

## Procrastination and the Virtual and Real Relationship Research Report (Students' Opinions)

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### **Abstract:**

Procrastination as an area of analysis in the research project entitled: Education – care – upbringing towards contemporary parents. Conditioning and forms of support.

Presentation of the results of research conducted among students of the Faculty of Pedagogy and Psychology on procreation and its impact on relationships in the real and virtual world.

Procrastination is putting off activities in time. P. Steel associates procrastination with regularly repeated behavior, the following of which: • subsequent actions taken by a person lead to postponing the goal, • as a result, the person achieves a result below their capabilities, • a given goal is important to the individual, • when confronted with the entire sequence of behaviors, the individual experiences psychological discomfort. Procrastination, or postponing making decisions or completing tasks, is a stable, maladaptive pattern of behavior that complicates and often disorganizes life (Ferrari, Crum, Pardo 2018). Chronically procrastinating people are characterized by low self-esteem, lack of confidence, and in task-related situations they often experience a strong fear of being evaluated. The tasks they have to perform arouse in them such aversion that: they take on a number of other obligations that are to serve as an alibi for not fulfilling the commitment on time, they avoid any information that may be useful for fulfilling this commitment (Ferrari, Dovidlo 2000), which in effect extends the time it takes to make a decision or complete the task. Due to this specificity of behavior, procrastinators feel discomfort and negatively assess the quality of their life. In order to minimize the consequences of procrastination, preventive or therapeutic programs are increasingly being dedicated to them. Their effectiveness is undoubtedly influenced by many factors, starting from the offer they contain, through the therapist who carries them out. However, as indicated by previous studies, the most important thing is the flexibility in adapting the offer of the therapeutic intervention program to the individual possibilities, but also the preferences of the participants.