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The Relationship between Academic Procrastination and Stress Level of Medical Students

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A B S T R A C T

The schedule of a medical major is considered to be tight. This can lead to the emergence of greater stress levels in medical students. In the process, there is an act of delaying a job referred to as procrastination is the postponement of an action or task for another time, or even indefinitely. Procrastination of academic tasks can be referred to as academic procrastination. As a result, academic procrastination has become a well-known problem that affects students' performance as measured by grade point average (GPA). This paper will discuss the relationship between medical students' academic procrastination and stress levels.

1. Introduction

Procrastination is very common and occurs in everyday behavior. A study stated that procrastination was associated with a lack of motivation, for example, is a personal behavioral element. lack of perfectionism, disorganization, and bad time management are all symptoms of self-regulation, external locus of control, and poor time management.[1] Academic procrastination is widely used in academic settings where pupils must adhere to strict deadlines to complete assignments in environmental conditions that may be full of activities that take up the student's time and attention. A collection of behaviors and conditions refers to the occurrence wherein a large number of students will begin to concentrate on an assignment before a predetermined time limit.[2]

Medical students have been discovered to have significant levels of perceived stress, according to research., but no theoretical frameworks are investigating possible causes. Stress is defined as "a condition or feeling experienced when a person perceives that the demands placed on them exceed the individual's available resources." As a result, stress might be described as a perceived disparity between daily expectations and a person's ability to respond. Medical students may be stressed when curricular demands exceed their resources to deal with them, and they have been reported to have higher perceived stress than the general population and students in other academic fields.[3]

Academic procrastination

Academic procrastination is a special type of delay that occurs in the arrangement of completion of academic tasks. Academic procrastination has been linked to a variety of factors various aspects, one of which is the obligation to carry out academic tasks or to carry out an academic activity, such as writing papers, studying for exams, completing homework assignments, or doing weekly reading assignments, but for one reason or another, a person fails to motivate himself to perform the task or activity within the previously expected timeframe.[1]

Procrastination context completion of numerous portions of the assignment, each with its deadline. In the struggle between economic efficiency and human proclivity for attention to procrastinate, it is shown that procrastination tendencies have a greater influence on human behavior than considerations of attention efficiency. In general, Individual tasks are usually completed more punctually than collaborative tasks. In addition to setting certain individual time limits, effective time management and collaborative tasks may necessitate work division into the preliminary job, with some also having certain time limits.[4] Academic procrastination behavior is closely related to individual failure in self-regulation.[5] This is following the opinion that the facilitator will stimulate the cognitive abilities and problem-solving abilities of the discussion participants so that they can motivate and improve a student's self-regulation. [6]

The stress level of medical students

University life during medical school entails full-time commitment and responsibility for academic tasks for undergraduates. as well as Patients and their companions are cared for working and studying excessively long hours, unsuitable learning environments, during this time, sleep deprivation, as well as factors interfering with daily personal life are all common. (depression stress) numerous factors can contribute to the stressful environment that is medical school. Extensive curricula, numerous academic requirements, and a variety of examinations are among these factors that are both frequent and difficult.[7,8]

Workloads are heavy, and time is of the essence. Dissection of corpses, contact with severely ill, suffering, and dying patients, and financial problems, as well as language barriers, communication difficulties, and cultural differences, particularly for international students, are all challenges for medical students.[9,10-14] Stress, in particular, has been shown to impair cognitive functioning, concentration, and academic performance.[15] A high prevalence of stress is one of the most significant issues reported among medical students worldwide. It is defined as "wear and tear" on the body as it adjusts to pressure or a potentially dangerous situation.[16] Although some studies have found that some stress has positive effects on physiological functioning and can aid in the learning process (favorable stress), it is well documented that high levels of stress have negative effects on the physical and mental health of medical students (distress or unfavorable stress).[17]

2. Discussion

The causes and correlations between procrastination and individual behavior have been widely studied. Researchers have been productive in exploring the sharing of possible disparate but correlated connections. A worker's body is ideal for building this nomological procrastination web, but ordering this body to get the job done is a difficult task. The findings of the research on procrastination behavior were initially divided into four major categories: task characteristics, individual differences, results, and demographics. The characteristics of the task indicate potential environmental causes of procrastination behavior.[5] Excessive academic procrastination and related delaying behavior harm student learning and can lead to academic failure. Characteristics of people who perform procrastinating behavior are: (1) Less able to manage time. (2) Low self-confidence. (3) Thinking of yourself too busy if you have to do the task. (4) Stubbornness, in the sense of assuming that other people cannot force him to do

work. (5) Manipulating the behavior of others and assuming work cannot be done without it. (6) Use procrastination as a coping mechanism to avoid stress. (7) Feeling himself as a victim who doesn't understand why he can't do something that other people can do.[18] Academic procrastination is a significant issue among students. According to research, more than 70% of university students procrastinate 58 percent of undergraduate students report procrastinating for three hours or more per day on academic tasks. Higher rates of sadness (46.59 percent) and procrastination (47.12 percent) have been observed in medical students.[19,20]

Procrastination and tardiness harm students' academic progress and, as a result, increase stress, which can be harmful to one's emotional well-being. Academic procrastination by doctoral students, according to one study, causes anxiety, stress, and guilt.[21,22] Existing research suggests that academic procrastination and stress have a positive relationship. Academic procrastination harms students' academic progress and, as a result, causes stress and anxiety.[23] Optimism was also associated with higher psychological well-being scores in medical students, and joy as a positive mood decreased while depression increased during the first year of medical school.[24,25] Among personal resources, optimism and self-efficacy have been studied as buffers against perceived stress In both the general population and students, higher levels of optimism have been linked to lower levels of perceived personal stress.[26,27] By demonstrating that negative parenting styles such as punishment and rejection have a positive correlation with stress-inducing procrastination, procrastination causes stress in young adults.[28]

3. Conclusion

Medical students have tight academic learning than other majors, which can lead to academic procrastination. Quite a lot of learning load, causing the possibility of stress on medical students, is getting higher. Academic procrastination itself is one of the biggest problems for a student and will affect academic achievement. A medical student getting unsatisfactory academic results will affect emotions of the student so academic procrastination indirectly has a relationship with the stress levels of students in medicine.

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