



MES AMANI COLLEGE
OF VANDALUR

NCIATRI 23 ABSTRACTS 20

Editors

**Ansar E. B., Dhanya P. R., Jisha K. C., Kesavan K.
Lathif Penath, Mohammed Areej E. M. & Sheena P. A.**



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MES ASMABI COLLEGE
P. Vemballur, Kodungallur, Kerala, India - 680 671.

Editors:

Dr. Ansar E. B.

Dr. Dhanya P. R.

Dr. Jisha K. C.

Dr. Kesavan K.

Mr. Lathif Penath

Mr. Mohammed Areej E. M.

Dr. Sheena P. A.

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P. Vemballur P.O., Kodungallur, Thrissur Dist., Kerala, Pin - 680 671,
Ph : 0480-2850396
e-mail: principal.mesasmabi@gmail.com
website: www.mesasmabiccollege.edu.in



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Impact of Birth order on Academic Procrastination Among Young Adults

Minsila Hilal, Haripriya M. T., Rameesa Parvin K. U. & Rafna Rafi Femina V. A.*

Dept. of Psychology, MES Asmabi College, P. Vemballur, Kodungallur, Kerala.

*Corresponding author: feminamanaf013@gmail.com

Academic Procrastination is one among the major challenges faced by students today. Academic procrastination can be understood as knowing that one is supposed to and perhaps even wanting to, complete an academic task but failing to perform the activity within the expected or desired time frame. Procrastination has been most thoroughly studied in student populations where it has been associated with increased levels of stress, depression, anxiety and poor academic performance but also with putting of everyday obligations. Birth order can be stated as the chronological order of sibling births in a family. Several studies found birth order to be associated with many of the personality traits. The Academic Procrastination is one among the major challenges faced by students today. Academic procrastination can be understood as knowing that one is supposed to and perhaps even wanting to, complete an academic task but failing to perform the activity within the expected or desired time frame. Procrastination has been most thoroughly studied in student populations where it has been associated with increased levels of stress, depression, anxiety and poor academic performance but also with putting of everyday obligations. Birth order can be stated as the chronological order of sibling births in a family. Several studies found birth order to be associated with many of the personality traits. The main objective of the study was to find out whether the birth order is linked to traits such as procrastination. The study sought to understand the level of procrastination among students and to find out whether there is any difference in procrastination among firstborn, middle-born and last born. This is a quantitative cross-sectional study and the samples were drawn using the quota sampling technique. A total of 150 participants took part in the study with 50 belonging to first born 50 to middle born and 50 to last born. Data was collected using the 20-question version of Lay's Procrastination scale. The data is analysed using statistical package for the social sciences. The scores are analysed using one way ANOVA. There was no significant relationship between birth order and procrastination, but there was increase in procrastination in middle borns when compared to first born and last born.

KEYWORDS: Birth Order, Procrastination.