	-.41	-.05
Preference for Pressure	-.31	-.15
Intentional Decision	-	-.11
Ability to Meet Deadlines	-.11	-
Passive Procrastination	-.33	-.61
Time Structure	-.12	-.16
Purposive Use of Time	-.23	.35
Time Control	.09	.48
Polychronicity	.20	.01
Conscientiousness	-.17	.33
GPA	-.05	.23
Self-Reported Performance	.05	.27

Outcome Satisfaction, Preference for Pressure, Intentional Decision, and Ability to Meet Deadlines are the four factors that support Active Procrastination (Choi & Moran, 2009).



## Research Questions

What is the relationship between the Active Procrastination subscales (Choi & Moran, 2009), **polychronicity** (Conte & Jacobs, 2003), and **perceived time control** (Macan et al., 1990)?

What is the relationship between the Active Procrastination subscales and **time perspective** (Zimbardo & Boyd, 1999)?

What is the relationship between the Active Procrastination subscales and **academic self regulation** (Vansteenskiste et al., 2009)?

## Methodology

### Data Collection and Approach

329 students at a conservative Christian liberal arts university filled out a 7-point Likert scale ranging from 1 (not at all true) to 7 (very true). The surveys were administered online via a research participation pool. We performed an interscale correlation matrix to examine the of interest. We then tested Choi and Moran's four subscale hierarchical model with a confirmatory factor analysis (not shown here) and then an exploratory factor analysis (using principal axis factoring and direct oblimin rotation) of all 16 Active Procrastination items.

## Findings

### Correlations

N = 329	Active Procrast. (Full Scale)	Outcome Satisfaction	Preference for Pressure	Intentional Decision	Ability to Meet Deadlines
Future Time Perspective	.031	-.177**	.045	-.184**	.414**
Present Hedonistic Time Perspective (PRESHEDO)	-.008	-.018	-.084	.279**	-.207**
Polychronicity	.163**	.198**	.194**	.073	-.039
Perceived Control of Time	.326**	.136*	.395**	-.273**	.622**

N = 329	Active Procrast. (Full Scale)	Outcome Satisfaction	Preference for Pressure	Intentional Decision	Ability to Meet Deadlines
External Regulation	-.153**	-.067	-.283**	.165**	-.225**
Introjected Regulation	-.127*	-.060	-.209**	.142**	-.217**
Identified Regulation	.005	-.143**	0.64	-.061	.161**
Integrated Regulation	-.102	-.186**	-.020	-.057	-.004

## Findings

### Exploratory Factor Analysis

The KMO (.868) and Bartlett's Test of Sphericity ( $p < .000$ ) both suggested that the data was acceptable for a factor analysis. The three factors extracted accounted for 51.1% of the variance in the included items (Factor 1 - 30.8%; Factor 2 - 14.9%; Factor 3 - 5.4%).

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Comfort Under Time Pressure (reversed)	I don't do well if I have to rush through a task.	.736	.514
	My performances tends to suffer when I have to race against deadlines.	.733	.615
	I achieve better results if I complete a task at a slower pace, well ahead of a deadline.	.688	.440
	If I put things off until the last moment, I'm not satisfied with their outcomes.	.680	.471
	I'm frustrated when I have to rush to meet deadlines.	.632	.539
	I feel tense and cannot concentrate when there's too much pressure on me.	.538	.427
	I'm upset and reluctant to act when I'm forced to work under pressure.	.519	.483
Perceived Intentionality	In order to make better use of my time, I intentionally put off some tasks.	.880	.703
	To use my time more efficiently, I deliberately postpone some tasks.	.812	.643
	I intentionally put off work to maximize my motivation.	.484	.463
Ability to Accomplish Goals (reversed)	I'm often running late when getting things done.	.799	.564
	I often fail to accomplish goals that I set for myself.	.693	.493
	I have difficulty finishing activities once I start them.	.567	.404
	It's really a pain for me to work under upcoming deadlines.	.547	.483
	I often start things at the last minute and find it difficult to complete them on time.	.527	.437

## Discussion

Having a present time perspective (PTP) is associated with risky behavior (Zimbardo, Keough, & Boyd, 1997; Keough, Zimbardo, & Boyd, 1999). Therefore, it is interesting that intentional decision is positively correlated ( $r = .279$ ) with PTP in this study. Also, active procrastinators are thought to be autonomously motivated. However, intentional decision is positively correlated with controlled motivation ( $r = .165$  and  $r = .142$ ) but not at all with autonomous motivation. A confirmatory factor analysis showed that the model for Active Procrastination fits substantially better when the Intentional Decision subscale is removed from the original model. In addition, an exploratory factor analysis indicated removal of one Intentional Decision item, **"I finish most of my assignments right before deadlines because I choose to do so."** This suggests that "Active Procrastination" is not so active after all, and may be a form of post hoc rationalization. Temporal discounting continues to be the strongest explanation for academic procrastination (Steel, 2007).