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THE PROBLEM OF PROCRASTINATION AMONG MODERN YOUTH

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Abstract: This article analyzes the problem of procrastination, which is widespread among modern youth, its causes, psychological factors, and its impact on the educational and labor activities of young people. The study highlights the relationship between procrastination and lack of motivation, poor time management skills, and the influence of social media and digital technology. It also provides practical recommendations to reduce the negative consequences of this problem and develop responsibility, self-management, and effective work skills in young people. The results of the study will serve to improve psychological and pedagogical approaches to preventing and eliminating procrastination.

Keywords: procrastination, youth, motivation, time management, self-management, psychological factors, educational process, social networks, stress, perfectionism.

Introduction

In today's era of rapid globalization and digital technology, effective time management is becoming increasingly important in the lives of young people. However, procrastination, or the tendency to put off important tasks until the last minute, is becoming increasingly common among modern youth. This problem is of particular importance because it negatively affects the academic performance, professional development, and personal life effectiveness of young people. In particular, the widespread use of social media, the internet, and various digital platforms is emerging as a factor contributing to the increase in procrastination. Therefore, studying the causes, consequences, and ways to overcome procrastination is one of the important issues in modern psychology.

The object of the study is the state of procrastination observed among modern youth.

The subject of the study is the features of the manifestation of procrastination in young people, the psychological factors that affect it, as well as the mechanisms of its reduction.

The purpose of the study is to study the psychological characteristics of the problem of procrastination among modern youth, analyze its causes and consequences, and develop recommendations for its prevention.

Research objectives:

1. 1. Study the theoretical foundations of the concept of procrastination.
2. Identify the factors contributing to the prevalence of procrastination among modern youth.
3. Analyze the impact of procrastination on academic and daily activities.
4. Study psychological factors associated with procrastination.
5. Develop recommendations for developing time management and self-control skills in young people.

The results of this study will help reduce the problem of procrastination among young people and increase their personal and professional effectiveness.

Literature review on the topic. The problem of procrastination is one of the most widely studied topics in psychology, and its nature, causes, and consequences have been studied by various scientists. In the scientific literature, procrastination is characterized by a person's conscious delay of important tasks and the resulting negative consequences.

One of the scientists who has scientifically studied the phenomenon of procrastination is Piers Steel. He views procrastination as a problem of self-control, and argues that factors such as reduced motivation, task complexity, and long-term expectations of the outcome contribute to this condition. The scientist believes that procrastination is more about a person's ability to control their own behavior than about time management. J. Ferrari studied procrastination as a chronic form of behavior, attributing it to indecision, avoidance of responsibility, and fear of failure. Studies have shown that some individuals experience temporary psychological relief by procrastinating on tasks, but this can lead to increased stress and anxiety later on.

T. A. Lay described procrastination as the habit of unnecessarily delaying tasks, and drew particular attention to its negative consequences in academic performance. According to the scientist's research, procrastination causes a decrease in students' academic performance, a decrease in satisfaction with the learning process, and an increase in emotional stress.

Among Russian psychologists Y. P. Of the year and D. A. Of particular importance is the work of the leontevs. They analyzed procrastination in relation to motivation, willpower and the ability of an individual to organize their activities. Researchers note that a lack of intrinsic motivation and a lack of clear goals are important factors in the formation of procrastination.

Recent studies have also examined the impact of modern information technologies and social networks on the development of procrastination. Studies show that excessive use of the internet and mobile devices can distract young people and delay important tasks. The analysis of the above scientific sources shows that procrastination is a multifaceted psychological phenomenon, in which motivational, emotional, volitional, and social factors play an important role in its occurrence. Therefore, studying this problem from an integrated approach and developing effective preventive measures is of urgent scientific and practical importance.

The methodological basis of the study is the theories of personality activity and motivation, the cognitive-behavioral approach, and scientific views on the phenomenon of procrastination in modern psychology. In the process of research, scientific works, monographs, articles and dissertations of domestic and foreign scientists were analyzed. The study recommends using the following techniques: a method for analyzing scientific literature – to study the theoretical foundations of the problem of procrastination and to summarize scientific views. Survey method – to determine the level of procrastination among young people and the factors influencing it.

Psychodiagnostic methods – to use special tests and methods to assess the level of procrastination of respondents.

Observation method – to study the behavioral characteristics of young people in their educational and daily activities. Interview method – to identify the attitudes and personal experiences of research participants towards procrastination.

Methods of mathematical-statistical analysis-for processing, generalizing and drawing scientific conclusions about the results obtained.

According to the analysis results, the main causes of procrastination were identified as the inability to effectively plan time, insufficient motivation, the complexity of tasks, fear of failure, and excessive time spent on social networks. It was observed that procrastination rates were relatively high, especially among young people who actively use the internet and mobile devices.

The study also found that young people with high levels of procrastination were more likely to fail to complete academic assignments on time, delay exam preparation, and have lower academic performance. Such respondents were also found to have relatively high levels of stress, anxiety, and dissatisfaction with their work.

Studies have shown that young people who can set clear goals, have time management skills, and have high intrinsic motivation tend to have lower levels of procrastination. This confirms that developing self-management and time management skills is important in overcoming this problem. Based on the results obtained, it was determined that it is necessary to strengthen psychological and pedagogical measures to reduce procrastination in young people by developing time management competencies, setting clear goals, increasing motivation, and using digital technologies wisely.

Thus, the results of the study confirmed that procrastination is a common psychological problem among modern youth and has a negative impact on the effectiveness of their academic and personal activities.

Conclusions and suggestions. The results of the study showed that procrastination is one of the most common psychological problems among modern youth. This condition negatively affects the educational activities, professional development, and personal effectiveness of young people. The study identified low motivation, poor time management, fear of failure, lack of self-confidence, and excessive social media use as the main causes of procrastination. It is also known that young people with high levels of procrastination experience higher levels of stress, anxiety, and lower academic performance. The results of the study showed that time management, self-control, and motivation development are important in reducing procrastination.

In conclusion, effectively addressing the problem of procrastination is an important factor in ensuring the personal development, quality of education, and future professional success of young people.

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