



The Relationship Between Technology and Procrastination in High School Students



Existing Research

- 70-75% of college students actively participate in Academic Procrastination ¹
- Fear of failure is a major cause of procrastination within different students for different reasons ²
- Procrastinators face harm in the form of stress and depression ³
- Stigma surrounding procrastination

¹ Ferrari, J., Tibbett T. (2017) Procrastination. *Encyclopedia of Personality and Individual Differences*, DOI 10.1007/978-3-319-28099-8_2272-1

² Pychyl, T.A. & Flett. (2012) Procrastination and Self-Regulatory Failure: An Introduction to the Special Issue. *Springer US* 30: 203. <https://doi.org/10.1007/s10942-012-0149-5>

³ Haghbin, M., McCaffrey, A. & Pychyl. (2012) The Complexity of the Relation between Fear of Failure and Procrastination. *Springer US* 30: 249. <https://doi.org/10.1007/s10942-012-0153-9>



Technological Aspect

- Social Media and Procrastination Study by Shuai-lei Lian (Key Laboratory of Adolescent Cyberpsychology and Behavior in Wuhan China)
 - 1,085 undergraduates
 - Social Network Site addiction and irrational procrastination were positively correlated.
 - Felt by varying degrees between people due to amount of “Effortful Control”



Gap

- Virtually no Research on American High Schoolers
- Little research on topic of Technology's role in Procrastination in

General



Question

What is the current overall state of procrastination within High Schoolers?

To what extent does Modern Technology influence the level of procrastination found within American High School aged Teens?



Hypothesis and Purpose

High Schoolers in General will have a frequency of procrastination of about “Often”

Technology use is not a cause of Procrastination, however Technology is a tool Procrastinators are susceptible to



Methods

- Conducted on High School, AP Students
- All Grade Levels
- Survey
 - Procrastination Measure (MMAP - PBS)
 - Technology Use
- Compare both parts of Survey to draw conclusions



Limitations

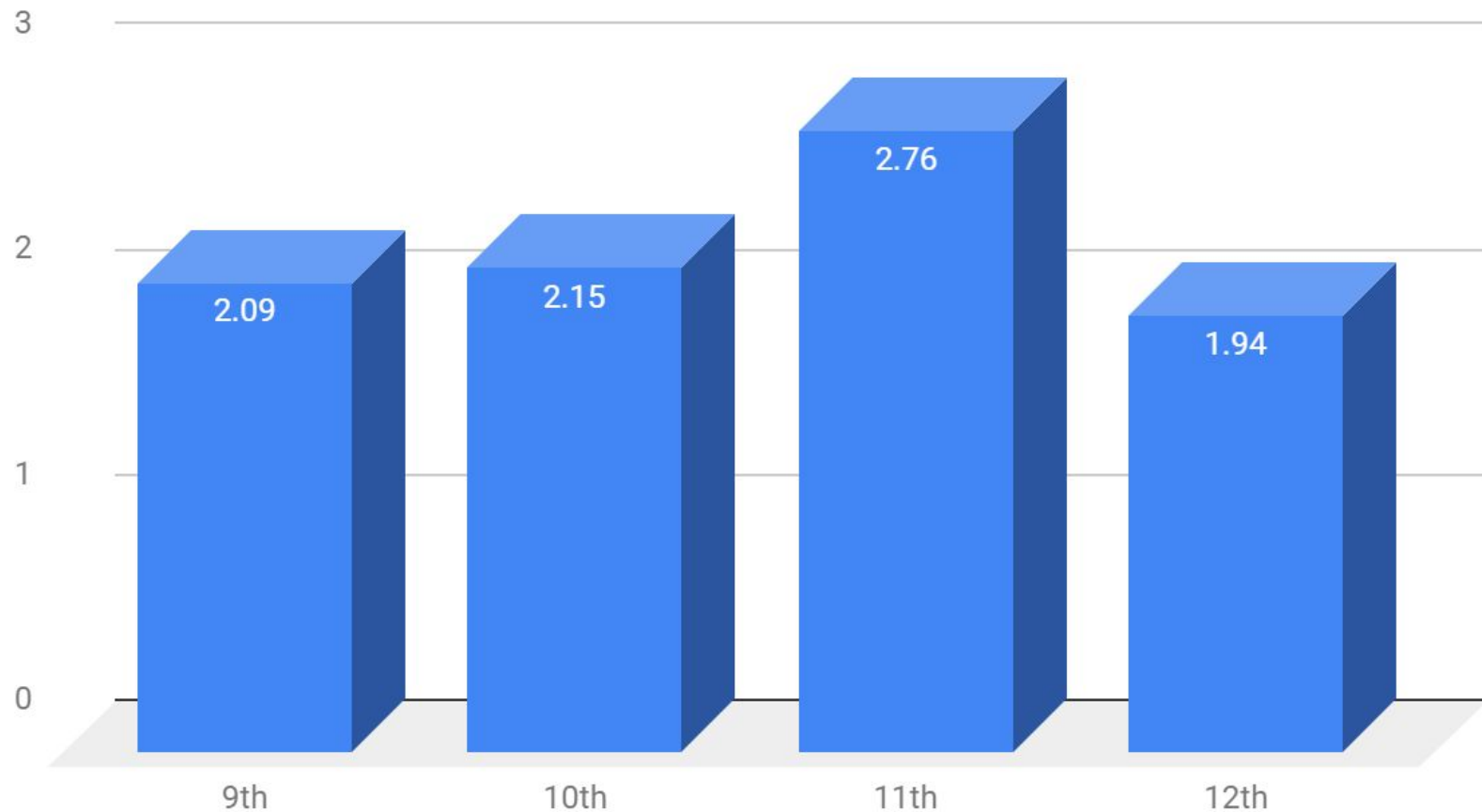
- **Balanced Sample**
 - Underclassman Chromebooks
 - Teacher Distribution
 - Small Target Sample



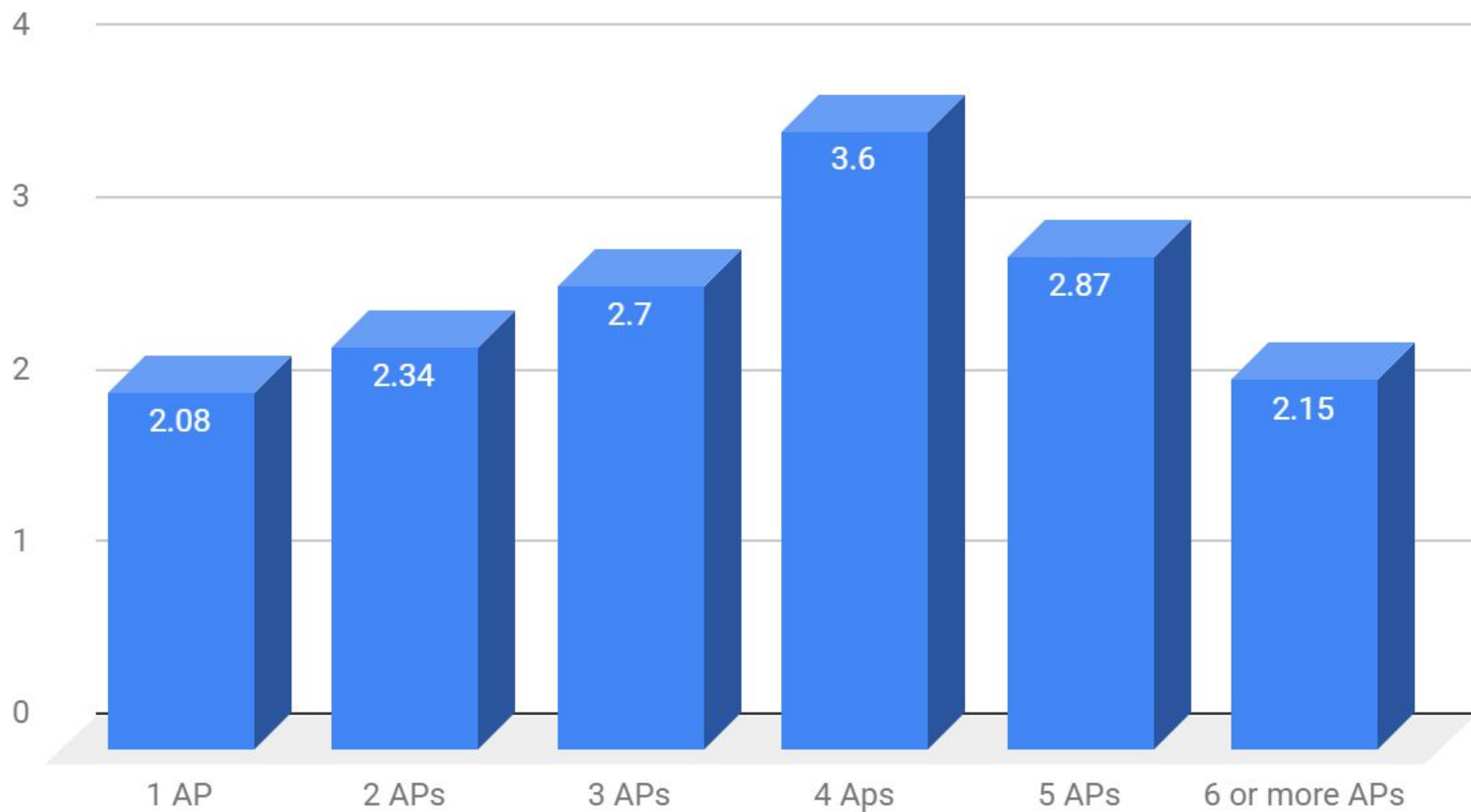
Findings

- Scale ranging from Never, Almost Never, Occasionally, Often, Very Often, and Always.
- Assigned numbers 0-5 accordingly
- 103 Students Recorded
- Overall Average Procrastination Score of 2.65

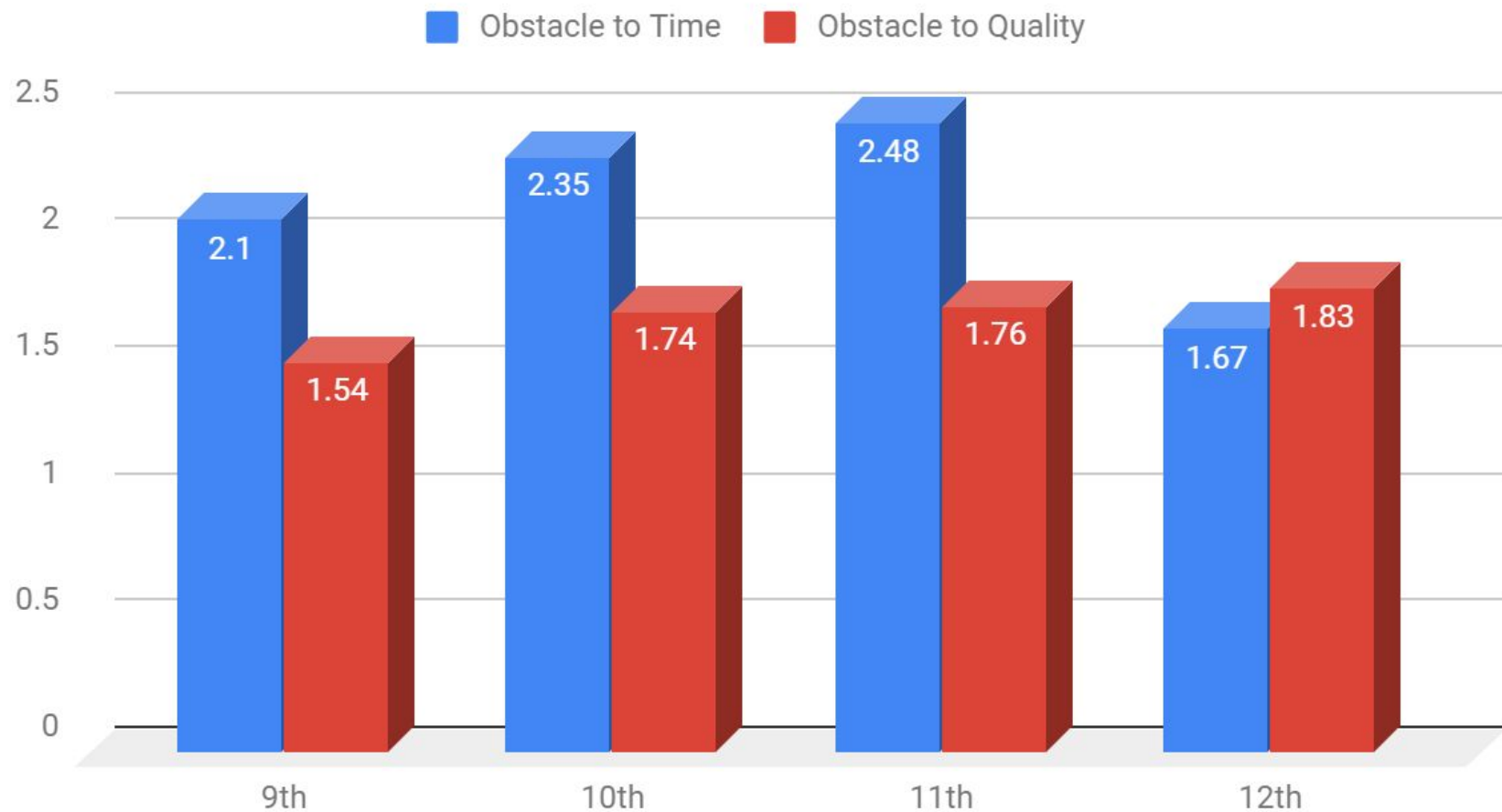
Average Across Grade Levels



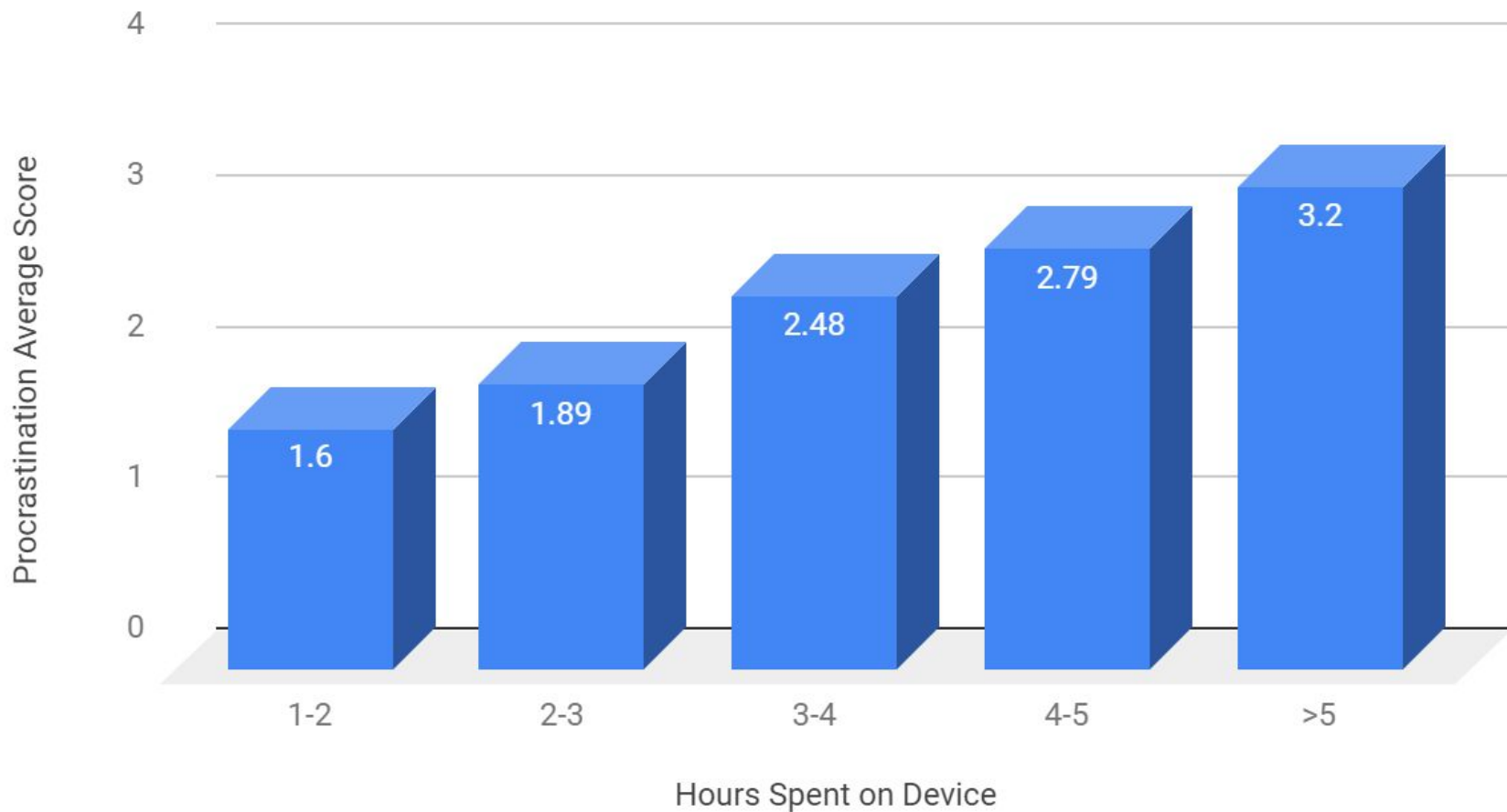
Average Across AP Classes



Distractions by Technology



Hours Vs Technology





Conclusions

- Current state of procrastination is below expected value
- Unknown reasons for some trends
- Technology Use and Procrastination are positively correlated



Future Directions

- Uncover possible reasons for the trends that were found
 - Look deeper than surface answer
- Apply found knowledge in effort to help severe procrastinators