

Procrastination

Psychology



Procrastination Introduction Putting something off until the last minute or not doing it at all due to carelessness or habitual laziness is termed as procrastination (Myron, 2014). Recent studies suggest that procrastination is harmful and irrational, most people put off things occasionally and many of them persistently. It is a universal problem affecting the behavior of many individuals.

Objective

The main goal of this proposal is to help my friend from the habit of procrastination. Procrastination as a condition damages the society by slowing down development both at personal and societal level (Myron, 2014). When this attitude or behavior persists for long, it causes many problems including disruption of services and workflow. It has disrupted and will continue to do so to numerous lives besides hurting diverse sectors if it keeps recurring mostly through those who have this habit. Those who suffer from it will continue to battle with fear, resentment, anger, guilt and frustration all because they cannot control respective situations (Burka & Yuen, 2008). The only way to control or eliminate procrastination is by addressing them.

Proposed intervention

One of the ways to overcome the habit of procrastination is to make a concerted effort to change her behavior. It involves the decision to do things in a more timely way and not putting off things that could be done at the moment. I will ensure she aims to plan; this will break bigger tasks into manageable chunks and aim to meet deadlines that she had set herself.

Methodology

This study will utilize both qualitative and quantitative design in gathering its <https://assignbuster.com/procrastination-proposal-essay-samples/>

necessary information. In case quantitative, my friend is the target sample, where I have to collect data from regarding how she handles varied tasks offered. I will assess the work by checking the task's objectivity, clarity and completeness. The result will give a guideline on her weakness in doing her work thus; I have to initiate some strategies of dealing with the weakness. The best way is to plan her activities; each task has to be scheduled with different durations meant for completion. Qualitative will encompass referring to other scholar's works in a move to compare and get valid, reliable and up to date information concerning procrastination.

References.

Burka, Jane, B. & Lenora, M. Yuen. (2008). Procrastination: Why you do it, what to do about it now. Cambridge, MA: Da Capo Life Long.

Myron, H. Dembo. (2014). Motivation and learning strategies for college success: a self management approach. Routledge