De La Salle University – Dasmariñas

The Relationship of Academic Procrastination and Personality Traits of Selected Third Year High School Students of St. Gregory in Indang, Cavite

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ABSTRACT

SCHOOL : DE LA SALLE UNIVERSITY DASMARIÑAS

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OBJECTIVES OF THE STUDY

General

The primary purpose of the study was to find out if there exist significant relationship among the Personality Traits and Academic Procrastination of Selected Students of St. Gregory in Indang Cavite.

Specific:

1. To determine what procrastinating behavior is revealed in the procrastination test.
2. To find out what personality traits are revealed in the Panukat ng Ugali at Pagkatao.
3. To conclude whether there is a significant relationship between the Academic Procrastination and being Masipag.
4. To establish whether there is a significant relationship between the Academic Procrastination and Ambisyon.
5. To reveal whether there is a significant relationship between the Academic Procrastination and Pagka responsable.
6. To uncover whether there is a significant relationship between the Academic Procrastination and Katiyagaan.
7. To seek whether there is a significant relationship between the Academic Procrastination and the Personality Traits.

Scope and Coverage

The respondents of this study were 104 high and low academic procrastinators. There were 104 students who came from two sections of the third class in Indang Cavite.

Methodology

Point Biserial Correlation Coefficient was used to conduct this study.

A non-standardized test was used to measure the academic procrastination of the students. Another test the Panukat ng Ugali at Pagkatao was used to measure the Personality Traits of the 104 Students.

In the analysis of the data gathered, solving for the frequency count, percentage, mean, standard deviation and point biserial coefficient were used to determine the relationship of the academic procrastination and personality traits.

Major Findings

As for the procrastinating behavior that were revealed in the study, it shows that in the two sections that were taken from the third year class there still existed a low population of academic procrastinators.

As to the personality traits, four specific traits were revealed in the Panukat ng Ugali at Pagkatao, Masipag, Ambisyon, Pagka responsable and Katiyagaan.

As to the relationship of Academic Procrastination and Personality Traits, it shows that there was very high relationship between the two variables; it suggests that academic procrastinators have the Personality traits.

Conclusions

Personality Traits may vary from person to person especially when related to procrastination. It is very easy to deny procrastinating even to other people and to themselves.

Procrastination is a very sneaky biological and psychological type. It varies form person to person. Procrastination is also viewed as a self handicap. There is an unconscious desire in a person to avoid being evaluated.

As to the relationship of personality traits and academic procrastination, it does not follow that personality traits alone could influence the outcomes of the respondent procrastinating. Although in the data gathered, it was evident that there is a high relationship between the two, revealing that personality traits could be one of the reasons why people procrastinate.

Recommendations

To improve the lifestyle of the students, particularly with the widespread procrastination behavior, the students in all high schools and all year levels should learn the value of time. They should avoid spending too much time dreaming instead spends time fulfilling that dream. They should not do something that is according to the prevailing situational demands without the limitation of previous commitment and undertakings. The researchers recommend to the students to set a long term plan with how their life turns out in the future.

The researchers recommend to the teachers to take procrastination as a very serious problem. Most especially if they have students with signs of procrastinating behaviors. The best way to resolve problems like this is always to give activities that would enhance not only their cognition but also their affect and physical being. The researchers recommend to the teachers to know that

their students are not the only one's who are learning but both the students and the teachers as well.

The researchers recommend to the parents to learn how to handle their children when they see signs that could possibly lead to procrastination. There are no good benefits that a child can get on a procrastinating behavior. It is very important to teach the child the importance of hard work rather than to procrastinate on the assigned task on him/her.

The researchers had learned a lot form this study. The first lesson that they have learned is that anyone can be a procrastinator. The researchers also learned that understanding and being patient with a procrastinator is not the only way in handling them, they should be addressed and at times be scolded at.

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