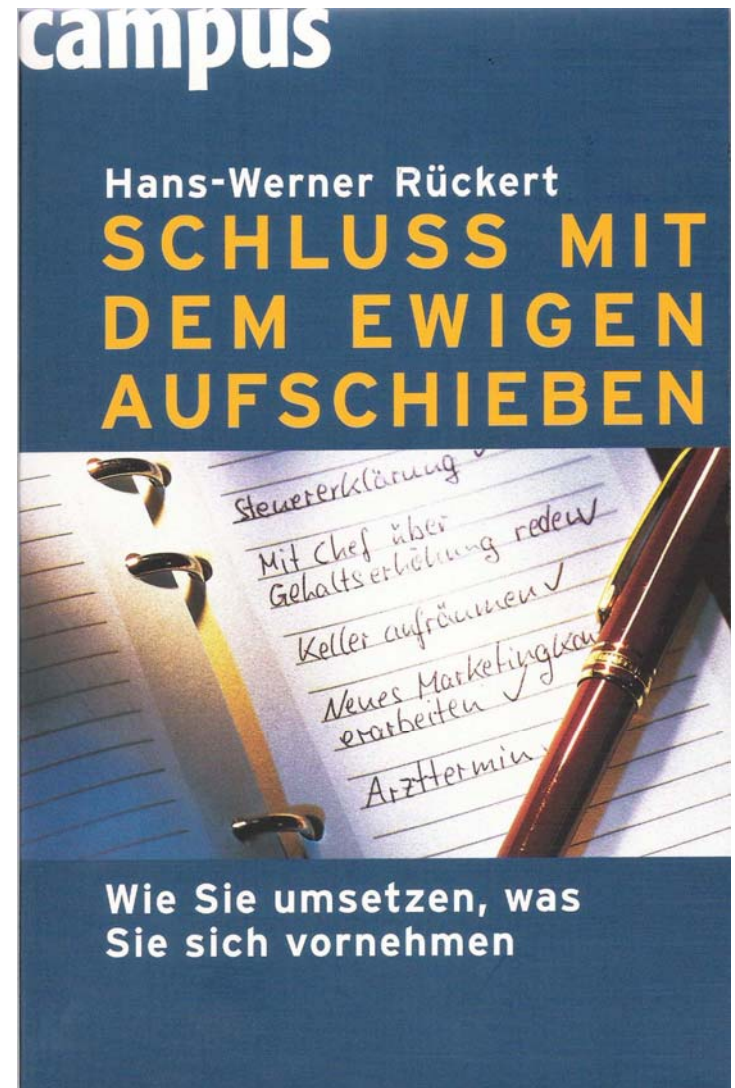


Willkommen!



Hans-Werner Rückert

Dipl.-Psychologe, Psychoanalytiker

Zentraleinrichtung Studienberatung
und Psychologische Beratung

Procrastination means:

you postpone doing things that you yourself insist have top priority, are urgent or necessary.

Instead, you do other things that you yourself regard as having lower priority, being less urgent or less necessary.

Afterwards, you lie to yourself about why you did what you did.

”Had I been less firmly resolved upon setting myself definitely to work, I should perhaps have made an effort to begin at once. But since my resolution was explicit, since within twenty-four hours, in the empty frame of that long morrow in which everything was so well arranged because I myself had not yet entered it, my good intentions would be realised without difficulty, it was better not to select an evening on which I was ill-disposed for a beginning for which the following days were not, alas, to show themselves any more propitious.”

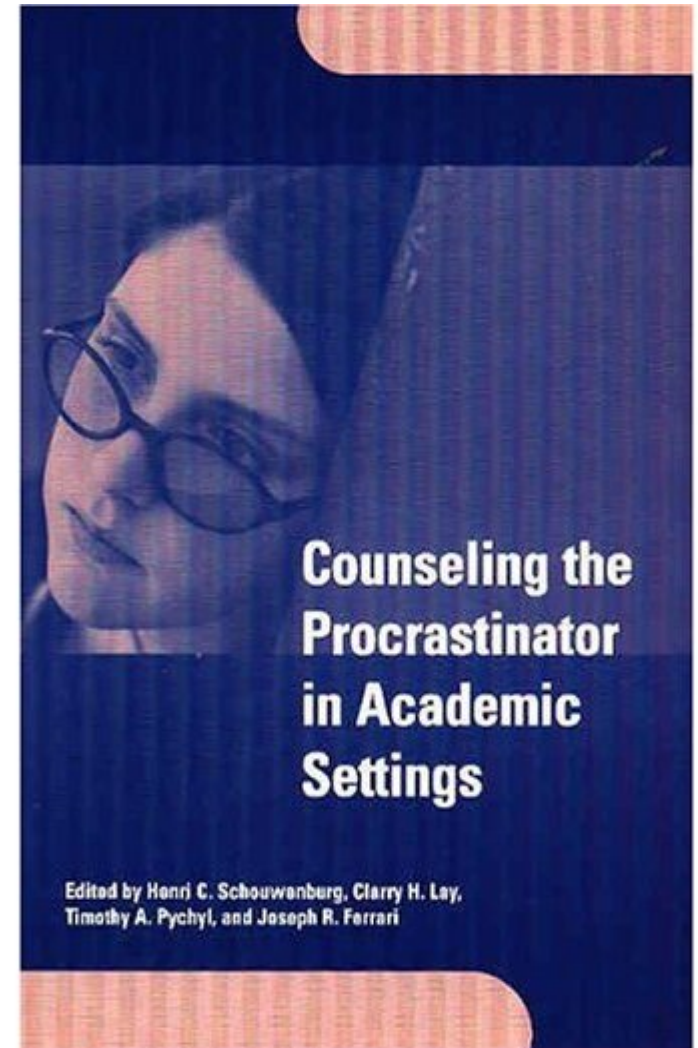
Proust, M., Within a Budding Grove, Chapter 1

Procrastination Research Group

<http://http-server.carleton.ca/~tpychyl/index.html>

Joe Ferrari; Larry Clay; Pychyl, T.A

„99 % of the students procrastinate, know they procrastinate and go on to procrastinate!“ A. Ellis



PRG Procrastination Research Group

Carleton University, Ottawa, Canada, Department of Psychology

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This web site provides access to information and research related to procrastination. Although our site originates at Carleton University in Ottawa, Ontario, Canada, it represents a compilation of information and research on procrastination from all over the world.

Recent Research & Publications

Perkins, K., & Pychyl, T.A. (June 9, 2006). *Procrastination and Personality: An Examination of the Personality Correlates of Procrastination with the IPIP-HEXACO*. Paper to be presented at the Canadian Psychological Association conference to be held in Calgary, Alberta.

Research examining the relation between procrastination and personality has typically been based on Costa and McCrae's (1992) five-factor model. The purpose of our study was to explore the relations of various measures of procrastination using the six dimensions of personality defined by the IPIP-HEXACO (Lee & Ashton, 2004). These relationships were explored using undergraduate-student, self-report data (n = 143) including questionnaires measuring procrastination and the six trait dimensions of the HEXACO. Correlations with procrastination measures were calculated at the factor and facet level. As in past research with the big-five model, results indicate significant correlations between procrastination and conscientiousness and aspects of emotionality (neuroticism). This research has important implications as it furthers our understanding of the potential role of traits, or our Basic Tendencies as defined in the Five Factory Theory (Costa & McCrae, 1999), in the prediction of procrastination. The results are discussed in terms of a comparison of the two models of personality and our understanding of the "source" traits for procrastination.

Bennett, S., & Pychyl, T.A. (June 9, 2006). *Experiences of Shame and Guilt in Relation to Procrastination*. Poster to be presented at the Canadian Psychological Association conference to be held in Calgary, Alberta.

What's new and in the news ...



NEW

[Carpe Diem](#) Cartoon!

NEW

[It's never too late](#)

By Helen Henderson
Toronto Star

[Getting out from under -](#)

[How to stop](#)

[procrastinating now](#)

By Hara Estroof Marano
Psychology Today

[Procrastination 101](#)

[The science of putting it](#)

[off](#)

by Jessica Winter
The Village Voice

[Procrastination Nation](#)

National Public Radio

Archived broadcast
(RealPlayer or Windows
Media Player required)



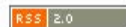
iProcrastinate Podcasts

Podcasts brought to you by the Procrastination Research Group

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Mon, 22 May 2006

[Strategies for Overcoming Procrastination Part I: Dealing with Avoidance](#)

This is the first in a three-part podcast where we begin to discuss strategies for overcoming procrastination. The content is based on a research paper published by Wendelin Van Eerde in the journal, *Applied Psychology: An International Review* (see www.procrastination.ca and the podcast link for reference details). In this podcast, we explore 3 strategies for overcoming avoidance with specific examples related to academic procrastination.

Direct download: [PRG_podcast_007_2006.mp3](#)

Category: [podcasts](#) -- posted at: 12:46 PM



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Thu, 20 April 2006

[Taxes and other aversive stuff: Why do we put it off? \(Why not!?\)](#)

Why do so many of us procrastinate on our taxes? Isn't the saner question, who doesn't? Who likes doing taxes? In fact, that's part of the answer to why we put it off - it's aversive! But, what does aversive mean? We explore a little bit of this based on research about personal projects and task aversiveness. Although we focus on tax preparation, this research speaks to any task we find aversive and what this means to procrastination.

Direct download: [PRG_podcast_006_2006.mp3](#)

Category: [podcasts](#) -- posted at: 8:15 AM



[Comments\[1\]](#)

Mon, 13 March 2006

[The Positive Side of Planning: Why a time management approach might work](#)

Although I argued in the last podcast that procrastinators are not "broken" and that buying a daytimer or creating a schedule isn't a magic solution to procrastination, a time management approach can be beneficial. In this podcast we consider research that explains how this might work. (Check out www.procrastination.ca for the Carpe Diem cartoon



Commonly acknowledged facts about procrastination:

State and trait procrastination differ

Trait procrastination is common

Trait-procrastination = low values on BIG-5 factor „conscientiousness“

State procrastination is the outcome of a motivational conflict

Schouwenburg, H., 2005, Procrastination, motivation and personality. towards a motivational theory of procrastination. Paper presented at the 4th Biannual Conference on „Researching and counselling the procrastinator – moving towards theoretical understanding.“ London, Roehampton University, 25.-26.07.2005

Prevalence rates for adults worldwide:

14% arousal procrastinators

15% avoidant procrastinators

both are significantly correlated

no sex differences

Ferrari, J., 2005, Chronic procrastination: Is everyone NOT doing it? How to evaluate arousal and avoidant styles. Paper presented at the 4th Biannual Conference on „Researching and counselling the procrastinator – moving towards theoretical understanding.“ London, Roehampton University, 25.-26.07.2005

Also widely acknowledged: Procrastination is

a habit, reinforced by doing things more pleasurable than tasks

Procrastination goes along with:

- (socially prescribed) perfectionism
- exaggerated self-criticism
- paralyzing self-directed attention
- irrational fear of failure/success
- discomfort anxiety
- lack of self-efficacy and self-esteem
- external-variable attribution of success
- avoidance of feedback
- escape from self-awareness

Procrastination also goes along with:

- overestimation of time remaining for task completion
- underestimation of time required for task completion
- overestimation of the effect of future motivational states
- underestimation of the importance of emotional congruence with the task
- underestimation of self-involvement with the task
- underestimation of necessary support

Procrastination also goes along with:

- lack of effortful control
- low frustration tolerance
- inability to postpone rewards
- lack of energy and action orientation
- neurotic disorganization
- rebelliousness

CAVEAT:

- Attention Deficit Disorder ADD
- Attention Deficit-Hypermotoric-Disorder ADHD

Psychodynamic point of view:

procrastination as a symptom (= impuls and resistance simultaneously)

- in personality disorders
- in neurotic conflicts related to
 - fear (of failure, success, loneliness, closeness, rejection...)
 - anger/aggression
 - obsessive-compulsiveness
 - dependance
 - shame
 - self-esteem

Psychodynamic point of view:

procrastination as a defense mechanism

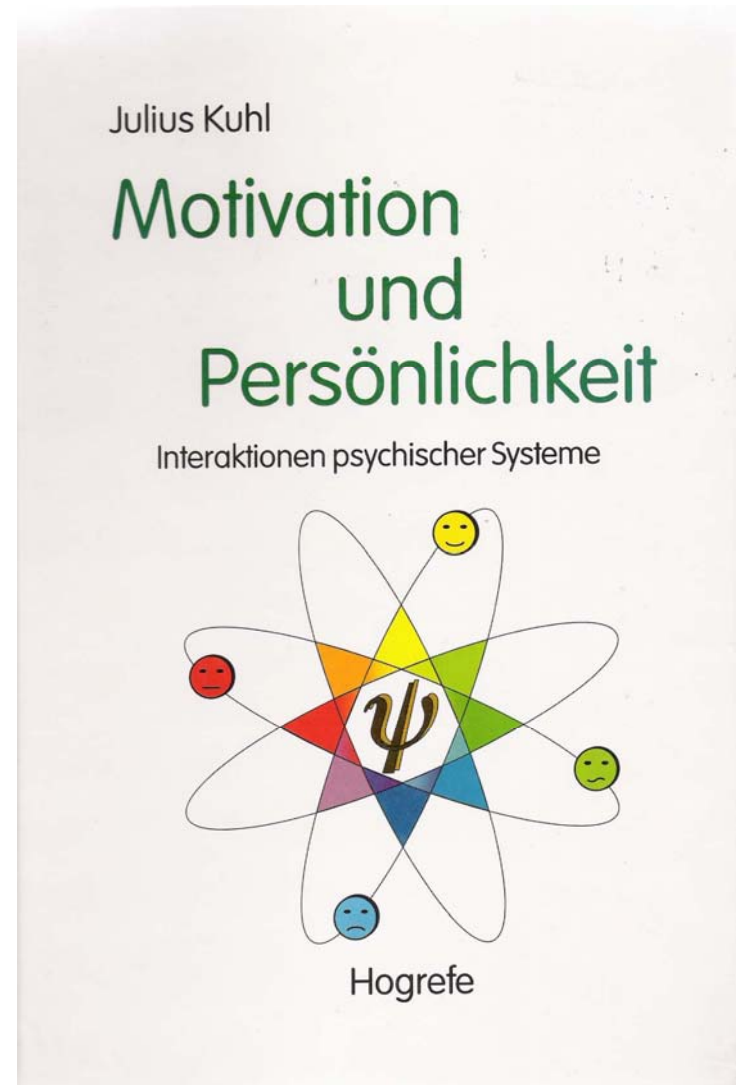
- designed to protect self-esteem
- slowly, but definitely ruining self-esteem

Procrastination

suggested reading:

Kuhl, J. (2001), Motivation und
Persönlichkeit: Interaktionen
psychischer Systeme
Hogrefe Verlag, Göttingen

(more than 1000 pages....)



Procrastination encompasses:

problems of intentions, actions, action-control and self-accessability

at the interface between

- motivation
- personality
- tasks

- volition

“What rendered my mother desperate was my lack of will-power. Everything I did was inspired by momentary impulses... The realisation of all these beautiful plans, work, peace of mind, reason, occupied us, my mother and me, more than anything else; because we sensed, she more clearly, I more obscurely, but nonetheless very powerfully, that it would be nothing else but the projection of an image into my life, the image of creating myself and within myself that kind of will she had imagined and portrayed. But I always postponed it until tomorrow. ... „

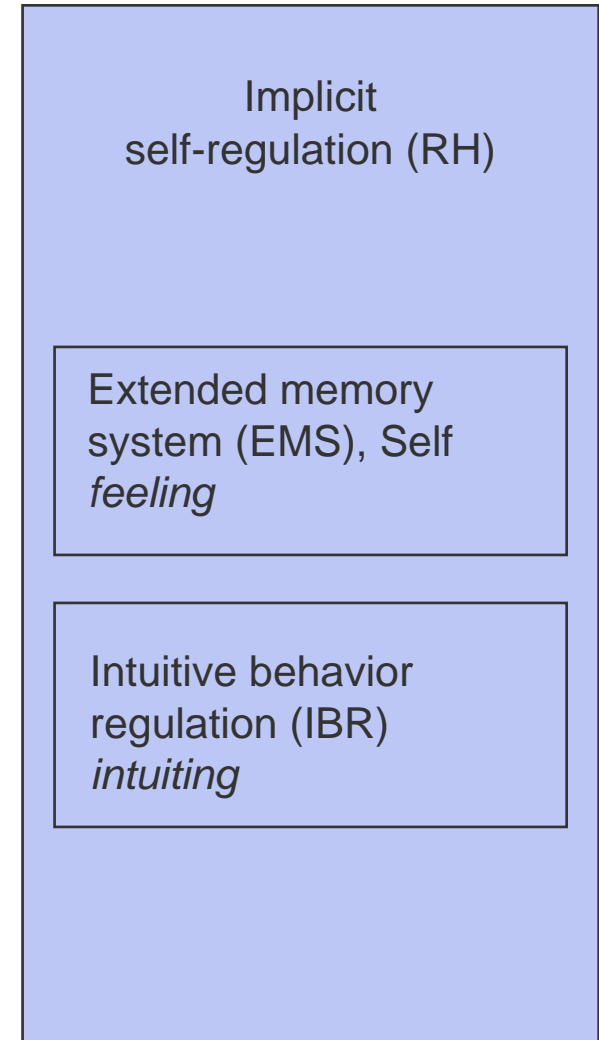
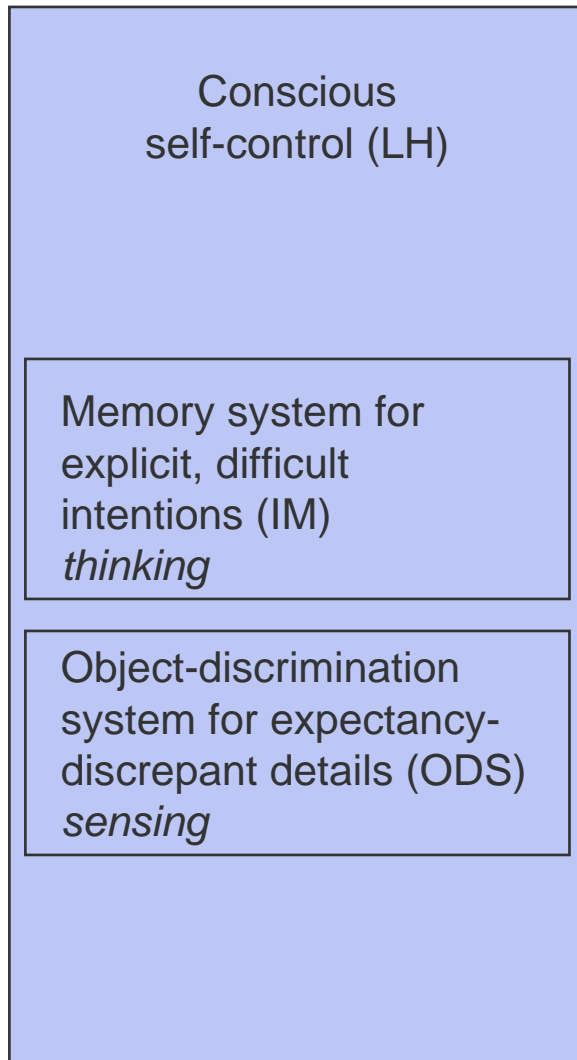
Proust, M. Les plaisir et les jours

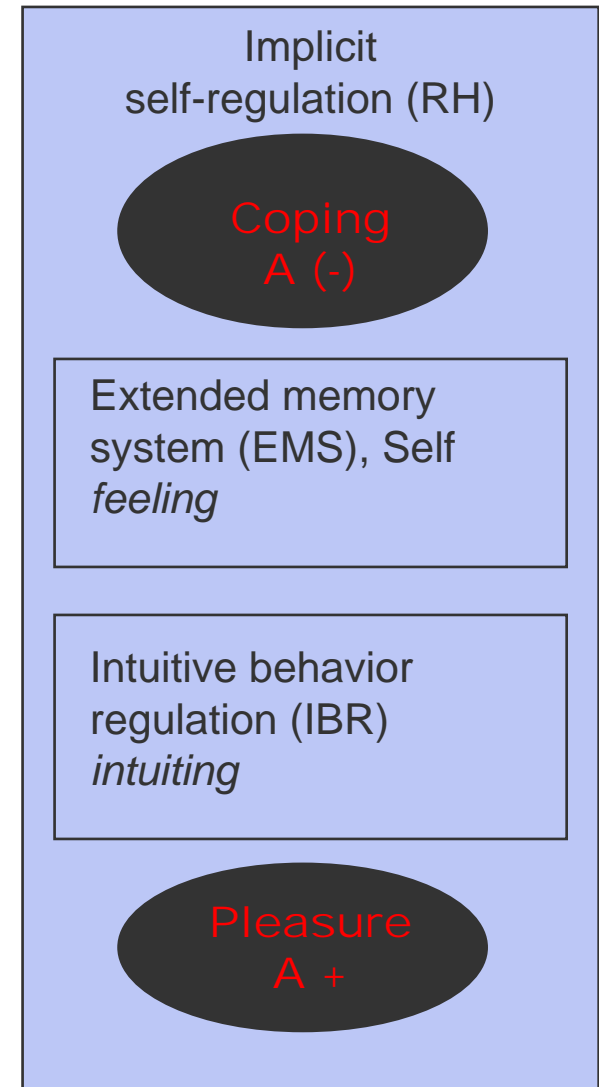
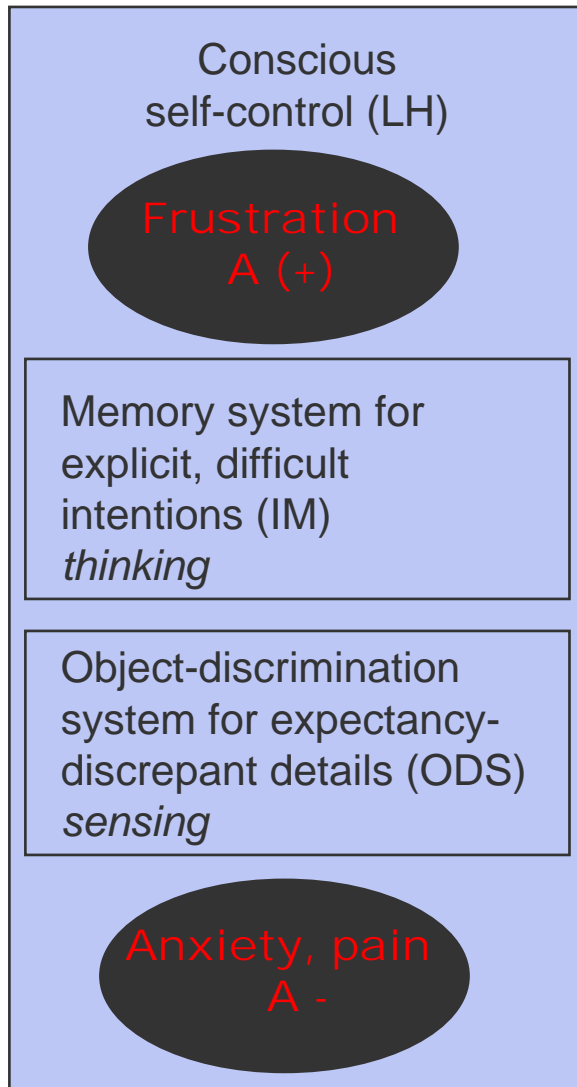
relevant factors:

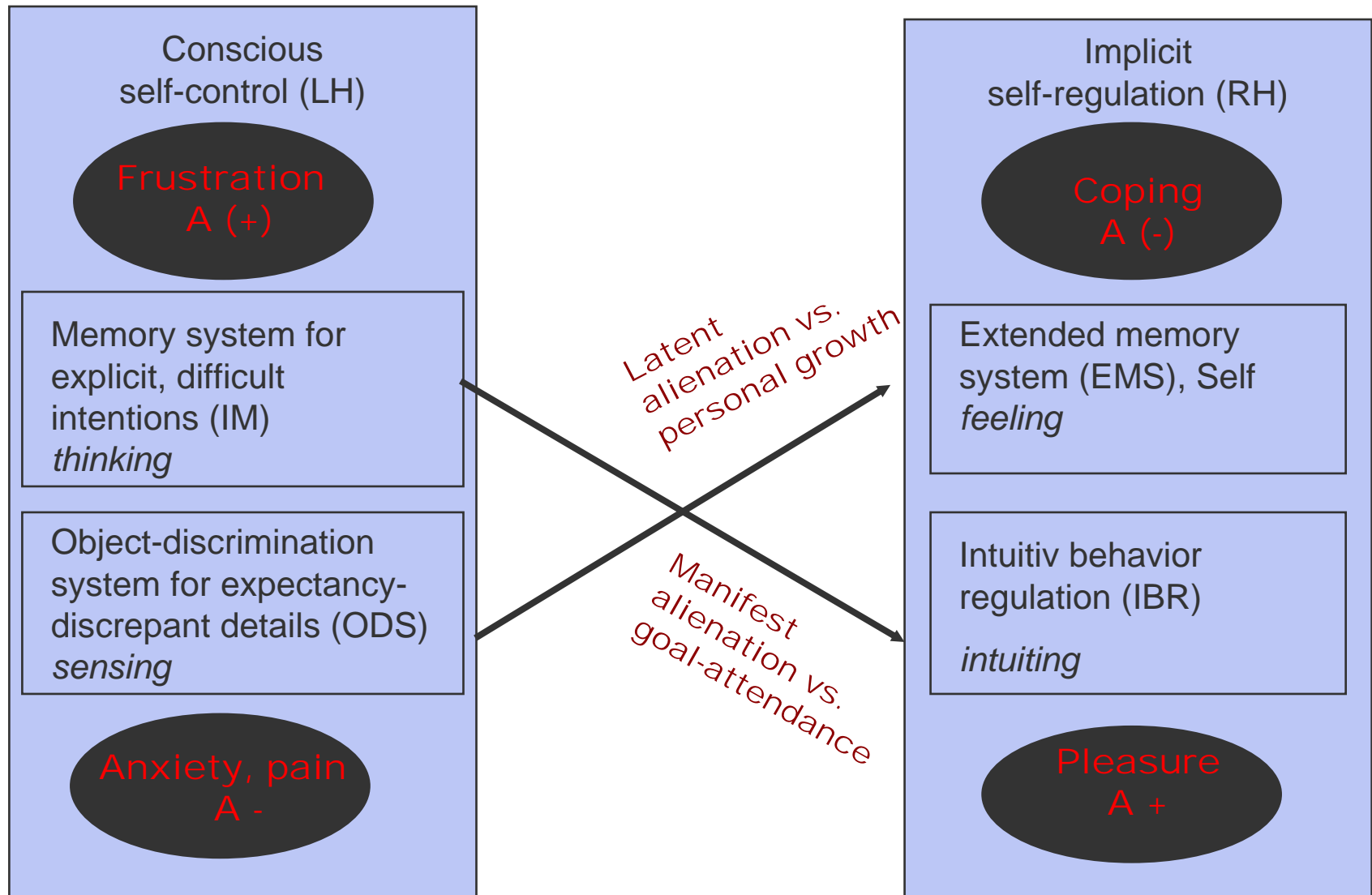
motivation: expecting success vs. failure

personality: action vs. state orientation

tasks: playing golf vs. writing a thesis



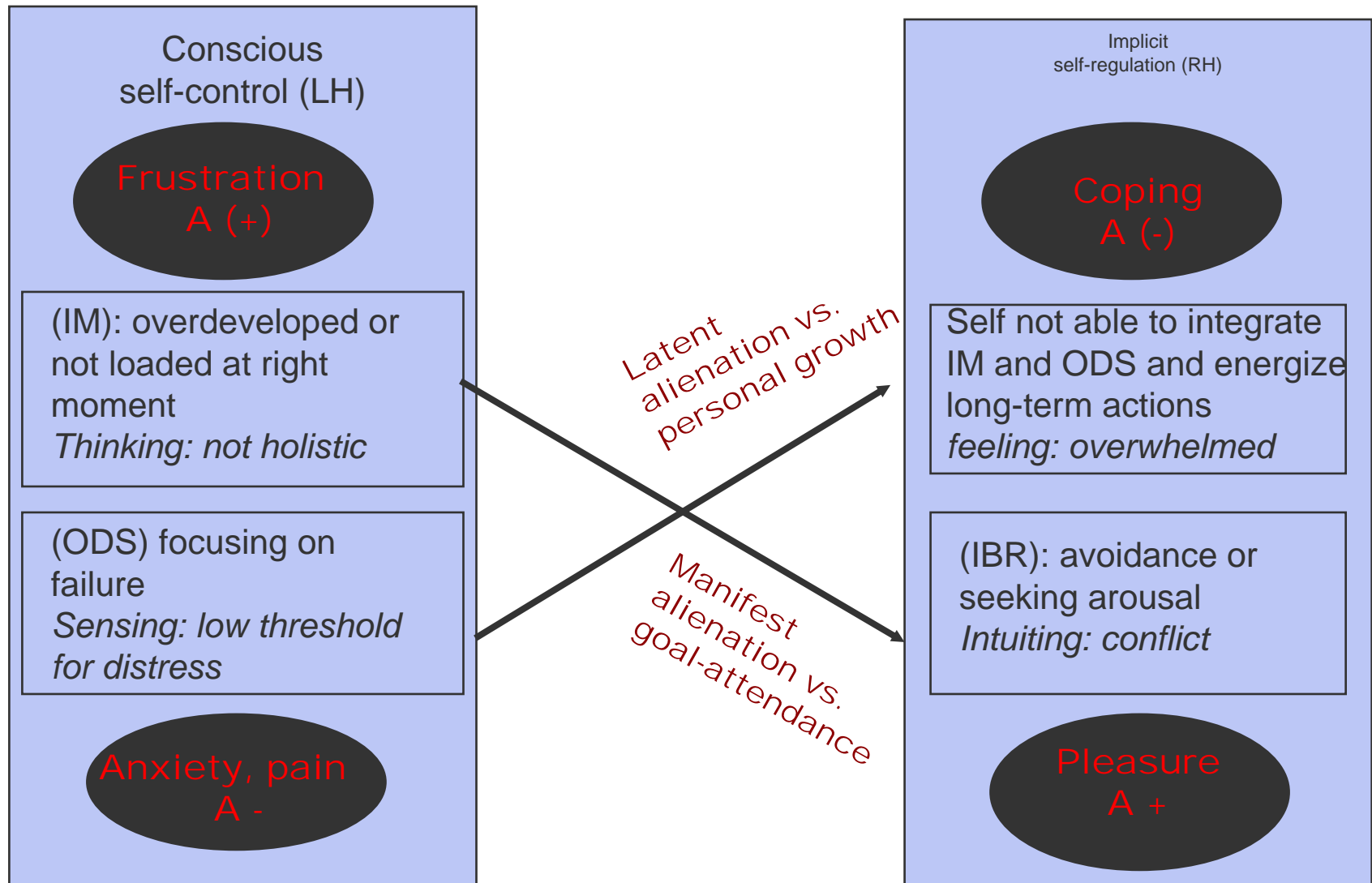




Depression

1. Loss of an ambivalent object
2. Identification of the ego with the lost object: „Der Schatten des Objekts fiel...auf das Ich...“ (Freud)
3. Object loss becomes ego loss
4. Conflict between ego and lost object becomes conflict between parts of ego
5. Self-accusations = accusations of object
6. Sadistic self-downing is defense (turning aggression against self)
7. Grief = world seems to be poor and empty
8. Depression = ego seems to be empty
9. Physiological correlate = energy drain
10. Difference to grief: Self-downing

Interaction of psychic systems



crucial, according to Kuhl:

while performing a task and running into difficulties:

the ability to

- restore positive affect
- diminish negative affect
- engage in self-management, especially of secondary affects

possible through:

self-motivation (Selbstmotivierung): affect control

self-consolation (Selbstberuhigung): coping with emotions

self-determination (Selbstbestimmung): self-congruent goals

“Having got into the habit, through idleness, of postponing my work from day to day, I doubtless supposed death might deal in the same way with me”.

Proust, M., Time regained, Chapter 2

“The idea of preliminary suffering is associated with that of work, we dread every fresh undertaking because we are thereby reminded of the pain in store for us before we can conceive it. And, realising that suffering is the best thing life has to offer, we think of death without horror and almost as a deliverance.”

Proust, M., Time regained, Chapter 3

Thank you for your time and attention!

Questions and remarks, please!