

# The procrastination

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It is common for people to find themselves postponing doing a given task that they are supposed to deliver within a stipulated time.

While some realize that they are slacking on their responsibilities, others may not even realize this since it has become a part of their life. In other instances, the avoided thing is so petty that we do not realize it. So what is procrastination? Procrastination simply means the deferment or avoidance of an intended or scheduled task, job, or responsibility for no good reason. This is the basic understanding that most people have. However, further insight into this vice shows that, sometimes, procrastination assumes other definitions. The task of drawing a distinct definition of procrastination may make some people procrastinate in the long run.

Psychologists still struggle in categorizing procrastination from other related situations or events. This is because of the complexity in understanding the human behaviors in relation to such things as a will to do something or a wish to time. Subsequently, procrastination topic also stretches to whether the act is a terrible thing. Many people have a negative connotation of procrastination. This section of society views the deferment of action as being bad and 'insists' mentally that an event should happen within the scheduled period.

However, this goes totally against the humanness. However, procrastination may be a wise and positive thing to do in a given scenario. According to Akerlof (1991), procrastination may offer the chance to question the norms of the society and encourage making rational judgments, which give lessons. In most instances, the result justifies the significance of procrastination.

Therefore, it is imperative to draw a line between detrimental procrastination and positive procrastination.

To understand the double-edged nature of procrastination and perhaps change the meaning of academic procrastination acts as an example. Firstly, most students tend to delay in starting and assignment. If a take-away exam is handed out on a Friday evening, and on the same day the school hosts a prom, many students are likely not to do the paper. There are different arguments possibly drawn from such a situation. The drive to enjoy the prom night, instead of doing an exam, comes out naturally.

It is what defines human's nature. According to most students, it is advantageous to avoid a task to a later time because it gives them high concentration. The avoidance of schoolwork for enjoyment in a prom night may lead to late submission of work. On the other hand, indulgence in other activities does not make life a programmed boring system: it makes the students happy. This, according to some economists, defines importance the rational people give to a task in relation to time.

Procrastination emanates from different contributing factors that make a person prone. However, it is essential to acknowledge the fact that it is the person's rational ability and cognizance which defines the outcome. Firstly, failure to take time in considering the future often leads to negative and impulsive procrastination. Secondly, those people who underestimate the time required to undertake a given task are likely to procrastinate. The pressure of working, especially after resenting the task, also plays a crucial role in procrastination.

Having considered what deferment entails and its contributing factors, procrastination can assume a different definition. People should understand that it is justifiable to avoid doing a task if it is unnecessary to do, even at the scheduled time. Alternatively, a person should be wise enough in making rational decisions that will enable him or her to be happy in carrying out tasks at the most comfortable time. At this point, however, it is necessary to warn procrastinators that life never presents perfect times for things to happen. It takes the motivation, vision, and competence to deliver a given task. In conclusion, procrastination is a common experience that many people face in their daily life because of different reasons.

People who slack on their job deliberately for no good reasons fail to realize that they have a cost to pay in future. In contrast, those procrastinators who think before acting make decisions that rarely cost them a lot in terms of delivery, whether at personal or professional level.