

## PROCRASTINATION VERSUS PLANNED PROCRASTINATION – A STUDY REPORT

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### ABSTRACT

The purpose of writing this paper is to examine and analyze procrastination from different perspectives. Procrastination is generally synonymous of delay. There are several reasons of procrastination and, consequently there is an impact of procrastination on our overall task, aptitude and attitude of doing a task. Sometimes, procrastination can be an arrangement to get a task done in the most perfect manner. It has been found, if procrastination is planned, premeditated or structured, then it yields better and constructive result. A noteworthy change can be perceived in the quality of work. In order to scrutinize and differentiate procrastination from planned and structured procrastination, primary research was conducted. 100 students were given a questionnaire to make their response. Questions were prudently drafted, so that procrastination can be segregated from planned and structured procrastination on the basis of the responses. Mixed Research Methodology has been used to write this paper. The paper is an earnest endeavour to explain, analyze procrastination and to show how it is different from planned and structured procrastination.

**KEYWORDS:** Procrastination, Structured Procrastination, Planned Procrastination, Time Management, Self-Efficacy