SENSATION SEEKING AND PERCEIVED STRESS AS PREDICTORS OF PROCRASTINATION

A

Thesis submitted

In the partial fulfilment of the requirement for the degree of

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Submitted By:

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UNDER THE SUPERVISION AND GUIDANCE OF:

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CERTIFICATE

This is to certify that the thesis entitled **Sensation Seeking and Perceived Stressas Predictors of Procrastination** ” being submitted in partial fulfilment of requirements for the award of degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala** is a bonafide work carried out under the supervision of Dr. Surinder Kaur, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for the award of any other degree.

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This is to certify that above statement made by the student concerned is correct and true to the best of my knowledge.

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CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, **Sensation Seeking and Perceived Stressas Predictors of Procrastination** in partial fulfilment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala**, is an authentic record of my own work carried out under the supervision and guidance of Dr. Surinder Kaur, Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researcher's work which are duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for the award of any other degree of this or any other university.

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This is to certify that the above declaration made by the student concerned is correct and true to the best of my knowledge.

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ABSTRACT

This study aimed at understanding how sensation seeking and perceived stress act as predictors of procrastination. The study was conducted on 200 individuals from different academic and professional backgrounds, the age range was 16 to 40 years with a mean range of 23.81 years. Brief Sensation Seeking Scale, Perceived stress scale and Global Procrastination (GPS-9) was used to collect the data. A correlational design was used to. The results of the study indicate a significant positive relationship between sensation seeking and procrastination and a significant positive relationship between perceived stress and procrastination.

Key Words: Sensation seeking, Perceived Stress, Age, Thrill Seeking, Sensation Looking, Stress and Procrastination.

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CHAPTER 1

INTRODUCTION

Sensation Seeking

Sensation searching for is a person property described by the mission for experiences and opinions, that are "changed, novel, incredible and outrageous", and by the status to "take physical, social, legitimate, and financial risks for such experiences." Risk is most certainly not a major piece of the trademark, as various activities related with it are not perilous. Regardless, chance may be ignored, persevered, or restricted and may attempt to be considered to add to the intensity of the development. The thought was made by Marvin Zuckerman of the University of Delaware. To assess this quality, he made a person test called the Sensation Seeking Scale. This test assesses individual differences concerning substantial inclination tendencies. Along these lines, there are people who favor solid areas for an and show an approach to acting that shows a more essential desire for sensations and there are individuals who slant toward a low material inclination. The scale is a survey planned to check how much inclination an individual requires and how much they participate in the energy. Zuckerman speculated that people who are high sensation searchers require a huge load of energy to show up at their Optimal Level of Arousal. Exactly when the energy or substantial data isn't met, the singular tracks down the experience bothersome.

Sensation-pursuing can be confined into 4 credits:

Rush and experience pursuing: Desire for outside practices suggesting astonishing sensations and risks, for instance, skydiving, scuba hopping, fast driving and flying.

Experience-pursuing: Referring to new substantial or mental experiences through capricious choices, moreover including stimulating experiences, social distinction and need to associate with unconventional people. Disinhibition: Preference of "insane" practices like wild social events, drinking and criminal activities.

Sensation searching for is a person trademark that passes individual tendency for searching for and happening through genuine substantial experiences (Zuckerman, 1979a). The positive association between risk knowledge/risk taking and sensation searching for has been for the most part settled (Franken et al., 1992; Horvath and Zuckerman, 1993). People scoring high on the Sensation Seeking Scale will frequently confront more difficulties across various spaces, be it the financial region (Wong and Carducci, 1991), prosperity region (Zuckerman, 1988; Desrichard and Denarié, 2005; MacPherson et al., 2010), social space (Roberti, 2004; Desrichard and Denarié, 2005; Khodarahimi, 2015), donning region (Pizam et al., 2004), or moral region (Khodarahimi, 2015).

Until this specific moment, self-report surveys have been used to study Sensation Seeking character in individuals. The Sensation-Seeking Scale structure V (the SSS-V) is the most regularly used instrument, and it was made during the 1970s by Zuckerman and partners.

Significant setting has been shown to coordinate cerebrum circuits related with proactive or disengaged direct, and as needs be, influences risk assessment and peril taking decisions (Engelmann and Hare, 2018). In particular, the earnestly valanced sensation of delight has been found to grow one's tendencies for risky approach to acting (Schulreich et al., 2014; Stanton et al., 2014)

Besides, sensation searchers will as a general rule have lower impression of likely unfriendly outcomes from horrendous conditions (Jorgensen and Johnson, 1990; Misra and Stokols, 2012).

Procrastination

Since delaying has immortal starting points and is a typical language term, analysts characterize it in an assortment of ways. There is right now no outright understanding among analysts on the most proficient method to characterize tarrying in light of the fact that various scientists accentuate various parts of the way of behaving. In any case, as more examination has been led, the definition has advanced, and a more profound comprehension of tarrying has been accomplished. Therefore, delay is a vital idea in insightful networks and for the overall population in grasping the acknowledged measures for hesitation, and it is major because of the word's Latin starting points (Lay, 1986; Solomon and Rothblum, 1984).

Delaying is gotten from the Latin word "procrastinatus," which is separated into two sections. The initial segment of "expert" signifies "forward," and the second piece of "crastinatus" signifies "of tomorrow" (Klein, 1971).

A typical definition in tarrying research is "the delay of that which is expected to accomplish some objective" (Lay, 1986, p. 475). Other normal definitions incorporate "the proclivity to defer or totally stay away from liabilities, choices, or assignments that should be finished" (Tuckman and Sexton, 1986, p. 503). Moreover, the Oxford English Dictionary characterizes tarrying as "the activity or propensity for conceding or delaying something." However, these definitions are inadequate on the grounds that an individual might give off an assignment without aiming something to do on it. Lingering can't be just characterized as an individual deliberately postponing the finish of an errand because of various view of postponement (Van Eerde, 2003). Beside an individual planning to delay an errand, one more part of the definition is that dawdling is "vital" or avoidable.

This idea is vital in light of the fact that certain individuals intentionally postpone finishing a job to follow through with additional significant responsibilities. Along these lines, deferring work on more modest or less significant undertakings when more significant assignments should be finished wouldn't be viewed as hesitation. Whenever individuals put off following through with minor responsibilities, they are actually dealing with their time. An illustration of tarrying being avoidable is the point at which an individual decided to postpone finishing a significant responsibility to a better and less significant undertaking like associating with companions.

Similarly, as there are various meanings of delaying, there are various feelings and character characteristics related with the peculiarity (Fritzsche, Young, and Hickson, 2003; Lee, Kelly, and Edwards, 2006; Milgram, Dangour, and Raviv, 2001; Onwuegbuzie, 2004; Scher and Osterman, 2002). As far as profound working, scientists have found that downturn and stress, as well as low confidence, are related with dawdling (Antony, Purdon, Huta, and Swinson, 1998; Ferrari et al., 1995; Rothblum, Solomon, and Marakami, 1986; Stoeber and Joormann, 2001; Van Eerde, 2003). (Beck, Koons, and Milgrim, 2000; Ferrari, 2010). Scientists additionally examined other character characteristics related with hesitation, like compulsiveness (Ferrari, O'Callaghan, and Newbegin, 2005), lower uprightness, and higher neuroticism.

People vary in the amount they put off assignments (Steel, 2007). Around 15% of grown-ups have revealed participating in risky stalling consistently (Ferrari et al., 2007, Harriott and Ferrari, 1996, Steel, 2007), and the commonness is significantly higher in specific populaces: Procrastination is an issue for up to half of understudies (Day, Mensink, and O'Sullivan, 2000). Various investigations show that lingering adversely affects work and scholastic execution (e.g., Steel, 2007). Rather than learning, understudies habitually participate in exercises like resting, perusing, or sitting in front of the TV (Pychyl, Lee, Thibodeau, and

Blunt, 2000). Besides, dawdling decreases prosperity (van Eerde, 2003), increments gloomy sentiments like disgrace or responsibility (Fee and Tangney, 2000), and fuels side effects of genuine emotional wellness issues like despondency (e.g., Strongman and Burt, 2000).

As per Schuller's exploration, hesitation was decidedly associated with sensation chasing. In a different report, Ferrari found that rush and experience looking for add to delaying scores, and that a few types of dawdling are roused by excitement and sensation chasing. Lingering out of excitement looking for inspiration, specifically, is to encounter the joy excitement that might happen while neutralizing a cut-off time. As indicated by Ainslie and Haslam, sensation looking for can be habit-forming and lead to stalling. The apparent degree of stress is decidedly connected with sensation-Seeking

Perceived Stress

Seen pressure is a complex powerful idea with a wide scope of causative and helpful variables. The discernments incorporate clinical, physical, mental, and psychosocial angles that fluctuate contingent upon social and social setting. Seen pressure is more about your sensations of frailty and flightiness than it is about the real stressors. Seen pressure is characterized as your viewpoints spiralling into what could occur and it are undeniable to reason that awful things.

Individual attributes, way of life, social help, and examination of the stressor(s), life occasions, and sociodemographic and word related factors can all impact the level of pressure experienced and how an individual responds to it.

CHAPTER 2

LITERATURE REVIEW

2.1 Procrastination, Sensation- Seeking, and Perceived stress

Bin-Bin Chen (2017) led exploration to concentrate on backhanded and directing impacts of sensation looking for on the connection between scholastic delaying and sleep time among Chinese understudies. He theorized that sensation looking for would affect sleep time through scholastic stalling. Primary Equation Modelling (SEM) was directed to test the backhanded impacts, sensation looking for was seen as altogether connected with scholarly lingering and the speculation got acknowledged.

Klassen, Krawchuk and Rajani (2007) led a review to examine the connections among scholarly lingering, self-guideline, scholastic self-viability, confidence, and self-adequacy for self-guideline. Results were investigated and it was found that degrees of scholarly self-adequacy and worldwide confidence among understudies showed a backwards relationship with levels of dawdling.

Ferrari, Parker and Ware (1992) attempted exploration to research the relationship of character, self-adequacy and locus of control with scholastic dawdling. An example of 319 understudies was taken for organization of tests. Information was dissected and the outcomes showed that scholarly delaying adversely corresponded with general self-viability.

Zhao, Lei and others (2019). They researched interceding job of delaying and anxiety toward passing up a major opportunity in the connection between sensation chasing and juvenile cell phone habit. The information examination and results upheld their speculation of stalling as arbiter between sensation chasing and grown-up cell phone fixation. As it was found that sensation looking for was emphatically connected with delaying.

A review led Deng and Zhang (2019) by gave neurological proof which lays out that higher sensation looking for is connected with more unfortunate profound guideline.

A series of study was directed by Birking and his partners (2016) to examine whether accessibility of profound guideline abilities could forestall lingering. Results upheld the speculation and demonstrated that precise preparation of profound guideline abilities to deal with and change distressing feelings decreased dawdling.

Jang, Sohn and Yu in their investigation discovered that apparent degree of stress was decidedly connected with sensation looking for while examining the intervening job of last option with saw pressure, liquor utilization and web use.

Studies directed by (Ferrari, Parker, Ware, 1992; Klassen, Krawchuk, Rajani, 2007; Sal, 2008; Tan, 2008) showed proof of negative connection between self-adequacy and delaying.

Henry Chow directed a concentrate in endeavor to examine the impacts of the ability to understand individuals on a deeper level, school life, self-assessment and self-adequacy. Information examination was done and like past investigations on these factors it was found that there existed a negative connection between self-adequacy and stalling.

Haycock, McCarthy and Skay directed a review to examine the job of self-adequacy and tension in lingering among undergrads. They estimated that adequacy assumptions will have a negative relationship with stalling and will be the most grounded indicator. Results upheld their theory.

Schuler (1999) led examination to the relationship and conceivable impact of sensation looking for on stalling. Results showed a high sure relationship between the two factors.

Sensation looking for is habitually remembered to be a likely gamble for poor mental results. This overall thought was tested by a gathering of specialists through leading a review. They conjectured that sensation looking for would be decidedly connected with mental flexibility

markers. Results upheld their theory, it additionally showed that high sensation searchers had lower impression of stress.

Alison M. Bacon, Hannah Burak and James Rann showed Levels of sensation looking for top in youthfulness and there is a legitimate relationship of sensation looking for with wrongdoing and other gamble taking ways of behaving. The current review researched the expected directing impact of quality capacity to understand anyone on a deeper level (characteristic EI) on this relationship. Characteristic EI envelops elevated degrees of compassion and feeling guideline and is related with good results and prosperity.

Lixian Cui, Tyler Colasante, Tina Malti, Denis Ribeaud and Manuel P. Eisner showed Double Trajectories of Reactive and Proactive Aggression from Mid-youth to Early Adolescence: Relations to Sensation Seeking, Risk Taking, and Moral Reasoning Kids with relentless, elevated degrees of both responsive and proactive hostility across time showed elevated degrees of sensation chasing and risk taking, as well as low degrees of moral thinking. Kids with just high gamble taking were bound to show moderate degrees of hostility across time.

Billieux, Joel, Van der Linden and Martial exhibited Problematic Use of the Internet and Self-Regulation: A Review of the Initial Studies. Hazardous Internet Use (PIU) is considered as a failure to control one's utilization of the Internet, which in the long run includes unfortunate results in day to day existence. Among the different mental factors possibly engaged with the advancement of PIU, the job of unfortunate self-guideline limits (e.g., high impulsivity and sensation chasing, low inhibitory control, unfortunate thinking skills) has as of late gotten expanded consideration.

Jahangir Mohammadi Bytamar, Omid Saed and Sahel Khakpoor exhibited Emotion Regulation Difficulties and Academic Procrastination The current review is a cross-sectional review. Members were 250 understudies who finished Tuckman Procrastination Scale (TPS),

and Difficulties in Emotion Regulation Scale (DERS). Connection examinations showed that the TPS has a critical positive relationship on by and large DERS and everything except one of the six aspects (DERS-Awareness) of feeling guideline challenges ($p < 0.01$). This affiliation stayed huge in the wake of controlling for tension and gloom. Further, the multivariate relapse showed that the main DERS aspect that could anticipate TPS was DERS-Strategies. At long last, people with an elevated degree of hesitation detailed more prominent DERS scores than those with a lower level.

Timothy A.PychylFuschiaM.Sirois exhibited Procrastination, Emotion Regulation, and Well-Being. dawdling capacities as a feeling guideline system that gives transient state of mind fix. We start by making sense of the connection between feeling guideline and hesitation, drawing on more broad examination on self-guideline that shows the way that managing temperaments and feeling states can prompt a disappointment of poise. Here we make sense of how, when confronted with aversive errands, the need of mind-set fix brings about the assignment evasion we name lingering. Having laid out the connection between feeling guideline and tarrying, we then, at that point, go to the quickly extending research writing on feeling guideline with a specific accentuation on the calculated systems created by Gross (2013, 2014) and Koole (2009). We sum up how both cycle and capacity points of view permit us to comprehend the reason why it is that the current self participates in reckless postponement to the detriment representing things to come self. Arranging tarrying as a type of feeling guideline that gives a transient gluttonous shift assists us with understanding the dumbfounding struggle between the current self and the future self when we stall. In view of this feeling guideline viewpoint, we then talk about roads for future exploration with an emphasis on prosperity and wellbeing.

BenjaminGiguère*FuschiaM.Sirois**MamtaVaswani* exhibited Delaying Things and Feeling Bad About It? A Norm-Based Approach to Procrastination. It analyzes delaying as an

inability to take part in self-guideline that prompts the offense of sociocultural standards. It suggests that dawdling prompts a one of a kind sort of offense that signs to others likely issues with the individual's capacity to participate in restraint.

Floor M.Kroese*SanneNauts*Bart A.Kamphorst**Joel H.Anderson**Denise T.D.de Ridder exhibited Bedtime Procrastination: A Behavioral Perspective on Sleep Insufficiency. It reasons that considering rest inadequacy from a self-guideline viewpoint might be a significant stage to additional comprehension and tracking down ways of decreasing this self-sabotaging conduct.

FuschiaM.Sirois exhibited Conceptualizing the Relations of Procrastination to Health and Well-Being. A focal improvement of this exploration is the presentation of the delaying wellbeing model, which gives a helpful applied focal point from which to see the immediate and circuitous manners by which stalling is connected to results connected with actual wellbeing.

Mikel L.HartmanHarveE.Rawson showed Differences in and connects of sensation looking for in male and female competitors and nonathletes. This study examined the distinctions in sensation looking for among male and female varsity and no varsity competitors. Guys scored higher than females, paying little mind to athletic cooperation.

SoudehRahmaniaMasoudGholamaliLavasanib showed Gender Differences in Five Factor Model of Personality and Sensation Seeking. The motivation behind this study was to decide distinctions in sexual orientation in five component model of character and sensation chasing. Results showed that sensation looking for of young men was essentially not the same as young ladies ($P<0.05$). Male understudies showed fundamentally higher scores on subscales of rush and experience chasing, disinhibition and fatigue powerlessness than female understudies.

Catharine P. Cross, De-Laine M. Cyrenne and Gillian R. Brown, illustrated, Sex contrasts in sensation-chasing: Men score higher than ladies on proportions of sensation-chasing, characterized as an ability to take part in novel or extreme exercises. This sex contrast has been made sense of concerning developed mental components or socially sent accepted practices. We examined whether sex contrasts in sensation-chasing have changed over late years by directing a meta-investigation of studies utilizing Zuckerman's Sensation Seeking Scale, variant V (SSS-V). We found that sex distinctions in complete SSS-V scores have stayed stable across years, as have intercourse contrasts in Disinhibition and Boredom Susceptibility.

Murat BALKIS, Erdinç DURU, The ongoing review inspected the distinctions in sexual orientation comparable to scholastic stalling, scholarly execution and scholastic life fulfillment. The ongoing review recommends that male understudies are more helpless against damaging impact of scholarly tarrying regarding scholastic execution and scholarly life fulfillment

Piers Steel, Joseph Ferrari exhibited Sex, Education and Procrastination: An Epidemiological Study of Procrastinators' Characteristics from A Global Sample. Stalling propensities were generally unmistakably connected with sex, age, conjugal status, instruction and identity. Slowpokes would in general be youthful, single men with less instruction, dwelling in nations with lower levels of self-restraint. Strikingly, hesitation interceded the connection among sex and training, offering further help that men are lingering behind ladies scholastically as a result of lower self-administrative abilities.

Nagesh Lakshminarayan M.D.S.,Shrudha Potdar B.D.S.,Siddana Goud Reddy M.D.S. illustrated, Relationship Between Procrastination and Academic Performance Among a Group of Undergraduate Dental Students in India. Dawdling, for the most part characterized as a willful, nonsensical postponement of conduct, is a pervasive peculiarity among

undergrads all through the world and happens at alarmingly high rates. Among the Indian undergrad dental understudies, it created the impression that people with above endlessly normal scholarly execution had lower scores of hesitations as well as the other way around.

CHAPTER 3

RESEARCH GAP, OBJECTIVES, RATIONALE AND HYPOTHESES

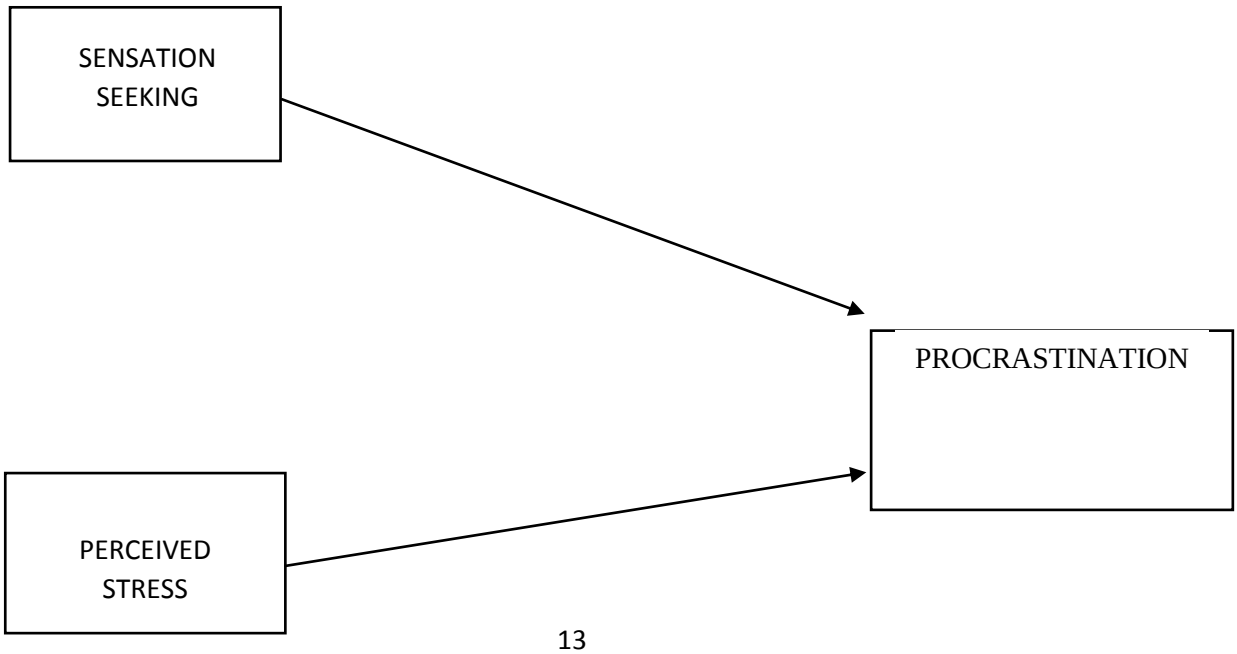
3.1 Research Gap

Sensation seeking as a personality trait plays a big part in any individual's life experiences. A number of studies have investigated the links between a numerous variables and sensation seeking and most of these studies have been generalized to the Western population. There haven't been many researchers who have explored the relationship between all the three variables together. However, most of these studies have been generalized to the Western population. The present study aims to understand the relationship of emotional regulation, procrastination and procrastination with sensation seeking.

3.2 Objectives

1. To study the relationship between procrastination and sensation seeking.
2. To study the relationship between age and sensation procrastination.
3. To study the relationship between perceived stress and procrastination.

3.3 Conceptual Framework



The model being proposed posits that sensation seeking and perceived stress have a direct relationship with procrastination.

3.4 Theoretical Base

Piers Steel and Cornelius J. Konig laid out Temporal Motivation Theory (TMT), an integrative persuasive hypothesis. The thought centres around the effect of cut-off times on the distribution of thoughtfulness regarding specific errands and features time as a significant propelling element. As indicated by TMT, when a cut-off time for completing a job approach, the action's apparent utility or advantage increments dramatically. TMT recommends that any individual generally focuses on exercises which guarantee most elevated utility, in the point of view of that individual for that specific time. At the end of the day, individuals will more often than not stall when they think the utility of doing the errand is low.

Three circumstances that could influence dawdling, which are hazy headings, absence of motivators, and cut-off times. Whenever it is associated with TMT, muddled bearings comparable with anticipation, absence of motivator identical with worth, and cut-off times comparable with aversion to delay. An improved-on definition of transient inspiration hypothesis is:

Motivation=Expectancy Value/1+Impulsiveness×Delay

As indicated by transient inspiration hypothesis, people high on dawdling brought about by sensation looking for ought to really buckle down just barely according to schedule on the grounds that the advantage/utility of following through with the responsibility ought to be augmented just barely in short order. Many explores have been done in light of this hypothesis with stalling and time distribution as being factors of interest and this hypothesis has been extremely helpful in that angle. However, relatively few examinations have investigated sensation looking for as factor of revenue in connection with this hypothesis. As

per Schuller's exploration, lingering was emphatically corresponded with sensation chasing. In a different report, Ferrari found that rush and experience looking for add to tarrying scores, and that a few types of lingering are spurred by excitement and sensation chasing. Delaying out of excitement looking for inspiration, specifically, is to encounter the delight excitement that might happen while neutralizing a cut-off time. As indicated by Ainslie and Haslam, sensation looking for can be habit-forming and lead to tarrying. A few slackers battle that they perform better under tension, however while they might have the option to persuade themselves regarding that, research shows it is for the most part not the situation; all things considered, they could practice it all the time to take care of business without a second to spare to encounter the surge of elation at apparently having defeated the chances. It is accepted that sensation searchers will generally tarry and postpone the errand till cut-off time approaches.

3.4 Hypotheses

H_1There is a significant positive relationship between sensation seeking and procrastination.

H_2There is a significant positive relationship between perceived stress and Procrastination

H_3There is a negative relationship between age and procrastination.

CHAPTER 4

METHODOLOGY

4.1 Sample

A total of 200 participants, from different academic and professional background, took part in the study. The age range of the participants was 16 to 40 years (with a mean age of 23.81 years)

4.2 Design

A correlational design was used in the study.The independent variables were sensation seeking and perceived stress and dependent variable was procrastination.

4.3 Tools Used

Perceived Stress Scale: The Perceived Stress Scale (PSS) is one of the most widely used instruments to measure stress perceptions. The original PSS is a 14-item self-report measure designed to assess "the degree to which situations in one's life are appraised as stressful" (Cohen et al. 1983, p. 385). It is a global measure of stress, rather than a measure of specific stressful life events. Specifically, items assess the extent to which one's life is perceived as "unpredictable, uncontrollable, and overloading"

Global Procrastination Scale (GPS- 9) The GPS-9 was created as a shorter, more reliable version of Lay's (1986) full 20-item scale to provide researchers with a quick measure of trait procrastination and lessen participant burden**.** The reliability generalisation of the GPS-9 was tested by meta-analysing the Cronbach's alphas of the GPS-9 across 15 independent samples of students and adults. Across all 15 samples the new GPS-9 demonstrated very good internal

consistency, with coefficient alphas ranging from .88 to .91, and an average coefficient alpha of .894.

Brief Sensation Seeking Scale

This scaleconsists of 8 items derived from the SSS-V that parsimoniously represent the four factors identified by Zuckerman for SS: the experience seeking (items 1 and 5), adventure and emotion seeking (2 and 6), disinhibition (3 and 7), and susceptibility to boredom (4 and 8). It has an ordinal response format of five options, from disagree completely to agree completely.

4.4**. Procedure**

The responses were collected through online surveys made via google forms and sample was selected by snowball sampling. The survey consisted of all the instructions regarding the filling up of responses, rights of participants, demographic details, questionnaires measuring procrastination, perceived stress and sensation seeking. Also, they were informed that no response was right or wrong and that the responses given by them would be kept confidential.

4.5 Statistical Analysis

The data analyses were done using SPSS 26.0 where descriptive statistics (mean, standard deviation and range), correlation and regression were computed to describe the results.

CHAPTER 5

RESULTS

For data analyses, mean, standard deviation and range was computed for all the variables. Sensation seeking and perceived stress were taken as independent variables and procrastination as dependent variable. Correlation and regression were also computed using SPSS 26.0 software.

5.1 Descriptive Statistics

Mean, standard deviation and range were calculated for all the variables as presented in Table 1.

Table 1: Descriptive statistics for sensation seeking, procrastination, perceived stress, age and gender

Variable	N	M	SD
1. Sensation Seeking	200	29.23	6.198
2. Perceived Stress	200	33.09	6.630
3. Procrastination	200	29.20	6.750
4. Age	200	22.06	2.978

As evident in Table 1, the mean and standard deviation for sensation seeking came out to be 29.23 and 6.198 respectively, while that for perceived stress was 33.09 and 6.630 respectively. For procrastination, the mean and standard deviation came out to be 29.20 and 6.750 respectively. The mean for the age and gender was 22.06 and 00.00 respectively, while the standard deviation for the same was found to be 2.978 and 0.000 respectively.

5.2 Correlation

To obtain further information on the relationship between the independent variable perceived stress, sensation seeking, age and the dependent variable (procrastination), correlation was done. The values obtained are presented in Table 2.

Table 2: Correlation between perceived stress, sensation seeking, age, gender and procrastination.

Correlations

	Age	Sensation Seeking	Perceived stress	Procrastination
Age	1			
Sensation Seeking	.016	1		
Perceived stress	-.206*	.134	1	
Procrastination	-.160	.295**	.456**	1

*. Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Sensation seeking was found to have significant positive relationships with Procrastination ($r = 0.295$, $p<0.05$) and also perceived stress showed same trend, ($r = 0.456$, $p<0.01$). Age had negative relationship with procarcination ($r = .160$, NS) but not significant enough.

5.3 Regression

To obtain further insight of causeand effect, linear regression analysis was done. Thefollowing tables show the values obtained through the regression analysis.

Table 3: Predicting Procrastination (DV) from Perceived Stress (IV)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
		B	Std. Error	Beta			Adjusted R square
1	(Constant)	13.182	3.300		3.994	.000	
	Perceived stress	.484	.098	.456	4.941	.000	.198
2	(Constant)	6.727	4.029		1.669	.098	
	Perceived stress	.450	.096	.424	4.697	.000	.248
	Sensation Seeking	.259	.098	.238	2.636	.010	

a. Dependent Variable: Procrastination

Step wise regression analysis was conducted and both the variable Perceived Stress and Sensation Seeking emerged as predictor variable for procrastination. Adjusted R^2 belonging to Perceived Stress explains 19.9% of variance for procrastination which means one unit increase in Perceived Stress will decrease procrastination by .450, whereas Adjusted R^2 in Perceived Stress along with sensation seeking explains 27.6.% of variance procrastination which means one unit increase in sensation seeking increases procrastination by .259.

CHAPTER 6

DISCUSSION

The aim of this study was to find out how perceived stress and sensation seeking act as predictors of procrastination. A sample of 200 participants, from different academic and professional background were used for the study. The age range of the participants was 16 to 40 years (with a mean age of 23.81 years). The test used from statistical package for social Sciences was correlation. The tests used are Perceived Stress Scale, Questionnaire, Global Procrastination Scale- 9 and Brief sensation Seeking Scale.

In the line of the expectations, there was a positive correlation between sensation seeking and procrastination.

Zuckerman, (1994) defined Sensation seeking as a dispositional inclination to look for novel encounters and of facing challenges but a prescient character quality of delaying. There are two potential clarifications on this. One is that people with higher propensity of sensation seeking have low threshold and delicate to fatigue, so during the exhausting, upsetting yet expected task, they would be drawn in by objects with moment satisfaction highlight and accordingly, lingering occurs.

Sensation looking for is the inspiration of hesitation for encountering the joy excitement which might happen while neutralizing a cutoff time. Slowpokes are bound to "surrender" to charming momentary allurements as opposed to dealing with planned task that needs restraint

As per research from Schuller (1999), high stalling was decidedly corresponded with sensation chasing. In an alternate report, Ferrari (1992) found that lingering score is stacked by rush and experience chasing, and a few types of delaying are propelled by excitement chasing and sensation chasing. Specifically, hesitating out of excitement looking for inspiration is to encounter the delight excitement, which might happen while neutralizing a

cutoff time (Revelle 1997; Ferrari and Tice 2000; Ferrari 2001). Ainslie and Haslam (1992) contend that the sensation looking for can be habit-forming, and it prompts dawdling.

Ways of halting Procrastination

Begin by laying out your objectives. While doing this, make a point toportray your targets as doubtlessly as could be anticipated, and guarantee that these goals are basic enough that they'll allow you to make huge progress, while in like manner being attainable for you to genuinely accomplish.Then, at that point, figure out the particular thought of your deferring issue. You can do this by pondering circumstances where you procrastinated, and a short time later perceiving when, how, and why you did in that capacity.

Then, make a game plan. This plan ought to include a mix of significant enemy of delaying procedures, that will permit you to manage circumstances where your dawdling issue is keeping you from accomplishing your objectives.

At last, execute your game plan. As time passes by, make a point to screen your advancement and refine this arrangement, by changing or dropping enemy of dawdling methods in light of how well they helpus, and by adding new ones assuming you figure that could help.With regards to against hesitation strategies, here are a few instances of pertinent ones that you can utilize. Focus on assignments in light of how significant they are. Break enormous and overpowering assignments into little and significant pieces. Begin on errands by focusing on just work on them for a couple of moments.Eliminate interruptions from your workplace.

Distinguish when you're most and least useful, and plan your errands as needs be. Set halfway cut-off times for yourself while heading to your last objectives. Make a regular goal and engraving runs of days on which you've successfully achieved it. Reward yourself when you successfully execute your course of action. Revolve around your goals as opposed to on the endeavors that you really want to wrap up.Envision your future self-experiencing the

aftereffects of your work. Move toward ten going before you partake in the inspiration to delay.

Keep away from a fussbudget attitude by tolerating that your work will have a few blemishes. Foster a faith in your capacity to conquer your hesitation effectively.

The second hypothesis postulated a significant positive relationship between perceived stress and procrastination. In the line of expectations, there was a positive correlation between perceived stress and procrastination. Procrastination was most strongly associated with perceived stress.

There are positive connections between stress hesitation. Delaying antagonistically affects the advancement of an errand and in this manner initiates pressure and nervousness and stress can adversely affect profound prosperity. It was additionally emphatically associated with both abstractly seen pressure and goal stress responses. For instance, assuming somebody's pressure makes it hard for them to zero in on their work, this can lead them to dawdle by doing things that don't need much attention, like entertaining self, using the web.

Hesitation threefold affects working capacities of an individual, it brings down ones assurance, increments failure and makes sensations of fear toward the errand. Inadequate undertakings will quite often litter one's table, jumble up their day and engross their idea. Consequently, regardless of whether the individual has begun another errand, the possibility of that deficient work looms over their head, the way that the individual has left the work scattered builds the feelings of anxiety and made tension. One begins to fear taking it up once more and accepts it is more troublesome and complex than it truly is which thusly increments procrastinatory conduct causing this cycle start from the very beginning once more.

Stalling is related with different issues, for example, more awful scholastic execution, more regrettable monetary status, expanded relational relationship issues, diminished prosperity, and more terrible mental and actual wellbeing.

A considerable lot of these issues, like mental and actual medical conditions, can likewise be brought about by pressure, and are subsequently incompletely inferable from the expanded pressure that dawdling can prompt. For instance, when dawdling makes individuals feel anxious, this can make them more defenseless to actual medical conditions.

To diminish stalling and stress, we can utilize hostile to tarrying strategies that address the two issues. One such strategy is request based pressure decrease. Momentarily, to utilize this procedure, we ought to initially recognize an unpleasant idea that we have, and afterward think about the accompanying inquiries:Is this thought valid? Might we at any point totally realize that this believed is valid? Then, we ought to ponder the distressing idea, by considering variables. We can assist ourselves with doing this by thinking about the accompanying inquiries like how might we answer when we have this thought? Does this thought convey amicability or stress to our life? What pictures do we see, past or present, as we normally suspect this thought? What real sensations rise up out of having this thought?

What feelings emerge when we have that thought?Do any obsessions or addictions begin to appear when we have this thought? How might we treat others when we have this thought?

How might we treat yourself when we have this thought?

Then, at that point, we should endeavor to see reality without the curves that are achieved by the troubling thought, and mull over how we would feel without that thought, by considering: Who could we be without the thought? Investigating whether that inverse could be valid. For instance, assuming our underlying idea was "I won't have the choice to peruse up suitably for the test", we can change it into the opposite thought "I will really need to peruse up properly

for the test", and a while later track down confirmation that maintains the new certain envisioned that we made.

Likewise, there are various other accommodating techniques that we can use to diminish delaying and stress. Most prominently, one can break work into close to nothing and sensible advances. For example, expecting we have a colossal undertaking that feels overwhelming, for instance, creating an assessment paper, we separate it into a movement of little advances, for instance, making a design, finding significant resources, and forming the show.

Start with a little development. For example, center around creating only a single sentence or rehearsing for only 2 minutes, while permitting yourself to stop resulting to branching out, to reduce the strain related with getting everything going. Permit yourself to commit blunders. For example, accepting at least for a moment that you're creating a paper, recognize that your work will not be magnificent, especially concerning the primary draft.Figure out what you're restless about, and address your sensations of anxiety. For example, expecting you omprehend that you're worried about getting negative analysis from someone who isn't precisely huge, you can tell yourself that their feedback has no effect.

Plan for future possibilities. For instance, sort out which interruptions could entice you to linger, and plan how you will manage them. Switch between tasks. For example, accepting for a moment that you're stuck on a task and can't make strides, change to a substitute task, until you're good to go back to the fundamental one, instead of endeavoring to drive yourself to work on the endeavor that you're stuck on.

Plan your work according to your effectiveness cycles. For example, accepting you find it more straightforward to zero in on creative tasks in the initial segment of the day, then you should plan such endeavors for that time span whatever amount as could sensibly be anticipated.

Further foster your working environment. For example, expecting your continuous working environment has a huge load of irritating establishment disturbance, get clatter dropping headphones or go to some place more settled.

Further develop your social-encouraging group of people. For instance, you can find a good example to impersonate or a power figure to consider you responsible, or you can connect with individuals who spur you to gain ground while limiting your contact with individuals who cause you to feel worried.

Get sufficient rest. For instance, assuming you want to buckle down on errands that require profound fixation, try to enjoy an adequate number of reprieves that you don't get worn out. To urge yourself to do this, you can advise yourself that regardless of whether getting rest can diminish your efficiency temporarily, it will frequently be greatly improved for you in the long haul, both concerning your efficiency and concerning your prosperity.

Foster self-viability. In particular, this is your confidence in your capacity to play out the activities expected to accomplish your objectives. You can foster it in different ways, for example, recognizing the systems that you can use to accomplish your objectives, and afterward pondering how you can execute those procedures effectively.

Excuse yourself for past tarrying. For instance, assuming you want to get everything rolling on an undertaking that you've been delaying for quite a while, you can say "I shouldn't have deferred this assignment in any case, however that is before, and what's significant now is to continue on and simply finish this".

Encourage self-compassion. Specifically, you should cultivate the three pieces of self-sympathy: self-thoughtfulness, which incorporates being perfect to yourself, ordinary humanity, which incorporates seeing that everyone experiences challenges, and care, which remembers enduring your affections for a non-basic way.

Perceive and compensate your progression. For example, you can entertain yourself with some enchanting treat at whatever point you've sorted out some way to achieve your audit goals for seven days in a row.

CHAPTER 7

CONCLUSION LIMITATIONS AND SCOPE FOR FUTURE RESEARCH

Conclusion

The aim was to study the relationship between sensation seeking, perceived stress, age and procrastination, for which a sample size of 200 participants were taken. Brief sensation seeking scale, Perceived stress scale and Global Procrastination Scale- 9 was used.
The results show a positive significant relationship between sensation seeking, perceived stress and procrastination.

Limitations

1. The sample size chosen for this research is small which acted as a limitation for this study.
2. A wider age range could have been used to conduct this study.
3. The sample of the present study was a convenience sample
4. A Different sampling method can be used for future studies.
5. Number of variables can be increased.
6. A specific sample size with high sensation seekers can be chosen for future study.

Future Scope

Using the present study, further research can be conducted by adding more variables to see the relationship between them as well as their effect on procrastination. The research can be conducted in a particular region to assess how that particular population deals with procrastination. Comparative studies can be conducted to see difference in levels of procrastination in people with high sensation seeking, low perceived stress and low sensation

seeking, high perceived stress, along with some mediating variables like Addiction, Fear of Missing Out. Particular age group can be targeted in order to develop strategies to counter the factors which leads to increase in procrastination in that particular age group population.

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APPENDIX A

Brief Sensation Seeking Scale (BSSS)

Response Categories

1. Strongly disagree
2. Disagree
3. Neither disagree or agree
4. Agree
5. Strongly agree

1. I would like to explore strange places
2. I get restless when I spend too much time at home
3. I like to do frightening things
4. I like wild parties
5. I would like to take off on a trip with no pre-planned routes or timetables
6. I prefer friends who are excitingly unpredictable
7. I would like to try bungee jumping
8. I would love to have new and exciting experiences, even if they are illegal.

APPENDIX B

Perceived Stress Scale

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the **Perceived Stress Scale**.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

_____ l. In the last month, how often have you been upset because of something that happened unexpectedly?

_____ 2. In the last month, how often have you felt that you were unable to control the important things in your life?

_____ 3. In the last month, how often have you felt nervous and stressed?

_____ 4. In the last month, how often have you felt confident about your ability to handle

your personal problems?

_____ 5. In the last month, how often have you felt that things were going your way?

_____ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?

_____ 7. In the last month, how often have you been able to control irritations in your life?

_____ 8. In the last month, how often have you felt that you were on top of things?

_____ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?

_____ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

APPENDIX C

Global Procrastination Scale

1	2	3	4	5
False	Not usually true for me	Sometimes false/true for me	Mostly true for me	True of me

1. I often find myself performing tasks that I had intended to do days before.	1 2 3 4 5
2. Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days.	1 2 3 4 5
3. I generally delay before starting work I have to do.	1 2 3 4 5
4. In preparing for some deadlines, I often waste time by doing other things.	1 2 3 4 5
5. I often have a task finished sooner than necessary.	1 2 3 4 5
6. I usually buy even an essential item at the last minute.	1 2 3 4 5
7. I usually accomplish all the things I plan to do in a day.	1 2 3 4 5
8. I am continually saying I'll do it tomorrow.	1 2 3 4 5
9. I usually take care of all the tasks I have to do before I settle down and relax for the evening.	1 2 3 4 5