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The study of relationship between Meta cognition beliefs and procrastination among students of Tabriz and Mohaghegh Ardabili universities

Hassan Sadeghi a *

a BD General Psychology, Mohaghegh Ardabili University, Meshkin Shahr, 5661114636, Islamic Republic of Iran

Abstract

Introduction: The aim of current study is investigate the relationship Meta cognition beliefs with procrastination. 275 students from Tabriz and Mohaghegh Ardbili universities selected using random sampling, and completed the Meta cognition beliefs (MCQ-30) and procrastination questionnaires. Data analyzed using Pearson correlation and multiple regression method. Results showed cognitive confidence, need for control of thoughts and positive beliefs about worry from meta cognition beliefs were positive and significant correlated and cognitive self-consciousness was negative correlated with procrastination, in regression analysis, cognitive confidence, cognitive self-consciousness and uncontrollability and danger predict procrastination. Findings showed with modification of Meta cognition beliefs can be decrease the procrastination.

Keywords: cogitation beliefs, procrastination, cognitive confidence, cognitive self-consciousness

1. Introduction

Procrastination has been described as a behavior style that reflects self-regulation failure (Ferrari, 2001), and involves delaying in the start or completion of a task (Ferrari & Rice, 2000). Procrastination is occasionally used in a positive sense. Several writers have mentioned it as a functional delay or as avoiding rush (Blunt, 1998; Chu & Choi, 2005; Ferrari, 1993). For example, Blunt (1998) explains: “Once we act, we forfeit the option of waiting until new information comes along. As a result, no-acting has value every person procrastinates in carrying out some of the responsibilities and tasks in their life. Some delay payments or appointments while some others delay housework, assignments, homework or preparing for examinations. Such procrastinated behaviors affect the individuals in such ways as restless nights, high level of stress, regret, and panic, withdrawal due to the lack of time or unsatisfactory fulfillment. Then people promise themselves not to delay things until the last minute but it happens again.(Kagan et al,2010).Several studies have linked procrastination to individual performance, with the procrastinator performing more poorly overall (Beswick, & Mann, 1988; Steel et al, 2001; Wesley, 1994); and to individual well-being, with the procrastinator, For example, a survey by H&R Block indicates that procrastinating on taxes costs people on average $400 due to rushing and consequent errors, resulting in over $473 million dollars in overpayments in 2002 (Kasper, 2004). More miserable in the long-term (Knaus, 1973; Lay & Schouwenburg, 1993;

*Hassan Sadeghi. Tel.: +989356545188; fax: +98 4517729629. E-mail address: sadeghi_66@yahoo.com (H.Sadeghi).
Tice & Baumeister, 1997). Similarly, the medical field reports that procrastination on the part of patients is a major problem (e.g., Morris, et al, 1990; White, et al, 1994); this is also reflected in the meta-analytic work of Bogg and Roberts (2004).

Procrastination is not new phenomenon, William James recognized the psychological cost of procrastination 120 years ago, and steel (2007) trace procrastination references back to 800B.C. contemporary psychologists are increasingly interested in conducting research that explains procrastination, but in spite of growing research attention,” much has yet to be learned about the causes of procrastination. (Steel, 2007), and procrastination remains one of the least understood human. Miseries” (Ferrari, 1994). The empirical and theoretical foundations of procrastination research are less well established than those of other psychological constructs. There are different approaches for procrastination. Behavioural approaches determine procrastination regard to reinforcement theory” delay to do task has reinforcement effect more than do it (Belkis, Duru, 2007). Psychodynamic approaches recognize procrastination as trouble behaviour that showed essential psycho emotions and much consist of sensation to family of person. Cognitive approaches also emphasis to role of irrational beliefs in procrastination. (Hosseini & Khayyer, 2009). Although cognitive approaches emphasis to role of beliefs and negative attitudes in procrastination , but cannot explain how effective such beliefs for cognitive process of procrastination, despite met cognitive approaches of procrastination , can be explain this process very well. Meta-cognitive beliefs includes of beliefs which the person has about his thoughts (saed et al, 2010). Researchers have shown that meta-cognitive beliefs (meta cognitive dimensions) has relationship with vast category of mental disorders in which the followings can be mentioned: GAD (Cartwright-Hatton 1997, Wells and Carter 2001), OCD symptoms (wells, Papageorgiou, 1998), hypochondrias is (Bouman, 1999) exam anxiety (Spada et al 2006), Procrastination (Spada, hiou, 2006), PTSD (Wells and Carter, 2001), psychosis (Morrison et al 2000), and depression (wells, 2009). Procrastination can be relate from two approach with Metacognition. First, procrastination can be considered as strategy for set cognition and negative effects. Baumister et al,(1994), know procrastination as strategy that people use for set negative emotions and with help it go away from them and experience better sense, also procrastination proposed as ability in intense control thoughts, emotions and performance. (Howell & Vatsoon, 2007). Several investigation reported that procrastination related with negative emotions, and as investigations showed chronic procrastination related with personality characterizes (Self-esteem), social phobia,…(Ferrari, 1989), and based model of S-REF, also emotional disorder are related with incompatible Metacognition, so the main aim present study, was investigate relationship between Metacognition beliefs with procrastination.

2. Method

2.1. Statistical society, Sample and sampling method
The method of this research is correlative- descriptive. Statistical society was 275 students of Tabriz and Mohagheghe Ardabili universities. We selected using random sampling from different faculty of these universities.

2.2. Data Collection Tools
2.2.1. Measures of procrastination General procrastination scale (GP; Lay, 1986). The GP scale is composed of 20 items that measure trait procrastination on a variety of everyday activities (e.g. “I always seem to end up shopping for birthday gifts at the last moment”). Items are scored on a 5-point Likert scale ranging from 1 (False of me) to 5 (True of me). The mean of all items yields a composite score, with higher values indicating a higher tendency to procrastinate. The internal consistency has been shown to be .78 and the test–retest reliability .80 (Ferrari, Johnson, & McCown, 1995).

2.2.2. Metacognitions Questionnaire 30 (MCQ-30;Wells&Cartwright-Hatton,2004): This measure assesses Individual differences in meta-cognitive beliefs, judgments and monitoring tendencies. It consists of 5 Replicable sub-scales assessed by 30 items in total. The 5 sub-scales measure the following dimensions Of meta-cognition:(1) positive beliefs about worry(e.g. “worrying helps me cope”); (2) negative beliefs about worry concerning
uncontrollability and danger (e.g. “when I start worrying I cannot stop”); (3) Beliefs about cognitive confidence (e.g. “my memory can mislead me at times”); (4) beliefs about the need to control thoughts (e.g. “not being able to control my thoughts is a sign of weakness”); and (5) Cognitive self-consciousness (e.g. “I pay close attention to the way my mind works”). The MCQ-30 Possesses good internal consistency and convergent validity, as well as acceptable test–retest reliability (MCQ-30; Wells & Cartwright-Hatton, 2004).

3. Result

In this section, first the relationship between the predicted variable, which are metacognition beliefs (cognitive confidence, positive beliefs about worry, cognitive self-consciousness, uncontrollability and danger, need for control of thought and procrastination was presented (Table 1), and then the results of regression analysis for concerned variables were given (Table 1). As seen in Table 1a significant positive correlation was determined between cognitive confidences (r.211), positive beliefs about worry (r.135), need for control of thought (r.120) with procrastination, while negative significant correlation was found between, cognitive self-consciousness and procrastination (r-.109).

| Table 1. Correlation coefficient between variables Metacognition beliefs and procrastination. (n = 275) |
|---------------------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|
| 1- Cognitive confidence | - | - | - | - | - | - |
| 2- Positive beliefs about worry | .201** | - | - | - | - | - |
| 3- Cognitive self-consciousness | -.122* | .251** | - | - | - | - |
| 4- Uncontrollability and danger | .126** | .015 | .75* | - | - | - |
| 5- Need for control of thought | .216** | .099 | .264* | .444** | - | - |
| 6- Procrastination | .211** | .135* | -.109* | .65 | .120* | - |

*p< .05 **p< .01

In this study, regression analysis was performed to determine the predictors of procrastination. Analysis results are provided in Table 2.

amount of regression was meaningful (F=6.615, P>.01), that set 5 predict variables (cognitive confidence, positive beliefs about worry, cognitive self-consciousness, uncontrollability and danger, need for control of thought), meaningfully predict criteria variable (procrastination).

As seen in Table 2, MCQ subscales, uncontrollability and danger, cognitive self-consciousness and cognitive confidence significantly predict procrastination, but contribute of positive beliefs about worry and need for control of thoughts wasn’t significant.

| Table 2. Results of regression analysis for prediction of procrastination from metacognition beliefs |
|---------------------------------------------------------------|
| B | STD | Beta | t | Sig |
|---|---|---|---|---|
| Cognitive confidence | .455 | .232 | .125 | 1.963 | .01 |
| Positive beliefs about worry | .095 | .227 | .027 | .418 | .01 |
| Cognitive self-consciousness | -.440 | .222 | -.129 | -1.981 | .01 |
| Uncontrollability and danger | .565 | .207 | .197 | 2.728 | .01 |
| Need for control of thoughts | .282 | .246 | .583 | 1.150 | .01 |

4. Conclusion

This study investigated relationship between Metacognition beliefs with procrastination and role of Metacognition beliefs in predict procrastination. Result of analysis of correlation showed that there is positive and significant correlation between cognitive confidence and procrastination. These results correspond with result
research of (Fernie et al, 2009, Spade, 2006, Marcantonio et al, 2006). People, who have negative beliefs about cognitive adequacy, doubt to self-abilities in start and complete assignment, finally increase procrastination behaviour. Second variable that had positive and significantly correlated with procrastination is positive beliefs about worry(Fernie et al,2009, Marcantonio et al,2006). People with intense worry, often believe that worry is useful coping strategy, and this attitude reinforcement their tendency to be worry(Brook et al,1998), with reinforcement such tendency person will be much worry about task consequences, so will show much procrastination in behaviour. Also result showed that need for control of thoughts positive and significantly correlated with procrastination.(Fernie et al,2009, Marcantonio et al,2006). Having intense need for control of thoughts induce people constantly investigate and control them thoughts, and because fear of lose of control, procrastinate to do assignment. Finally result of analysis of correlation showed that cognitive self-consciousness with procrastination was negative and significantly correlated. (Hosseini&Khayyer,2009, Delavarpoor,2007, Marcantonio et al,2006,Georghiades,2004). In explaining this finding can pointed that whatever individual knowledge from beliefs and self-thoughts process be more, can better analyze external position, following will show low procrastination to do tasks. Result of multiple regression showed that variable of Uncontrollability and danger is most important to predict procrastination. (Fernie et al,2009, Marcantonio et al,2006). This variable relate with Metacognition beliefs of person about thought uncontrollability and control of thought for good performance. This finding explain using investigation that show people with high procrastination suffer from lack of personal control sense, perceived personal ability sense(Fi&Tangeni,2000), and low of self-efficiency (Cio&Chol,2005). In other words Uncontrollability and danger beliefs can reduce personal control sense following increase stress for do assignment and much delay in start and complete assignment. Other Meta cognition belief that predicts procrastination is cognitive confidence. Lack of confidence to cognition and thought process, decrease will, and increase procrastinate to do task. Finally in this study found that cognitive self-consciousness negative and significantly predict procrastination. Low aware from self-cognitive process induces high procrastination in behaviour.

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