

ABSTRACT

Many students in college struggle with procrastination (Nicholson & Scharff, 2007). Nicholson & Scharff (2007) discovered that college students who procrastinate can dwell in negative emotions which drive lower self-regulating tendencies. Negative emotions and low self-regulation can spiral into a sense of helplessness. This helplessness is similar to hopelessness that Sue (1978) identified in his Worldview Model where the locus of control and responsibility lay outside the individual. Clifton and colleagues (2018) created a new instrument called the PI-99 which investigates primal beliefs that refer to categories of beliefs about the overall character of the world that inform individual differences in cognition, affect, and behavior. They stated that those who do not possess an internal locus of control appear to have a narrower view of their potential in terms of how they think, feel and behave. Thus this study will address my two research questions: (1) Do persons who have higher tendencies to procrastinate view their worlds in pessimistic ways? (2) Do those who view their worlds with greater pessimism view that control of their lives lies outside of them?

LITERATURE REVIEW

- Many students in college struggle with procrastination (Nicholson & Scharff, 2007). Procrastination is the action of delaying or postponing a task. Toker & Avci (2015) stated that procrastination can be a daily task when students often say “later” when they need to do tasks that can be done earlier. Researchers discovered that procrastinating behaviors could influence high levels of stress (Musolini, 2007; Nicholson & Scharff, 2007). Nicholson & Scharff (2007) added that stress is linked to the negative emotions that chronic procrastinators feel on a constant basis. The authors also found that negative emotions depleted the participants’ regulatory strength resulting in a breakdown in emotional regulatory behavior and an enhanced experience of negative emotions. Therefore, the negative emotions coupled with their low self-regulating tendencies is a problematic mix because they can spiral into a sense of helplessness.
- Derald Wing Sue created an Orientation Model in 1978 called World Views. The Orientation Model is the way in which people perceive their relationship to nature, institutions, other people, and things. The locus of control and locus of responsibility are hallmarks of the orientation model because they explore whether orientation of control and responsibility lie inside or outside of the individual. The quadrant that had External Control (EC) and External Responsibility (ER) described persons who have learned helplessness. Some of these behaviors appear to be similar to those identified by Nicholson & Scharff (2007) in participants categorized as chronic procrastinators.
- The PI-99 is a new instrument that was released to analyze primal world beliefs. What are primal world beliefs? Primal world beliefs are a category of beliefs about the overall character of the world that inform individual differences in cognition, affect, and behavior (Clifton et al., 2018). Clifton et al. (2018) created this instrument because they demonstrate that self-beliefs have been thoroughly investigated in terms of quality of life, such as wellbeing and skill development. They reviewed these beliefs as having environmental influences which has not received much attention like self-beliefs. Clifton et al. (2018) recount that persons who view the world in a poor or negative way can think that certain situations are miserable, they feel meaningless, they feel hopeless, and commit no actions or blame others with respect to their situations. These helpless characterizations resemble the behaviors of persons in the EC-ER quadrant of Sue’s (1978) World View Orientation model.



PARTICIPANTS, MEASURES & PROCEDURES

Participants:

The participants in this study will be college students attending any university within Texas. They can range from different ages, race, sex, and ethnicities. The participants will be chosen randomly through a group of participants, and there will be a total of 20-30 participants.

Measures:

The materials used in this study will be a procrastination survey to get the level of procrastination, the PI-99 (Clifton, et. al., 2018), which measures 26 primals with three overarching beliefs: safe, enticing, and alive, and a short answer survey asking about their locus of control and responsibility with respect to major assignments they complete in university.

Procedures:

Participants will first be recruited and assigned random numbers to hide their identity, then they will be provided with instructions. Next, they will take a procrastination survey to learn their procrastination level. I will then have measured the participants scores using the PI-99 instrument scale. Following up after that, the participants will answer a short answer survey that rates things that they feel they have control over (e.g., family, sexuality, religion, etc.) rating their things from 1—being the least—through 10.

EXPECTED RESULTS & LIMITATIONS

Expected Results:

In my research I have two hypotheses: (1) Participants that have primal world beliefs that point to the world as a dangerous place and have external control would have higher scores on the procrastination survey and (2) Participants that have primal world beliefs that point to the world as safe place and have internal control will have lower scores on the procrastination survey.

I expect to find that majority of the participants will have high procrastination scores that result in them believing the world is dangerous. I believe that some participants will have low levels of procrastination, but majority will have high levels. I also expect that the participants with the higher levels of procrastination will feel like they have no control over the subjects listed in the last question. Lastly, I expect to find that the participants with higher levels of procrastination will learn from this test and figure out ways to not procrastinate as much anymore.

Limitations:

The results from this study may not be generalizable depending on the number of participants recruited and the normality of their scores regarding the procrastinations survey. In addition, the data collected to indicate where the locus of control and responsibility may lie are self-report which is not reliable.

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