

Academic procrastination among University students – A gender based study

■ Rashmi Rekha Gohain and Sampreety Gogoi

Received: 14.02.2020; Revised: 10.11.2020; Accepted: 28.11.2020

■ **ABSTRACT** : Academic procrastination is a tendency of delaying academic-related tasks due to one or other reasons until the last minute of experiencing anxiety and stress associated with it. The present study aims to investigate gender differences in the reasons for academic procrastination among University Students. The sample consists of 199 undergraduate's students who were selected from Assam Agricultural University (AAU) using Solvin's formula and proportionate allocation. The procrastination Assessment Scale for Students (PASS) (Solomon and Rothblum, 1984) was administrated to collect the data. The difference between male and female in reasons was checked by using Z test and the results revealed that there is no significant difference in reasons of academic procrastination in relation to gender. Procrastination leads to failure of meeting individual's academic goals so proper recognition to delaying behaviour is very much important in today's time for a successful and accomplished life.

■ **KEY WORDS**: Academic procrastination, Gender difference

■ **HOW TO CITE THIS PAPER** : Gohain, Rashmi Rekha and Gogoi, Sampreety (2020). Academic procrastination among University students – A gender based study. *Asian J. Home Sci.*, 15 (2) : 399-403, DOI: 10.15740/HAS/AJHS/15.2/399-403. Copyright@ 2020: Hind Agri-Horticultural Society.

See end of the paper for authors' affiliations →

Rashmi Rekha Gohain
Department of Human
Development and Family
Studies, College of Community
Science, Assam Agricultural
University, Jorhat (Assam) India
Email : gohainrashmi1996@gmail.com