

PROCRASTINATION AND IMPULSIVENESS

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By

**FALAK Z. MOHSIN
AND
NIRMAL NIAZI**

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BAHRIA UNIVERSITY,
KARACHI CAMPUS

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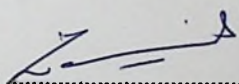
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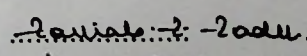
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A handwritten signature in blue ink, consisting of a large, stylized initial 'A' followed by a surname that appears to be 'Alim'. The signature is written over a dotted line.

ACKNOWLEDGEMENT

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Abstract

The present study aimed at determining whether a significant relationship exists between impulsiveness and procrastination. For this purpose a sample of 100 participants between the ages of 18-24 years was taken. Data collection was done using a consent form, a demographic information form, UPPS-P Impulsive Behavior Scale (UPPS-P) (Whiteside & Lynam; 2001) and a Tuckman Procrastination Scale (Tuckman, 1990), all of which were converted to online self-administered questionnaires. Results obtained were analyzed using Statistical Package for the Social Sciences (SPSS). The data revealed a positive correlation ($r = 0.45$) thus verifying the hypothesis. The observed positive correlation between the two variables depicts that indeed those individuals who score high on the scale of impulsiveness are more likely to score high on the scale of procrastination as well. It shows that the two factors co-vary and impulsiveness has a positive relationship with procrastination.