

## **The Relationship Study of Big Five Model Of Personality and Procrastination among Young Adults**

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**Abstract:** The present study explored whether a significant relationship exists between procrastination and personality in college student within Delhi. It furthermore examined whether certain personality traits of individuals are more prone to procrastination than others. The research sample consisted of 107 college student (n=55 male, n=52 female) and age range between of the participants was 18 to 35 and average age was 22.

**Method** Data was collected using of purposive sampling technique and correlation research design was adopted. The tools was the use for data collection Neo FFI, personality inventory, Decisional procrastination scale, Active procrastination scale, Irrational procrastination scale.

**Result** A significance relationship was found between neuroticism and intentional decision in active procrastination. There is a significance relationship between extroversion and preference for pressure and intentional decision in active procrastination. There is a significance relationship between openness and irrational procrastination. There is a significance relationship between conscientiousness and preference for pressure, intentional decision in active procrastination and irrational procrastination. There is a significance relationship between agreeableness and irrational decision in active procrastination.

**Conclusion** The significance relationship was found between personality and procrastination.

**Keywords:** Big-Five, personality, procrastination, traits.

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### **I. INTRODUCTION**

Procrastination drives from the Latin word pro, meaning "forward, forth, or in favor of" and crastinus, meaning "of tomorrow". According to American Heritage Dictionary of the English Language (Fourth Edition) procrastination is "to put off doing something, especially out of habitual carelessness or laziness; to postpone or delay needlessly", and according to Cambridge International Dictionary of English, procrastination is "to keep delaying something that must be done, often because it is unpleasant or boring".

Procrastination is the tendency to postpone or delay task that has a deadline. Procrastination involves postponing the performance of urgent tasks. It is a multifaceted phenomenon that seems to involve affecting (preference for working under pressure), cognitive (decision to procrastination), and same behavioral components (concluding task before the deadlines).

Procrastination is the practice of carrying out less urgent tasks in preference to more urgent ones, or doing more pleasurable things in place of less pleasurable ones, and thus putting of impending tasks to later time. In order for behavior to be classified as counterproductive, needless, and delaying & similarly, it is to voluntarily delay an intended course of action despite expecting to be worse off for the delay. Procrastination "letting the low priority task interfere with the completion, of high priority ones" leads to wasted time, missed opportunities, poor performance, self -deprecation, and increased stress. There are different ways in which procrastination is learned, a way of thinking (thoughts, attitudes, emotions), and way of speaking (remarks, conversation, self-talk) and the way of acting

#### **Types of procrastination**

**Active Procrastination:** Active procrastination is when the procrastinators are motivated to work hard when confronted with last minute deadlines; they delay the tasks intentionally but are still able to meet the deadlines because of their motivation. Active procrastination is built on ideas that all procrastination is "bad procrastination", but same times procrastinators gain an advantage on a task and & do intentionally with his

goals of mind. Active procrastinators are able to meet the deadlines and achieve goals using their strong motivation under the time pressure which has positive implication for individual in terms of emotional stability, self-efficacy and coping with stress and with performance. There are four sub factors, under the active procrastination outcome satisfaction, preference pressure, intentional decision, ability to meet deadline.

**(i) Outcome Satisfaction**

Active procrastinators are more likely to achieve positive outcome because of their high level of self-efficacy, motivation, control over stressors, time perception, etc. Active procrastinators are able to complete their task on time with satisfactory outcomes despite their procrastinating behavior. Active procrastinators put off their tasks to the last minute, only active procrastinators are capable of utilizing their time efficiently with an end product of successful task completion and personal outcomes.

**(ii). Preference for pressure**

Active procrastinators feel challenged and motivated and are able to complete the tasks. Active procrastinators tend to do their work at the last minute to experience the challenge while completing the task before the deadlines, with the time pressure acting as a motivating factor for them to finish the task.

**(iii). Intentional decision to procrastinate**

Active procrastinators tend to move their attention from one task to another and do not create a concrete plan to complete a task. Non-procrastinators, on other hand, are very organized in planning and time management in order to complete a task on time. Active procrastinators do not adhere to a rigid plan or schedule; instead they reshuffle their schedule when needed even on short notice depending on the change in external demands.

**(iv). Ability to meet deadlines**

Active procrastinators have the ability to determine the minimum amount of the time required to complete a task and experience the last minute pressure to motivate them

**Passive Procrastination:** Passive procrastination is when someone does not intend to procrastinate but they do so due to their inability to make quick and effective decision or when they are under pressure of upcoming task. Passive procrastination may be "traditional" procrastinators who do have the intention to complete a task, but engage in the task at the last minute due to indecisiveness and low self-control. They argue that passive procrastinators are incapable of managing their time to finish the task and consequently suffer negative consequences. Passive procrastinators fail to complete their task on time and hence produce unsatisfactory results due to the fact that procrastinators tend to underestimate the time needed to complete the task.

**Difference between passive procrastinators & active procrastinators**

<b>Passive procrastinators</b>	<b>Active procrastinators</b>
Drift from one activity to another	Intentionally reshuffle tasks
Not self – aware	Very self –aware
End up procrastinating	Decide to procrastinate
Deadlines pressurize and depress them	Immunized by challenge and motivation
Emotional or avoidance – coping	Task - oriented coping
Cannot delay gratification	Don't delay gratification either but can effectively and efficiently manage time at the last minute

**Decisional Procrastination–**

Decisional procrastination is a form of cognitive thinking that avoidance or delay making a decision; people deliberately delay making decision because they chose to do other priorities that they perceive will be less stressful situation, thus reducing the pressure in the mind to deal with other situations. In other words, decisional procrastination is a tendency of incapability to decide in a certain time range. Decisional procrastination is seen as a response to the particular problem while habitual decisional procrastination occurs in decision making situation in general. The main determining factor of decisional procrastination seems to be the social context in which the decision is to be taken & habitual decisional procrastination; individual differences in cognitive styles, personality traits and motivation come to the fore. Decisional procrastination is a cognitive deviation that causes people to delay decision. Individuals with the high levels of this kind of procrastination tend to have conflicts in choosing information and ways to do work. Therefore, avoiding these conflicts, they try to distract themselves by focusing on less stressful activities.

### **Irrational Procrastination–**

Irrational procrastination is an irrational belief such as assumption, core beliefs, and negative automatic thought that often result in the delay of commitments. Irrational procrastination is behavioral problems that are primarily related to the irrational or dysfunctional beliefs of the individual for example, perfectionism, unrealistic expectation, and low self-esteem.

### **Personality**

The word personality derives from the Latin word *persona* which means "mask" it denoted the mask worn by theatrical players in ancient Greek dramas. Thus the initial conception of personality was that of a superficial social image that an individual adopts in playing life roles a public personality towards around them. The study of personality can be understood as the study of mask that people wear. These are the *persona* that people project and display, but also includes the inner parts of psychological experiences which we collectively call our self. Personality refers to those characteristics of the person that account for consistent pattern of feeling, thinking, and behaving.

Personality refers to the qualities within the person that characterize his behavior. Personality is the unique way in which each individual thinks, acts, and feels throughout life, which refer to the value judgments made about a person's morals or ethical behavior, and temperament, the enduring characteristics with which each person is born, such as irritability or adaptability. Temperament is based in one's biology, either through genetic influences, prenatal influences, or a combination of those influences and forms the basis upon which one's larger personality is built. Every adult personality is a combination of temperament and personal history of family, culture, and the time during which they grew up.

According to Allport (1937) focus on inner qualities and behavior "Personality is the dynamic organization with in individual of those psychophysical system that determine unique adjustment of his environment".

According to Michel (1976) - Distinctive pattern of the behavior (including emotion & thought) that characterized each individual's adaptation to the situation.

According to George Kelly define personality as the individual's unique way of making sense out of life experiences. Personality representing those characteristics of the person that account for consistent patterns of behavior, such as relatively enduring and stable over time and across situations.

According to Erik Erikson, personality define as a life proceeds in term of a series of psychosocial crises, with personality a function of their outcome. Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development from infancy to adulthood. During each stage the person experiences a psychosocial crisis which could have a positive and negative outcome for personality development

**Five factor model** represents the core description of human personality Openness, Conscientiousness, Extroversion, Agreeableness, Neuroticism (**OCEAN**) are the five dimensions of personality.

#### 1. Openness to Experience

This trait features characteristics such as imagination and insight and those high in this trait also tend to have a broad range of interests. People who are high in this trait tend to be more adventurous and creative. People low in this trait are often much more traditional, resist new ideas, dislike abstract or theoretical concept and may struggle with abstract thinking. Openness to experiences dimensions ranging from imaginative witty and having broad interests at one end to down earth simple having narrow interest at the other.

#### 2. Conscientiousness

Conscientiousness refer to a person's organization and motivation, with people who high level on this dimension, those who are careful about being places on time and careful with belongings as well thoughtfulness, with good impulse control and goal directed behavior. Conscientiousness ranging from well organized, careful, self-disciplined, responsible and precise at one end to disorganized impulsive careless and undependable at the other. People, who are low on this dimension, dislike structure and schedules, fail to complete the things they are supposed to do, for example might always be late to important social events or borrow belongings and fail to return them or return them in poor condition.

#### 3. Extroversion

Extroversion is a term first used by Jung (1933), who believed that all people could be divided into two personality types: **extroverts&introverts**. Extroverts are outgoing and sociable, whereas introverts are more

solitary and dislike being the center of attention. A dimension ranging from energetic, enthusiastic, talkative at one end to retiring, sober, reserved, silent, and cautious at the other

#### 4. Agreeableness

Agreeableness refers to the basic emotional style of a person, who may be easy-going, friendly, and pleasant or grumpy, crabby, and hard to get along with low scores. A dimension ranging from good natured, cooperative, trusting and helpful at one end to irritable, suspicious and uncooperative at the other.

#### 5. Neuroticism

Neuroticism refers to emotional instability or stability. People who are excessive worriers, overanxious, and moody would score high on this dimension, whereas those who are more even-tempered and calm would score low.

Costa and McCrae proposed that these five traits are not interdependent. In other words, knowing someone's score on extroversion would not give any information about scores on the other four dimensions, allowing for a tremendous amount of variety in personality descriptions. A dimension ranging from poised, calm, composed and not hypochondriacal at one end to nervous, anxious, high-strung, and hypochondriacal at the other.

#### **Definition of the Big Five Personality domains and the facets that Define Each Domain.**

**1. Neuroticism:** identifies individuals who are prone to psychological distress

- **Anxiety:** level of free floating anxiety
- **Angry Hostility:** tendency to experience anger and related states such as frustration and bitterness
- **Depression:** tendency to experience feelings of guilt, sadness, despondency and loneliness
- **Self-Consciousness:** shyness or social anxiety
- **Impulsiveness:** tendency to act on cravings and urges rather than reining them in and delaying gratification
- **Vulnerability:** general susceptibility to stress

**2. Extraversion:** quantity and intensity of energy directed outwards into the social world

- **Warmth:** interest in and friendliness towards others
- **Gregariousness:** preference for the company of others
- **Assertiveness:** social ascendancy and forcefulness of expression
- **Activity:** pace of living
- **Excitement Seeking:** need for environmental stimulation
- **Positive Emotions:** tendency to experience positive emotions
- **Excitement Seeking:** need for environmental stimulation

**4. Agreeableness:** the kinds of interactions an individual prefers from compassion to tough mindedness

- **Trust:** belief in the sincerity and good intentions of others
- **Straightforwardness:** frankness in expression
- **Altruism:** active concern for the welfare of others
- **Compliance:** response to interpersonal conflict
- **Modesty:** tendency to play down own achievements and be humble.
- **Tender-Mindedness:** attitude of sympathy for others.

**5. Conscientiousness:** degree of organization, persistence, control and motivation in goal directed behavior

- **Competence:** belief in own self efficacy
- **Order:** personal organization
- **Dutifulness:** emphasis placed on importance of fulfilling moral obligations
- **Achievement Striving:** need for personal achievement and sense of direction
- **Self-Discipline:** capacity to begin tasks and follow through to completion despite boredom or distractions.
- **Deliberation:** tendency to think things through before acting or speaking

## II. REVIEW OF LITERATURE

### **Procrastination and personality**

Pychyl & Flett (2012) argued that there is still much more yet to learn about the tendency to procrastinate as a function of individual differences. One current trend in procrastination research has been building connections between procrastination and personality traits. According to the differential psychology perspective, procrastination is understood as a personality trait (Klingsieck, 2013b). Procrastination has been conceptualized as a weak point of personality (Firouzeh & Jalil, 2011) and illustrates an extreme variant of a personality trait, namely conscientiousness (Pychyl & Flett, 2012). As Lay (1997) argued, procrastination can be conceptualized as a paucity of conscientiousness if viewed from a personality perspective. This approach to understanding the effects of personality on procrastination has received attention as an alternative way to understand maladaptive ways of being in the world (e.g., personality disorders, Widiger, 1997).

Hussain and Sultan (2010) research suggest that procrastination as "to delay in making a decision on the performance of a task, a behavioral tendency towards procrastination or a personality characteristic". Poor personality traits such as emotional instability and poor analytical skill can also be linked to an indecisive situation in which a student might not be able to choose the right tools in managing their time and life which affects their quality of life which generally results in poor life satisfaction. Defeating habits such as procrastination due to certain personality traits can hinder students' and society's development.

Johnson, J.L., & Bloom, A.M. (1995) These studies reported that individuals who demonstrated conscientiousness were found to be less likely to procrastinate. Conversely, those who demonstrated low levels of conscientiousness were reported to have higher tendency to procrastinate. In active procrastination, this means that students who exhibit low emotional stability may delay in submitting assignments and delay in exam preparation as they may feel unable or unlikely to meet the expectation

Vallerand, R.J. (1995) this studies suggest that agreeableness has been defined as a tendency to be more compassionate towards others. Individuals who score higher in these two personality domains are found to be more likely to get along with others but more importantly they would compromise their own interest with other people. Hence, these types of personality traits might be irrelevant to the process of procrastination as agreeableness reflects an interpersonal style rather than a behavioral trait

Watson, D.C. (2001) students with high emotional stability may have higher chances of academic success which may be protective against procrastination. Extraversion is a personality trait which is quite similar to emotional stability; however it is more susceptible to an expressed, sociable, optimistic, outgoing, energetic and exciting orientation. It was found that students who exhibit higher levels of extraversion have lower coping skill for academic performance. Hence, it might lead them to have higher tendency in procrastination Gallagher, D. J. (1996). Lastly, most of the previous studies showed that openness to experience and agreeableness are not related to procrastination. It is not clear why these two personality traits were not associated with procrastination and hence further studies are necessary.

### **Procrastination & conscientiousness**

The relationship between procrastination and personality, empirical studies suggests that low conscientiousness was repeatedly shown to predict procrastination (e.g., Diaz, Morales, Cohen, & Ferrari, 2008; Karatas, 2015; Kim, Fernandez & Terrier, 2017). Other studies suggest that self-discipline and structure help to defeat procrastination on the one hand, the tendency to worry and fear of failure or impulsively move from one task to another lead to more task avoidance on the other.

Conscientious individuals are described as being dependable, organized and responsible (Davis & Palladino, 2007) as well being able to delay gratification and keep to deadlines and conscientiousness as " a unique facet of personality and displays a tendency to seek achievement and plan, coordinate and regulate behavior" (McCloskey, 2011).

Other studies (Ferrari, Johnson, & McCown, 1995; Lay, Kavacs, & Danto, 1998) which reported low conscientiousness as a strong predictor of chronic procrastination, specifically competence and achievement striving & lack of conscientiousness may be the direct source for procrastination.

Additional research (Lee, Kelly, & Edwards, 2006) into the relationship between procrastination and low conscientiousness indicates that higher procrastination related to lower persistence in pursuing goals. The NEO Personality Inventory- Revised (NEO-PI-R) was used in a Schulenburg and Lay (1995) study of Dutch university students, assessing conscientiousness. It was found to be inversely related to procrastinator behavior.

Conscientiousness refers to the quality of the acting according to one's conscience and consists of the following facets: competence, order, dutifulness, achievement striving, self-discipline, and deliberation (Costa & McCrae, 1992). Lay et al (1998) developed self-report scale to assess procrastination and conscientiousness in 149 girls & 131 boys based on previous research suggesting a link between procrastination and lack consideration for others. As expected, they found a negative relationship between these constructs.

### **Extroversion & Procrastination**

The relationship between extroversion and procrastination, extroversion lead to procrastination. McCown and others (1989) characterized procrastinators as extraverted and outgoing. Extravert's inclination for social activities has been found to become a common distraction, which facilitated or procrastination (Haycock, 1993; Strongman & Burt 2000). However empirical results on this relationship were inconsistent. Some studies suggested that the impulsive nature of extroversion increase procrastination (Johnson & Bloom 1995; Kim, Fernandez, & Terrier, 2017) While others only founds negatives (Karatas, 2015), or non-significant relations between them (Nadeem, Malik, & Javaid, 2016)

Extroversion tends to be manifested in outgoing, talkative, enthusiastic, assertive, energetic behavior, whereas introversion is manifested in more reserve and solitary behavior (Thompson, 2008), Freeman, Cox-Fuenzalida and Stoltenberg (2011) explored the relationship between extroversion and procrastination and found that extroversion significantly predicted the tendency to engage in procrastinatory behavior. They explained that extroverts may actively engage in procrastination. and other study found that extroversion the activity facets was focus to be negatively correlated with procrastination and higher energy of extraverts is related to less procrastination. Extroversion is personality trait which is quite similar to emotional stability, however it is more suspected to an expressed sociable, optimistic, and outgoing, energetic and excited orientation. It was found that students who exhibit higher levels of extroversion have low coping skills for academic performance. Hence, it might lead them to have higher tendency in procrastination.

### **Neuroticism & procrastination**

Many scholars reported that increased neuroticism (emotional instability) is also related to increased procrastination (e.g., Di Fabio, 2006; Karatas & Bademcioglu, 2015; Kim, Fernandez, & Terrier, 2017; Lee, Kelly, & Edwards, 2006), because people with irrational beliefs usually doubt their ability and interpret events negatively. Consequently, these people are inclined to self-handicap and procrastinate irrationally (Steel, 2007). However, this relationship was not as robust as expected.

Same studies reported that high level of neuroticism (including anxiety, and in decisional, procrastination) lead to an avoidance of threat stimuli (like manifest as task avoidance procrastination could be lower order. A trait that is influenced by higher order traits thus it is reasonable to inter that neuroticism predicts traits procrastination (steel, 2008).

Neuroticism is positively correlated with procrastination, with the ranging from 0.18 to 0.4 (Johnson & Bloom, 1995; Mailgram, Batori, & Mowrer, 1993; schouwenburg & Mowrer, 1995 Watson, 2001)

Neuroticism is characterized by anxiety, jealousy, worry moodiness and envy (Thompson, 2008). Watson (2001) found that strong neuroticism was a predictor of procrastination & chamorro-premuzic and Farmhand (2003) who did the study on 247 British university students, as well as Johnson and Bloom (1995) with specifically the underlying facets of impulsiveness and vulnerability.

McCown, Petzeland Rupert (1987) found that self-reported procrastination correlates neuroticism (high and low neuroticism scores positively associated with higher procrastination scores). Neuroticism predicts procrastination high on overwhelmed by tasks and distracted by unimportant activities, which may lead to their procrastination tendencies. Milgram and Tenner (2000) study suggest that high neuroticism is predictive of chronic decisional procrastination "I delay making decisions until it's too late" based on this perspective, neurotic individuals may be more likely to delay in decision making, which may be manifested as a lack of organization and persistence in pursuing goals.

### **Agreeableness & Procrastination**

Agreeableness were not significantly correlated with procrastination (Bloom, 1992 ) Agreeableness had no overall relationship to the total procrastination, although a very limited number of students (7%) in Steel and Klingsieck's (2016) research did report that they procrastinated because of agreeing to peer pressure or conformity.

### **Openness to experience & Procrastination**

Openness to experience had no significant relationship to procrastination in general (Aremu, Williams, & Adesina, 2011; Lai, bin Ahmad Badayai, Chandrasekaran, Lee, & Kulasingam, 2015; Steel & Klingsieck, 2016).

Previous studies showed that openness to experience and agreeableness are not related to procrastination. It is not clear why these two personality traits were not associated with procrastination. Agreeableness has been defined as a tendency to be more compassionate towards others. Individual who score higher in these two personality domains are found to be more likely to get along with others but more importantly they would compromised their own interest with other people. Hence these types of personality

traits might be irrelevant to the process of procrastination as agreeableness reflects an interpersonal style rather than a behavioral trait.

### **Active procrastination and big five factor of personality**

Choi and Moran (2009) who studied active procrastination with the Big Five personality as a potential correlate to active procrastination. They found that only emotional stability and extraversion among the five personality traits were positively significantly related to active procrastination. Tang and others (2015) found neuroticism to be the only significant predictor of active procrastination. They also found that openness and extraversion had weak positive correlations with active procrastination. More recently, Kim and others (2017) found that extraversion and neuroticism were related to active procrastination. So far, no evidence was found that conscientiousness and agreeableness have any significant relationship with active procrastination.

Choi and Moran (2009) expected conscientiousness to have a negative relation to active procrastination like traditional procrastination; however, they failed to find such relation. They tried to justify this negligible relation between active procrastination and conscientiousness by arguing that since they found a positive relation between conscientiousness and the ability to meet deadlines, the expected relation did not hold true. However, I interpret this differently arguing that this finding further indicates that active procrastination is not a type of procrastination. In the literature on procrastination, conscientiousness has great predictive power and low conscientiousness is argued to be one of the proximal causes of procrastination (e.g., Lay, 1997; Steel, 2007; Van Eered, 2003). Failure to find a relation between active procrastination and low conscientiousness raises doubts about the definition whether active procrastination should be considered as a type of procrastination as it does not exhibit any characteristics of procrastination.

In addition to conscientiousness, Choi and Moran (2009) argued that active procrastinators need to be self-confident and emotionally stable with positive energy to handle time pressure and be able to multitask. Emotional stability and extraversion were found to have a positive relation with active procrastination supporting their hypotheses. Although the findings supported their claims, the problem with this result is that it contradicts past findings where procrastination showed positive relations with neuroticism and not emotional stability (example, Van Eerde, 2003; 2004). Similarly, extraversion was found to have a small negative or negligible relation with procrastination in multiple studies as well as meta-analyses (e.g., Haghbin&Pychyl, 2015; Steel, 2007; Steel, Brothen, &Wambach, 2001, Van Eerde, 2004; Watson, 2001).

### **Gender Difference**

Gender is one of the variables that helped us examine group-level differences in procrastination as well as the relationship between procrastination and other constructs. Indeed, there is some evidence of links between procrastination and gender.

Some argued that men reported higher levels of procrastination more than women (Balk's & Dura, 2009; Khan, Hafsa, Syeda, & Sidra, 2014; Ozer, Demir, & Ferrari, 2009; Steel & Ferrari, 2013) whereas others found female students procrastinate more frequently (Washington, 2004; Rodarte-Luna & Sherry, 2008). Because prior literature only focused on gender comparisons in passive procrastination, it is necessary to verify this gender pattern in active procrastination. In addition, gender differences in personality have been consistently highlighted that females reported higher levels of extraversion, neuroticism, agreeableness and conscientiousness on the Big Five personality dimensions than males (Asci, Lindwall, Altintas, &Gursel, 2015; Laher& oxford, 2013), across methods (McCrae et al., 2005) and across countries (Schmitt, Realo, Voracek, &Allik, 2008). In this respect, the role of personality in procrastination could vary on the basis of gender. Therefore, in this study, I sought to continue settings. Results are mixed. Some researchers reported suggested differences in males' and females' examining the relationship between personality and active procrastination across gender.

In recent studies on procrastination suggest that (Azar, 2013; Lowinger, He, Lin, & Chang, 2014; Ozer, 2011), many scholars studied how gender differences affected procrastinator behavior in learning others (Mandap, 2016) found out that male university students were more likely to procrastinate than their female counterparts in Philippines. Similarly, the findings of gender differences on personality traits also varied. In general, male and female students differed in their personality yet in distinguishable aspects. Zuffiano and colleagues (2013) found gender differences only in agreeableness, while De Feyter and others (2012) males and females differed in conscientiousness, neuroticism, and agreeableness. Karwowski, Lebeda, Wisniewska, and Gralowski (2013) also found gender differences in conscientiousness, extraversion, and neuroticism. Nadeem and others (2016) examined the relationship between university students' personality traits and procrastination and found that gender was a moderator on the relationship between personality and procrastination.

### III. METHODOLOGY

**1. Aim** – To examine the relationship between personality and procrastination.

**2. Hypothesis-**

**H<sub>1</sub>** There will be significant relationship between neuroticism and procrastination.

**H<sub>2</sub>** There will be significant relationship between conscientiousness and procrastination.

**H<sub>3</sub>** There will be significant relationship between agreeableness and procrastination.

**H<sub>4</sub>** There will be significant relationship between extroversion and procrastination.

**H<sub>5</sub>** There will be relationship between openness & procrastination

#### Instruments & Tools

S.No	Questionnaires	Developer	Year
1.	Neo-FFI, personality inventory	Costa & McCrae	2005
2.	Decisional procrastination scale	Mann	1982
3.	Active procrastination scale	Choi & Moran	2009
4.	Irrational procrastination scale	Steel	2010

**1. Neo-FFI, Personality Inventory** = The NEO-FFI, personality inventory has 60 items questionnaire for measuring the big five personality traits (Costa & McCrae, 2005) Big five Questionnaires- Adult men and women without overt psychopathology but was later shown to be also being useful for people at younger age. It assesses the five major domains of personality; extroversion, agreeableness, openness to new experiences, conscientiousness and neuroticism. Each item was rated on a 5 point likert scale (1= never, 5= always). The recent research (Sherry 2007) evidence of the internal consistencies for the: neuroticism = .85, Extroversion, = .80, openness to new experiences = .68, agreeableness, = .75, conscientiousness = .83.

**2. Decisional Procrastination Scale** = Decisional procrastination scale developed by Mann 1982, it consists of 5 items, 5 point likert scale, high scores indicate the tendency to put off decision by doing other task. Procrastination items include "I delay making decision until it is too late & I put off making decision the scale has test-retest (r = .69).

**3. Active Procrastination Scale** = The 16 items active procrastination scale by Choi & Moran (2009) was adopted to measure the level of active procrastination. Each item rated on a 7 point Likert scale (1 very strongly disagree and 7 very strongly agree). The reliability coefficient for the scale was satisfactory (.70)

**4. Irrational Procrastination Scale** = Irrational procrastination scale consists of 9 items all consistent with procrastination and related on 5 point Likert scale (1 to 5) with the high scores indicate greater agreement

#### Sample

It consisted of 107 participants taken from Delhi. Out of these participants, 55 were males while 52 participants were female. The age range of participants was 18- 35 years and the average age was 26 years.

#### Procedure:

The data was collected individually. It took approximately 15 minutes to fill the questionnaires. The participants were informed about the purpose of research and told that their data will be kept confidential and used for research purposes only.

#### IV Results

The basic objective of the present study is to explicate the relationship study of procrastination and big five model of personality among young adults, whereas participants lie between 18 to 35. Out of 107 participants, 55 were males whereas the rest 52 were females. A correlation research design was adopted. Convenient sampling method was used for data collection.

#### Data Analysis included:

1. Computation of mean, standard deviation and regression analysis

**Table 1 Mean ( $\bar{x}$ ) scores and standard deviation (SD) of the personality dimensions & procrastination**

Descriptive Analysis included computation of mean and standard deviation of personality dimensions (neuroticism, agreeableness, extroversion, and openness to experience, conscientiousness) and procrastination components.

Factors	Dimensions	N	Mean ( $\bar{x}$ )	Standard deviation (SD)
Personality	Neuroticism	107	33.177	8.025
	Extroversion	107	41.345	5.601
	Conscientiousness	107	42.112	7.742

	Openness	107	37.504	6.832
	Agreeableness	107	37.607	4.201
Active Procrastination	Outcome satisfaction	107	15.112	4.672
	Preference for pressure	107	13.663	3.909
	Ability to meet deadline	107	16.186	3.960
	Intentional decision	107	17.644	5.259
Irrational Procrastination(IP)	Irrational procrastination	107	24.420	5.527
Decisional Procrastination(DP)	Decisional procrastination	107	15.504	4.331

Table 1 show the mean and standard deviation values of all the variables along with the personality dimensions, the mean & standard deviation of Conscientiousness, Extroversion, Agreeableness, Openness, Neuroticism. 42.(7.74), 41.34(5.60), 37.60(4.20), 37.50(6.83), 33.17(8.02). And criterion variables the highest mean values is Irrational procrastination 24.42(5.52), intentional decision 17.64(5.25), ability to meet deadline 16.18(3.39), outcome satisfaction 15.11(4.67), decisional procrastination 15.50(4.33).

**Table 2 Coefficients of Regression of the scores of personality and its dimensions as a predictors and procrastination as the criterion-**

Regression analysis method was used to compute the coefficients of regression. The regression analysis were computed taking personality dimension as predictors and procrastination components as the criteria

PREDICTORS		CRITERIA	PARAMETERS				
			R	R <sup>2</sup>	Δ R <sup>2</sup>	F	P
1	Neuroticism	Ability to meet deadline	.036	.001	-.007	.156	.694
		Outcome satisfaction	.095	.009	.001	1.114	.293
		Preference for pressure	.202	.041	.033	5.23	.024
		Intentional decision	.281	.079	.071	10.50	.002
		Irrational procrastination	.055	.003	-.005	.373	.542
		Decisional procrastination	.158	.025	.017	.017	.078
2	Extroversion	Ability to meet deadline	.101	.010	.002	1.271	.262
		Outcome satisfaction	.056	.003	-.005	.393	.532
		Preference for pressure	.286	.082	.074	10.952	.001
		Intentional decision	.181	.033	.025	4.177	.043
		Irrational procrastination	.186	.43	.043	.033	.333
		Decisional procrastination	.265	.070	.063	9.303	.003
3	Openness	Ability to meet deadline	.113	.013	.005	1.585	.210
		Outcome satisfaction	.113	.013	.005	1.593	.209
		Preference for pressure	.128	.016	.008	2.057	.154
		Intentional decision	.205	.042	.034	5.412	.022
		Irrational procrastination	.252	.063	.056	8.307	.005
		Decisional procrastination	.116	.013	.005	1.679	.198
4	Conscientiousness	Ability to meet deadline	.148	.022	.014	2.745	.100
		Outcome satisfaction	.023	.001	-.008	.064	.801
		Preference for pressure	.297	.088	.081	11.87	.001
		Intentional decision	.388	.150	.143	21.768	.000
		Irrational procrastination	.271	.073	.066	9.731	.002
		Decisional procrastination	.015	.000	.628	.028	.867
		Ability to meet deadline	.007	.000	-.008	.007	.934
		Outcome satisfaction	.084	.007	-.001	.864	.354
		Preference for pressure	.026	.001	-.007	.085	.771
		Intentional decision	.432	.186	.180	28.149	.000

3	Agreeableness	Irrational procrastination	.188	.035	.028	4.510	.036
		Decisional procrastination	.161	.026	.018	3.283	.072

Table 2 result of regression analysis of personality dimensions and procrastinations factors. 1. Neuroticism, contributed to the **ability to meet deadline**,  $R^2 = .001$  and  $F = 15.6$ ,  $p = .694$  and extroversion contributed  $R^2 = .10$ ,  $F(5,101) = 1.27$ ,  $p = .262$  Openness to experience contributed to  $R^2 = .013$ ,  $F(5, 101) = 1.585$   $p = .210$ . Conscientiousness  $R^2 = .022$   $F = 2.74$   $p = .100$ . Hence There was no significant relationship found between five factor (neuroticism, extroversion, openness to experience, . Conscientiousness, Agreeableness) models of personality and ability to meet deadline at any level of significance.

Neuroticism contributed to the **outcome satisfaction**  $R^2 = .009$  and  $P = .293$  and Extroversion contributed to the  $R^2 = .003$  and  $F = .393$ ,  $p = .532$ . Openness to experience contributed to  $R^2 = .001$ ,  $F = .064$   $p = .801$ . Conscientiousness  $R^2 = .021$   $F = .064$   $p = .801$ . Agreeableness contributed to  $R^2 = .007$ ,  $F = .864$ ,  $P = .354$ . Hence, there is not found any significance relationship between personality dimension & outcome satisfaction That's means personality are not contribute to active procrastination of sub factors at level of significance

Extroversion contributed to the **preference for pressure**  $R^2 = .016$  and  $F = .2057$ ,  $P = .154$ .  $R^2 = .041$ , Extroversion Neuroticism contributed to the  $R^2 = .041$  and  $F = 5.23$  and  $P = .024$  Openness to experience contributed to  $16\%$   $R^2 = .016$ ,  $F = .2057$   $P = .154$ . Conscientiousness  $R^2 = .088\%$   $F = 11.87$   $p = .001$ . Agreeableness contributed to  $R^2 = .001$ ,  $F = .085$ ,  $P = .771$ . Therefore There was a significant the pressure of preference and extroversion and conscientiousness at the level of 0.01 of significance level.

Openness to Experiences contributed to the **intentional decision**,  $R^2 = .042$ ,  $F = 5.412$ ,  $P = .022$ . Extroversion contributed to the  $R^2 = .033$  and  $F = 4.177$ ,  $P = .043$ , neuroticism contributed to  $R^2 = .079$  and  $F = 10.50$  and  $P = .002$ , Conscientiousness  $R^2 = .159$   $F = 21.76$   $p = .000$ . Agreeableness contributed to  $R^2 = .186$ ,  $F = 28.149$ ,  $P = .000$ . There was significance relationship between intentional decision neuroticism, conscientiousness, and agreeableness. In other words personality dimensions of neuroticism, conscientiousness, and agreeableness has significance relationship of active procrastination at the level  $< 0.05$ . And there was no relationship between intentional decision & extroversion and openness.

Conscientiousness contributed to **irrational procrastination**  $R^2 = .073$   $F = 9.731$   $p = .002$  Extroversion contributed to the  $R^2 = .43$  and  $F = .033$ ,  $P = .333$ . Openness to experience contributed to  $R^2 = .063$ ,  $F = 8.307$ ,  $P = .005$ . Conscientiousness Neuroticism  $R^2 = .003$  and  $F = .373$  and  $P = .542$ , Agreeableness contributed to  $R^2 = .035$   $F = 4.510$ ,  $P = .036$ . Hence there was significance relationship between neuroticism Openness to experiences, and irrational procrastination at the significant level of  $> 0.05$ .

Agreeableness contributed to **decisional procrastination**  $R^2 = .026$   $F = 3.283$ ,  $P = .072$ , Extroversion contributed to the  $R = .070$  and  $F = 9.303$ ,  $P = .003$ . Openness to experience contributed to  $R^2 = .013$   $F = 1.679$ ,  $P = .198$ , Conscientiousness and  $R^2 = .000$   $F = .028$ ,  $P = .867$  Neuroticism contributed to  $R^2 = .026$   $F = 3.283$ ,  $P = .072$ . Hence there was a found a relationship between decisional procrastination and extroversion at the significance level of 0.05, level. And there was no contribute of another personality dimensions such as neuroticism, openness to experiences, agreeableness and conscientiousness to Decisional procrastination.

#### IV. DISCUSSION

The study was conducted to examine the relationship between procrastination and big five factors of personality. According to the result obtained from this study, it is found that there is a positive relationship between neuroticism, conscientiousness, openness extroversion with procrastination and there is no relationship between agreeableness and procrastination.

Ability to meet deadline has no significant relationship with personality and outcome satisfaction also had no significant relationship with personality factors. Pressure of preference had significant relationship with extroversion conscientiousness intentional decision. There was a significant relationship between conscientiousness, and agreeableness. When literature is examined, Choi and Moran (2009) who studied the Big Five factors of personality, correlate with active procrastination. They found that only emotional stability and extraversion among the five personality traits were positively significantly related to active procrastination. Tang and others (2015) found neuroticism to be the only significant predictor of active procrastination. More recently, Kim and others (2017) found that extraversion and neuroticism were related to active procrastination. Decisional procrastination had significant relationship with extroversion. When review of literature is examined, decisional procrastination represents one of the most problematic issues the student who has to make decision according to situation and academic tasks (Mann 2016). Decisional procrastination correlated with extroversion,

personality where people are sociable, optimistic, outgoing and exciting orientation. It was found that students who exhibit higher level of extroversion had lower level of coping skills of academic performance. Irrational procrastination had significant relationship with openness. When review of literature is examined, there is no relationship between irrational procrastination and openness.

## V. CONCLUSION

- I. There is a significance relationship between neuroticism and intentional decision in active procrastination.
- II. There is a significance relationship between extroversion and preference for pressure and intentional decision in active procrastination.
- III. There is a significance relationship between openness and irrational procrastination.
- IV. There is a significance relationship between conscientiousness and preference for pressure, intentional decision in active procrastination and irrational procrastination.
- V. There is a significance relationship between agreeableness and irrational decision in active procrastination.

## Future suggestions

1. Future research can be done separately by taking more variables at a time and study their relationship and interdependence at length in depth.
2. Further research can be done on a sample better distribution and taken various colleges in India and other countries also
3. Further researches are required in future to explore on whether culture difference may influence the level of procrastination in male and female

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