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Academic Procrastination in Relation to Social Media usage among Senior Secondary School Students

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Abstract

The present study was undertaken to investigate the significance of relationship between academic procrastination and social media usage. The investigator used descriptive survey method. The Study was conducted on 516 students selected randomly from Govt. Senior Secondary Schools of Malwa region of Punjab. Data was collected using Academic Procrastination scale by Kalia and Yadav (2013) and Social Media Usage scale (Developed by investigator). The data was collected and analyzed statistically and the results revealed significant but very low positive correlation between academic procrastination and Social Media Usage among senior secondary school students. Results further revealed that there exists significant difference between male and female students on the variables of academic procrastination and Social Media Usage.

Keywords: *Academic Procrastination, Social Media Usage, Senior Secondary School Students.*

1. INTRODUCTION

Procrastination is a common behavior in contemporary societies. Procrastination means to put off, delay, prolong, or postpone performing a task. Despite the fact that procrastination occurs in all kinds of daily tasks, academic procrastination is highly frequent in students and regarded as detrimental to academic progress and success. Procrastination makes students postpone and delay their academic work thus ignoring their academic responsibilities. It seems a common practice that students put off their academic work: they delay in preparing and submitting their assignments and presentations, completing projects, and even preparing for the examinations. According to O'Brien(2002), 80-95% of college students or at least half of all students (Ozer, Demir, & Ferrari, 2009; Solomon and Rothblum, 1984) engage in procrastination and the prevalence of the phenomenon appears to be growing (Steel, 2007). It has been seen that procrastination negatively effects learning and achievement, such as lower grades and course withdrawals.

Definitions of Key Terms

Academic Procrastination

Academic Procrastination as the "tendency to (a) always or nearly always putt of academic tasks and (b)always or nearly always experience problematic anxiety associated with this procrastination."(Rothblum, Solomon & Murakami, 1986). Ellis and Knaus (2002) described procrastination as the desire to avoid an activity, the promise to get it late, and the use of excuse making to justify the delay and avoid blame.

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Social Media Usage

The term social media is an amalgamation of two words social and media where 'social ' refers to a two way interaction with people which involves sharing and receiving of information and media refers to the instrument of communication i.e. through internet or internet centered platforms and portals.

From these two separate terms, we can derive a basic definition as – Social media are web-based communication tools that enable people to interact with each other by sharing and consuming information.

Drury (2008) defined social media as "online resources that people use to share content, photos, videos, images, text, ideas, insight, humor, opinion, gossip, and news".

Safko and Brake (2009) considered social media as "activities, practices and behavior among communities of people who gather online to share information, knowledge and opinions using conversational media. Conversational media are web-based application that make possible for one to create and easily transmit content in the form of words, pictures, audios and videos".

Emergence of the Problem

Studies conducted by He (2017) and Gur, Bakirci, Karakas, Bayoglu and Atli (2018) concluded that more the time spent on social media higher is the level of academic procrastination among students whereas Sahin (2017) concluded that although students with higher level of Facebook adoption have a higher tendency for academic procrastination but when analysis is conducted for sub-dimensions it was found that Facebook use cases for social relation and daily works affect academic procrastination negatively but Facebook use cases for academic purpose do not have a significant effect on academic procrastination level of students. The results of previous research works are not conclusive with some studies suggesting negative relationship with social media usage and academic procrastination and others suggesting social media as provider of promising opportunities for academic engagement.

Objectives

To study significance of difference between mean scores of male and female students with regard to academic procrastination.

To study significance of difference between mean scores of male and female students with regard to Social Media Usage.

To study the significance of relationship between academic procrastination and Social Media Usage among students.

Hypotheses

There exists no significant difference between mean scores of male and female students with regards to academic procrastination.

There exists no significant difference between mean scores of male and female students with regards to Social Media Usage.

There exists no significant relationship between academic procrastination and Social Media Usage among students.

Method

Descriptive survey method was used in the study.

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Sample of the Study

The study was conducted on a sample drawn from government senior secondary school students. The sample of 516 senior secondary school students were selected from the districts belonging to Malwa region of Punjab. For this purpose a list was collected depicting the names of all the districts belonging to Malwa region of Punjab. From the list of 11 districts, 6 districts were selected through random sampling technique. After that lists of government senior secondary schools were collected from the district education office from each of the six districts and the schools were selected with the randomization technique. And from these schools, a sample of 516 students was selected from +1 class through randomization technique giving equal representation to male and female students.

Tools Used

Academic Procrastination Scale by Kalia and Yadav (2013)
Social Media Usage Scale (Developed by investigator).

Procedure of Data Collection

For collection of data from sample all the possible efforts were done to make students feel at ease and respond to the test items of research tools with full concentration. The purposes of these tests were properly explained to them and they were assured that their responses will be kept confidential and then the response sheets were distributed and they were asked to fill the basic information. Further instructions were provided for responding to items in the tools. All the queries were answered so as to satisfy the curiosity of students and motivate them to answer these tests carefully. After completion, the response sheets were collected from the students. Both the tools were administered one by one to avoid any difficulty to students.

Delimitations of the Study

The study was delimited to government senior secondary school students (+1 class) of Malwa region of Punjab.
The study was delimited to 516 senior secondary school students only.

Statistical Techniques

Descriptive statistics such as Mean, Median and Standard deviation was worked out to ascertain the nature of distribution of scores on the variable of academic procrastination and Social Media Usage. t- ratio was calculated to study significance of difference between mean scores of academic procrastination and Social Media Usage on the basis of gender.
Product moment correlation was used to find out correlation between academic procrastination and Social Media Usage.

2. RESULTS AND DISCUSSION

Table: 1 showing t-ratio between scores of Male and Female students with regards to Academic Procrastination

	Mean	SD	N	t-ratio
Male	63.81	14.84	258	6.23*
Female	56.09	13.27	258	

Table 1 reveals that the t-ratio for difference in the mean scores of male and female students on the variable of academic procrastination came out to be 6.23 which is significant bat 0.01 level of confidence An examination of mean scores also reveals that

male students have higher mean scores on the variable of academic procrastination as compared to female students clearly indicating that male students are more academically procrastinated than female students. Hence, the hypothesis 1 stating that there exists no significant difference between mean scores of male and female students on the variable of academic procrastination is rejected.

Table 2, showing t-ratio between scores of Male and Female students with regards to Social Media Usage

	Mean	SD	N	t-ratio
Male	98.54	5.47	258	
Female	90.72	7.02	258	14.11*

Table 2 reveals that the t-ratio for the difference in mean scores of male and female students on Social Media Usage came out to be 14.11 which is significant at 0.01 level of confidence. It leads to the conclusion that male and female students did not have equal mean scores on Social Media Usage. Hence, the hypothesis 2 stating that "there exists no significant difference between male and female senior secondary school students with regard to Social Media Usage" is rejected. The results are supported by previous work done by Qamar, Habes and Adwin (2021) mentioning that boys have higher mean score on communication and social interaction dimension of social media usage while girls have higher mean scores on educational purposes.

An examination of the two mean scores suggests that male students have higher mean score (Mean = 98.54) on social media usage for education purposes the variable of Social Media Usage as compared to female students (Mean = 90.72).

Table 3 Showing Value of Coefficient of Correlation between Academic Procrastination and Social Media Usage

Variables	r
Academic Procrastination and Social Media Usage	0.107**

**Significant at 0.05 level of confidence

Table 3 shows the coefficient of correlation between Academic Procrastination and Social Media usage came out to be 0.107 which is significant at 0.05 level of confidence. It indicates that there exists very low positive relationship between Academic Procrastination and Social Media Usage among school students. Hence, the hypothesis 3 stating that "there exists no significant relationship between Academic Procrastination and Social Media Usage among senior secondary school students" is rejected. The result is supported by previous studies done by He (2017) and Bashir (2019).

Major Findings

Male students are more Academically Procrastinated as compare to female students.

Social Media Usage among Male students is higher as compare to Female Students.

There exists significant positive correlation between academic procrastination and social media usage.

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