



**PROCRASTINTION AND IT'S
RELATIONSHIP WITH EMOTIONAL
REACTIVITY AND IMPULSIVITY**

BY

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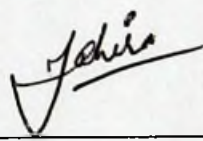
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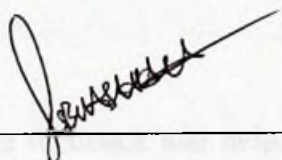
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I am also thankful to Dr. Zeynep E. Zengin, the director of the Institute of Professional Psychology, Istanbul University, Istanbul for all her support, encouragement and being my role model.

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At last, thank you to my family, especially my parents and my sister, for their immense support and believing in me, in spite of my procrastination.

Signature:  _____

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TABLE OF CONTENTS

COPYRIGHT	ii
APPROVAL SHEET	iii
DEDICATION	
DECLARATION OF AUTHENTICITY	iv
ACKNOWLEDGEMENT	v
<p>This thesis is dedicated to my Parents. I am grateful to all mighty Allah for his immense mercy and for blessing me with such supportive parents. Thank you.</p>	
TABLE OF CONTENTS	vi
LIST OF TABLES	vii
LIST OF FIGURES	viii
ABSTRACT	ix
CHAPTER 1 INTRODUCTION	x
1.1 Background of the Study	xi
1.2 Problem Statement	xii
1.3 Purpose of the Research	xiii
1.4 Research Objectives	xiv
1.5 Research Questions	xv
1.6 Significance of the research	xvi
1.7 Structure of the Thesis	xvii
1.8 Summary	xviii

TABLE OF CONTENTS

COPYRIGHT	II
APPROVAL SHEET	III
DECLARATION OF AUTHENTICATION.....	IV
ACKNOWLEDGEMENT	V
DEDICATION	VI
TABLE OF CONTENTS	VII
LIST OF TABLES	XII
LIST OF FIGURES.....	XIII
ABSTRACT	XV
CHAPTER 1 INTRODUCTION	1
1.1 Background of the Study	4
1.2 Problem Statement	7
1.3 Purpose of the Research	8
1.4 Research Objectives	8
1.5 Research Questions	8
1.6 Significance of the research	9
1.7 Structure of the Thesis.....	9
1.8 Summary	10

1.9 Summary	10
CHAPTER 2 LITERATURE REVIEW.....	11
2.1 Definitions of Procrastination.....	11
2.2 Historical roots to Procrastination.....	13
2.3 Forms of Procrastination.....	14
2.4 Factors contributing to Procrastination.....	15
2.5 Theoretical Models of Procrastination.....	15
2.5.1 Psychoanalytic and Psychodynamic theory	16
2.5.2 Behavioural Approach.....	16
2.5.3 Cognitive Approach.....	17
2.6 Procrastination and Self-Regulation.....	18
2.7 Procrastination and Emotional Reactivity.....	19
2.8 Procrastination and Impulsivity.....	19
2.9 Theoretical Framework of the study.....	20
2.10 Hypothesis.....	25
2.11 Procrastination studies in Pakistan.....	25

2.12 Summary.....	26
CHAPTER 3 METHODOLOGY.....	27
3.1 Research Design.....	27
3.2 Sample.....	27
3.3 Psychometric Measures.....	28
3.3.1 Emotional Reactivity Scale.....	28
3.3.2 The Barratt Impulsiveness Scale- Short form.....	28
3.3.3 Adult Inventory of Procrastination.....	28
3.3.4 The Decisional Procrastination Scale.....	28
3.3.5 The Aitken Procrastination Inventory.....	29
3.4 Procedure.....	29
3.5 Operational Definitions.....	30
3.5.1 Emotional Reactivity.....	30
3.5.2 Impulsivity.....	30
3.5.3 Decisional Procrastination.....	30
3.5.4 Behavioral procrastination.....	30
3.5.5 Trait Procrastination.....	30

3.7 Summary.....	31
CHAPTER 4 RESULTS.....	32
4.1 Descriptive Statistics.....	32
4.2 Gender Differences.....	34
4.3 Correlational Analysis.....	36
4.3.1 Hypothesis 1.....	42
4.3.2 Hypothesis 2.....	44
4.4 Trait Procrastinators in Academic life.....	46
4.4.1 Hypothesis 3.....	47
4.4.2 Hypothesis 4.....	48
4.4.3 Hypothesis 5.....	49
4.4 Conclusion.....	50
CHAPTER 5 DISCUSSION.....	51
5.1 Conclusion.....	58
5.2 Implications of the Study.....	59
5.3 Recommendation for future research.....	59
5.4 Limitations.....	60

REFERENCES.....	61
APPENDIX A.....	74
Consent Form.....	75
APPENDIX B.....	76
Demographic Form.....	77
APPENDIX C.....	78
Questionnaires	
Emotional Reactivity Scale.....	79
Barratt Impulsive Scale- Short Form.....	80
Decisional Procrastination Scale.....	81
Adult Inventory of Procrastination.....	82
Aitkin Procrastination Inventory.....	83
APPENDIX D.....	84
Permission Letters.....	85

LIST OF TABLES

Table 1 Main Demographic Variables of Students and their Numbers and Percentages.....	33
Table 2 Percentage of association of the study variables by gender.....	35
Table 3 Descriptive Statistics and Correlation Coefficient between the Study Variables for University Students.....	36
Table 4 Summary of Multiple Regression Analysis of Emotional Reactivity and Impulsivity as determinants of Decisional Procrastination.....	43
Table 5 Analysis of Variance for Multiple Regression Analysis with Emotional Reactivity and Impulsivity as predictors of Decisional Procrastination.....	43
Table 6 Coefficients Providing a Measure of the Contribution of Each Predictor Variable to the Model.....	44
Table 7 Summary of Multiple Regression Analysis of Emotional Reactivity and Impulsivity as determinants of Behavioural Procrastination.....	45
Table 8 Analysis of Variance for Multiple Regression Analysis with Emotional Reactivity and Impulsivity as predictors of Behavioural Procrastination.....	45
Table 9 Coefficients Providing a Measure of the Contribution of Each Predictor Variable to the Model.....	46

LIST OF FIGURES

Figure 1 Scatter Plot showing a Positive Correlation between Emotional Reactivity and Decisional Procrastination.....	37
Figure 2 Bar Chart showing Percentage of Decisional Procrastination within Different Levels of Emotional Reactivity.....	37
Figure 3 Scatter Plot showing a Positive Correlation between Impulsivity and Decisional Procrastination.....	38
Figure 4 Bar Chart showing Percentage of Decisional Procrastination within Different Levels of Impulsivity.....	39
Figure 5 Scatter Plot showing a Positive Correlation between Emotional Reactivity and Behavioural Procrastination.....	40
Figure 6 Bar Chart showing Percentage of Behavioural Procrastination within Different Levels of Emotional Reactivity.....	40
Figure 7 Scatter Plot showing a Positive Correlation between Impulsivity and Behavioural Procrastination	41
Figure 8 Bar Chart showing Percentage of Behavioural Procrastination among Different Levels of Impulsivity	42
Figure 9 Bar chart showing percentage of Academic Procrastination among Trait and Non- Trait Procrastinators	47
Figure 10 Bar chart showing percentage of Trait and Non- Trait Procrastinators among different levels of Emotional Reactivity	48

Figure 11. Bar chart showing percentage of Trait and Non-Trait Procrastinators among different levels of Impulsivity.....49

The present study is merely a follow up of previous researches exploring procrastination as a personality trait and its various underlying causes. The purpose of the present research was to explore relationship of two personality variables namely emotional reactivity and impulsivity with different forms of procrastination (i.e. decisional, behavioral and his overall trait form). It was hypothesized that as per procrastination is viewed as qualitatively a self-regulatory failure, hence vulnerability to emotional reactivity and impulsivity will lead to self-derogation manifested in the form of dysfunctional procrastination. Thus a significant relationship will exist between the personality variables and different forms of procrastination. It was also hypothesized that as trait procrastination is a manifestation of an underlying dysfunctional personality trait, hence its relationship will be much more significant with high level of impulsivity and emotional reactivity compared to non-trait procrastination. The findings of the present study revealed that high level of impulsivity compared to emotional reactivity was more significantly positive among trait procrastinators compared to non-trait procrastinators. Also, emotional reactivity had a significant relationship with decisional procrastination and not behavioral, while impulsivity was significantly related to all forms of procrastination. Hence the results indicate that impulsivity compared to emotional reactivity is a much higher predictor of procrastination. The existing study will help in viewing procrastination as not a mere problem with time management or lack of will power, but instead a dynamically self-regulatory process, vulnerable to various types of personality and factors, i.e. emotional reactivity and impulsivity.

ABSTRACT

INTRODUCTION

The existing research is partly a follow up of previous researches exploring procrastination as a phenomenon and its various underlying causes. The purpose of the present research was to explore relationship of two personality variables namely emotional reactivity and impulsivity with different forms of procrastination i.e. decisional, behavioral and its overall trait form. It was hypothesized that as procrastination is termed as quintessentially a self-regulatory failure, hence vulnerability to emotional reactivity and impulsivity, will lead to self- dys-regulation, manifested in the form of dysfunctional procrastination. Thus a significant relationship will exist between the personality variables and different forms of procrastination. It was also hypothesized that as trait procrastination is a manifestation of an underlying dysfunctional personality trait, hence its relationship will be much more significant with high level of impulsivity and emotional reactivity compared to non-trait procrastinators. The findings of the present study revealed, that high level of impulsivity compared to emotional reactivity was more significantly pervasive among trait procrastinators compared to non-trait procrastinators. Also, emotional reactivity had a significant relationship with decisional procrastination and not behavioral, while impulsivity was significantly related to all forms of procrastination. Hence the results indicate that impulsivity compared to emotional reactivity is a much higher predictor of procrastination. The existing study will help in viewing procrastination as not a mere problem with time management or lack of will power, but instead a dynamic self regulatory process, vulnerable to two types of personality risk factors i.e. emotional reactivity and impulsivity.