An Analysis of the Causes of College Students Procrastination Behavior and a Study of the Influence of Behavior Mechanism

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Abstract. Procrastination is the voluntary delay of a predetermined course of action, although it is expected to make the situation worse. Procrastination exists in our lives, and affects our study and life all the time. About 80%-95% of college students agree that they have procrastination. This paper will focus on the analysis of the Behavior Mechanism of procrastination and the influence of procrastination on study, work and life.

1 Research Background

"It's easy for young people to learn, but hard for them to learn. It's a long time. I didn't realize the dream of spring grass in the pond, and the sound of autumn leaves in front of the terrace." A song by Zhu Xi of Song Dynasty, Qicheng, tells us the disadvantages of procrastination. It is not only to remind people of the importance of time, but also to remind people of the disadvantages of procrastination and to prevent it. A large number of studies have shown that procrastination will not only have a serious impact on our life, work and learning, but also on our physical and mental health. In recent decades, more and more attention has been paid to the study of procrastination. However, as far as the current situation is concerned, the mechanism of procrastination is not clear and lacks a complete and systematic explanation. In addition, most of the research in this field adopts the questionnaire method, which has a single form and can not accurately describe the formation mechanism of College Students' procrastination behavior. At present, the Procrastination of college students involves a wide range, whether in study, life or work, which has a great impact. Because there is no more systematic theoretical system to explain why college students procrastinate in these aspects, the corresponding problem is that there is no effective solution to the Procrastination of college students method.

Procrastination brings not only physical damage to college students. College students will become self-confident, lack of ability, think that their laziness is hopeless, and gradually wither, the body will become weaker and weaker, which will lead to the emergence of physical diseases, harm the health of college students, and then cause the decline of living standards. At the same time, procrastination will bring psychological harm to college students. Because college students fail to finish the plan on time according to their own arrangement, there will be a certain gap in their minds, they will feel that they are inferior to others, and then gradually lead to their anxiety: a strong emotional response, which is caused by the premonition that the suppressed conflict is about to enter the consciousness. If anxiety can not be effectively relieved, it will develop into psychological distortion, volatile temper, self-centered, determined, suspicious of others. Once the situation worsens, it will produce fantasy, put itself into a closed space, escape from others, or even escape from self. If it is not timely intervention and treatment, it will cause irreversible harm, not only self harm I will hurt others.
2 The Causes of College Students' Procrastination

2.1 External Factors

Time elasticity is great. University time is relatively abundant and free. College students can arrange their own time more freely. But it is also because of the increase of time elasticity that college students arrange their spare time as colorful as possible. It is also because of the rich and colorful university life that college students gradually lose their sense of tension and become relaxed and slack. Free time brings more self-management time. Time seems to be in your own hands, which will gradually evolve into a "time self-control": you can completely control your own time without any other intervention, and you will arrange your time more in line with your own physical and mental pleasure. This kind of self-control enhances college students' confidence and believes that they can manage time effectively, but it is this kind of self-management psychology that gives college students absolute confidence. When the situation has to be completed, they realize the urgency of things, but only do it temporarily, which makes us lose the right of self-control. Time self is the enhancement of time management ability, but on the other hand, it will lead to the phenomenon of procrastination.

The network is developed and smart phones are popular. With the progress and development of the times, the network technology is more and more mature, and mobile phones have gradually become an essential part of life, and now "bow head clan" is also everywhere. In addition, the form of online content has become more colorful and diversified, and college students are also easily attracted by various forms of online content. There is a kind of dopamine in our brain: catecholamine neurotransmitter produced by decarboxylation of dopa, which is mainly distributed in the substantia nigra striatum and the limbic system of midbrain, and participates in the regulation of physical and mental activities. And this dopamine is one of the reasons why we are addicted to mobile phones. The time spent on the Internet takes up a large amount of our spare time, thus interrupting our original work and plan. This situation continues all the time. Work and study are also "tomorrow and tomorrow". Only when it is urgent, can we start to take action, so efficiency and quality cannot be guaranteed. And this kind of situation is repeated step by step, which makes college students form the bad habit of procrastination.

Resistance to difficult tasks. Although we don't delay all the work, when we face some tasks with high difficulty coefficient and need to spend more energy and time, there will be a certain amount of resistance in our mind, and we are unwilling to face the situation at this time, so we choose to avoid the current task. Moreover, everyone likes simple and rewarding tasks. When we receive the tasks, we will have expectations for the results. This will also become the driving force for us to do this, and we will complete the tasks in time to get rewards and satisfy our curiosity. When we accept a challenging task, we will accept the challenge confidently. But in the process of completing the task, the difficulties and challenges brought by the task will stop us step by step, and gradually kill our confidence and passion, which will lead to the psychology of breaking the jar and falling. And the procrastination is also accompanied by this psychology, which affects any task Business process.

Relaxation of the environment. For college students, college life is relatively easy. After the end of high school's intense learning life, our brain begins to relax, and we can start to enjoy this time of relaxation. Therefore, when we are faced with tasks, the brain is still in a state of relaxation. The brain will transmit a sense of time abundance for us, and we do not need to urgently complete the tasks. In addition, college students are relatively free and abundant in life. The combination of the two will create a sense of time abundance for us. Let's immerse ourselves in this free and relaxed environment, control time and When the awareness of timely completion of the task weakens, we will also delay the task a little bit, until the task deadline, we will catch up with the work, and this kind of situation occurs repeatedly, our brain will be used to it, which has become the cause of College Students' delay behavior.

2.2 Internal Factors

Personality factors. Character refers to a person's stable attitude to reality and habitual behavior.
Carl Gustav Jung (1875-1961), a famous Swiss psychologist, first proposed the theory of introverted extraverted personality type. Jung believes that everyone has two characteristics: extroversion and introversion, but one of them may be dominant. Most of the introverted thinking personality will leave their own ideas and opinions in their hearts, which will also lead to this type of people easily misunderstood by others. When these situations occur repeatedly, they will aggravate the inferiority and cowardice of the introverted thinking type of people, and make them become more distrustful of others. When this situation becomes more and more intense, the introverted type will breed resistance, and then will indulge in their own world. For the tasks assigned to them, the work will be slack, and they will not want to pursue the quality of the task results. Such negative treatment, day after day, will make the delay more serious. In addition, entering the University, facing the new environment, it needs a process to integrate into the environment, and introverted personality needs more time to adapt.

Different cognition. Cognition refers to the psychological process of human beings to acquire, process, store and use information. The understanding of things will be different because of the perspective of each person. We will have our own understanding of the task. People's cognition is influenced by many factors, such as age, education level, life experience, cultural background, disease, drug effect, alcoholism, drug abuse and so on. When the task is regarded as an unnecessary and non urgent thing, the task will be postponed and will be handled only when it has to be completed. Our cognitive process of things is equivalent to the nature of this thing. The nature of things affects our attention to it, and also affects our subsequent processing methods and processes of this thing. Once it is considered unnecessary, it will be delayed, and this cognitive behavior will directly affect other cognition, which will lead to our delay Procrastination is formed in cognitive habits.

Differences in learning ability. Each person's learning level and the level of knowledge acceptance are different. Some people learn fast, have strong learning ability, can absorb new knowledge better and faster, and can quickly adapt to this change, so this kind of people will rarely delay, and will finish ahead of time. On the contrary, people with poor learning ability and difficult understanding will need a lot of energy and time to complete this task, and they will encounter new problems in the process of completing the task, which will also be a new challenge for people with more difficult learning ability. In the face of unknown difficulties, they will attack positive emotions and increase negative emotions. When this kind of learning ability is poor, when they accept a task, the negative emotions will accompany them at the beginning, which will affect the attitude and way of task processing. They will not spend more time and energy on the completion of the follow-up tasks, ensuring the quantity of tasks, but losing the quality of tasks. This is also a kind of delay. No matter what work and things are, they can only guarantee both the quality and the quality Measurement is the real completion of this task.

The influence of perfectionism and achievement motivation. Perfectionism: only according to the ideal standard without considering the real situation, it requires to achieve a flawless attitude towards anything. Achievement motivation: internal motivation and psychological tendency to overcome difficulties and achieve expected goals. For those who are strict with themselves, they should be meticulous in their pursuit. Everything should be as perfect as possible. On the contrary, college students with poor self-control ability and weak achievement motivation will not pay too much attention to the process and quality of completing things. They only care about completing this task. To a certain extent, the attitude towards things affects the procrastination behavior. Without the sense of perfectionism, the task will become less important than its essence. The cognitive difference of the task will lead to the difference of completion.

3 The Influence of Procrastination on College Students' Behavior

Every thing has its two sides, so does procrastination. It has both positive and negative effects, but on the whole, the disadvantages outweigh the advantages.
3.1 Positive Impact

Inspire creativity. Everyone's potential is infinite, and often it is aroused in an emergency, and procrastination can inspire our potential to a certain extent. When approaching the task deadline, the first response is often how to complete the task. In addition to the urgency of time, potential is often aroused at this time. However, we can't rely on behavior completely. After all, the development of potential is a step-by-step process, and nothing can be achieved overnight.

physical and mental relaxation. The result may not be satisfactory if you force yourself too much, and the proper delay can provide a rest time for college students, so that college students have a transitional stage when completing tasks, which can not only relax their mood, but also improve the quality of work and tasks to a certain extent. But we can't rely on relaxation, because relaxation is not a short-term pleasure, and procrastination brings us only a short-term pleasure experience.

3.2 Negative Impact

The cultivation of inert character. When we decide to delay the completion of the task, this behavior will affect the completion of the work in the future. The procrastination again and again will make college students form the habitual procrastination behavior, which will inevitably breed the inert psychology after a long time of repetition. When the inert psychology accumulates to a certain extent, it will develop the inert personality of college students. "Character determines fate, details determine success or failure." Any bad behavior will inevitably become a bad behavior habit after the accumulation of time. Procrastination not only blocks the progress of task completion, but also affects the behavior habits of college students and the evaluation of college students.

The emergence of physiological diseases. When we can't finish the task on time for a long time, our body will become weak. If the situation doesn't improve continuously, our body will become weaker and weaker, which will lead to the emergence of physiological diseases. The emergence of physical diseases is not a short-term process, but the result of long-term procrastination. If we insist on this behavior without intervention, the ultimate damage is our own health. Therefore, a healthy body can not be separated from a good behavior and living habits.

The occurrence and development of psychological diseases. If we procrastinate for a long time, and do not finish the work on time as others do, we will have a psychological gap. We will feel that our ability is not enough and our skills are not as good as others. We will become inferior and introverted, and gradually bring us anxiety. Anxiety will not only make us doubt ourselves and distrust others, but also make us fall into fantasy, gradually make us trance and more serious Will develop to the point of psychological distortion, so that our psychological suffering, gradually collapse, mental illness. Moreover, if the mental illness can not be effectively controlled and treated, it will accompany our life-long work and life, so it is very important to stop the development of procrastination from the source.

4 Conclusion

Procrastination is common among college students, which brings a lot of harm to their life and study. So it is very important to find an effective, complete and systematic way to solve the current situation of procrastination. In recent decades, procrastination has been paid more and more attention by researchers, and they also need methods to solve this problem. However, most of the researches on procrastination focus on academic procrastination, while the researches on the whole procrastination behavior of college students are less. Moreover, at present, there are various ways to solve this problem, and the promotion effect is not particularly significant, and there is a lack of a comprehensive and specific, universal measures to solve this problem. However, the research at home and abroad is developing and progressing, and the research at home and abroad is rich and has a certain length of time, so we can learn and innovate on the basis of their research, strive to make up for the shortcomings, gradually improve, analyze the formation mechanism of procrastination in detail, and summarize from it according to the psychological characteristics of college students. This paper puts forward feasible solutions for different types of solutions, and
provides a set of systematic and effective solutions for college students. So that college students can better develop their own advantages and specialties, constantly improve themselves, let college students know themselves correctly, understand themselves, learn to arrange their time reasonably, and gradually complete the plan, so as to form a good habit of behavior, improve efficiency in learning and work, constantly improve themselves, and make themselves better. And in order to better adapt to the opportunities and challenges in social life.

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