



Procrastination, Fear of Negative Evaluation and Perceived Stress Among Emerging Adults

Aleena Susan Varughese¹, Ajeena Achu Biju², Aleena Sarah Varghese³, Jithu Shaji Varghese⁴,
Ms. Krupa Dinah Mathews⁵

^{1,2,3,4}UG – B.Sc. Psychology, Kristu Jyothi College of Management and Technology, Chethipuzha,
Kerala

⁵Assistant Professor, Kristu Jyothi College of Management and Technology, Chethipuzha, Kerala

Abstract

Procrastination refers to a form of self-regulation on failure characterized by the irrational delay of tasks despite potentially negative consequences. Fear of negative evaluation can be defined as the expectations that others would evaluate oneself negatively, anxiety about others, negative evaluation and anguish over the negative evaluation by others. Perceived stress refers to the degree to which events in a person's life are assessed as stressful, unpredictable and uncontrollable. The study was conducted to analyze the relationship between the procrastination, fear of negative evaluation and perceived stress among the emerging adults. The sample data were collected from 118 emerging adults from the commerce field and who fall in the age range 18-25. The participants were from different colleges. The tools used in the study are procrastination scale (PS), fear of negative evaluation (FNE) and perceived stress scale (PSS). Spearman Rho correlation was used to find the correlation and the statistical analysis used were SPSS. The findings showed that there is significant positive relationship between procrastination and perceived stress ($p < 0.01$) and also there is a significant positive relationship between procrastination and fear of negative evaluation ($p < 0.01$). The study concluded that the procrastination is highly correlated to fear of negative evaluation and perceived stress.

Keywords: Procrastination, Fear of negative evaluation, Perceived stress, Emerging adults, Commerce field, Spearman Rho correlation

1.Introduction

Emerging adults is a period in life which is followed by early adulthood. Usually, emerging adults are characterized as young adults of age range 18 to 25 age group. This is the period when a boy or girl steps on to a man or a woman. This period of life can be also said as the phase of life when a person faced by the change or growth physically, mentally and biologically. During this stage they tend to find their identity, creating more self-focus, taking more responsibilities and being an optimistic person in life. Usually in this phase adults have to be energetic, active and enthusiastic, rather most of the emerging adults are in a slothful or indolent condition. Some of them are too lazy to do the activities or tasks given to them and some others try to escape from or avoid the activities given to them. Due to all these reasons people in this age group tend to procrastinate the tasks they want to do. One of the most basic emotions of human being is the fear. But the fear has a huge level of impact in human behavior and in the day- to-day life of human being. Fear can affect a person in different ways; fear of death, fear of abandonment, fear of animals or insects, fear of water or height etc. All these can be characterized as a type of phobias. One such fear is the fear of negative evaluation or intense fear of failure (atychiphobia). Fear of negative evaluation can be defined as the expectations that others would evaluate oneself negatively, anxiety about others negative evaluation and anguish over the negative evaluation by others. The fear of negative evaluation can occur during this stage of life. Thus, the fear of negative evaluation reduces the self-

esteem, self-confidence and self-efficacy of an individual. Due to such thoughts, people tend to procrastinate the task that should be done by them. Procrastination refers to a form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequence. Mostly this kind of action is common in emerging adults. They may have the tendency to delay their works till the end of the deadline. The last variable stress can be explained as a negative feeling of human being. When a person is able to understand or measure their level of stress in a particular point of time it can be termed as perceived stress. Perceived Stress refers to the degree to which events in a person's life are assessed as stressful, unpredictable and uncontrollable (Cohen, Kamarck & Mermelstein, 1983; Philips, 2012) the extent to which a person can experienced perceived stress and in what all ways the reaction of the person influenced by several factors like personal characteristics, life events, social support and appraisal of the stressor. There are some many factors that are reliably associated with procrastination. They are long deadlines, temptations and distractions, low focus on study skill training, limited information for proper monitoring etc. And the fear of negative evaluation is truly an indication of social anxiety.

2. Methodology

2.1 Objective

The Objective of the study is to assess the relationship between Fear of negative evaluation, procrastination and perceived stress among emerging adults.

2.2 Hypothesis

2.2.1 There will be significant relationship between fear of negative evaluation and perceived stress among emerging adults.

2.2.2 There will be significant relationship between fear of negative evaluation and procrastination among emerging adults.

2.2.3 There will be significant relationship between perceived stress and procrastination among emerging adults.

2.3 Variables and operational definition

2.3.1 Fear of Negative Evaluation

Fear of negative evaluation can be defined as the evaluation apprehension done by others.

2.3.2 Procrastination

It refers to individuals who tend to delay a particular task even though it has a potential negative impact.

2.3.3 Perceived Stress

Perceived stress means the perception of an individual about the stressful situation which might/might not be stressful.

2.3.4 Emerging Adults

Emerging adults refers to those individuals belonging to the age range of 18 to 25.

emerging

2.4 Sample

2.4.1 Sample size of the study

The Sample consists of 118 emerging adults from the commerce field and who fall in the age between 18 to 25. The participants were from different colleges. In order to choose the sample, convenient sampling was used.

2.4.2 Inclusion Criteria

Emerging adults of age range 18 to 25, males and females belonging to commerce field specifically B.com & M.com were only included in the study.

2.4.3 Exclusion criteria

Emerging adults age range 18 to 25, males and females are belonging to courses other than B.com & M.com were excluded from the study.

2.5 Assessment tools

2.5.1 Fear of Negative Evaluation (FNE)

The Brief FNE was developed by Watson and Friend in 1969. The Brief FNE consist of 12 item statements and is rated on a five-point scale in which participants have to choose from 1(not all characteristics of me) to 5(extremely characteristic of me) terms of how characteristic each item is of the respondent.

2.5.2 Perceived Stress Scale

Cohen et al in 1983 developed the perceived stress scale, that contains 10 statements and it is 5-point Likert scale where participant have to choose from 0 (never) to 4 (very often).

2.5.3. Procrastination Scale

Developed by C.Lay in 1986. It is a 44-item scale and scoring are made like 5-point Likert scale (a=1 to e=5) and are summed for each academic activity ranging from 12 to 60. Score on reason for procrastination and interest in changing are added as separate scale. Total score can be obtained by adding all the subscale.

2.6 Research Design

Descriptive Research Design was used to study fear of negative evaluation, perceived stress and procrastination on emerging adults.

2.7 Data Collection Procedure

Tools for data collection are finalized for collection data from the target population and taken from different individuals. A g-form was sent to participants for the research. After taking the consent of the participant, clear instruction was given to fill the questionnaire and the participants were assured that the data collected will be confidential. The data collected were analyzed using SPSS.

2.8 Statistical Techniques

The data was analyzed using SPSS. Spearman Rho test was used to find out the strength of connection between the variables. It's a non-parametric test which was developed by Charles Spearman. This test is also known as Spearman's rank correlation coefficient.

3. Results and Discussion

3.1 Result

Table 4.1 Spearman's Correlation Coefficient and Sig (2- tailed) p-value of procrastination, Fear of Negative Evaluation, and perceived stress among adults

Variables		Fear of negative evaluation	Perceived stress	Procrastination
Fear of negative evaluation	r- value	1.000	.147	.428**
	p- value	.	.113	.000
Perceived stress	r- value	.147	1.000	.216*

	p- value	.113	.	.019
Procrastination	r- value	.428**	.216*	1.000
	p- value	.000	.019	.

* Correlation is significant at the 0.05 level (2- tailed).

** Correlation is significant at the 0.01 level (2- tailed).

Table 4.1 shows the Spearman's Correlation Coefficient and Sig (2 tailed) p-value of procrastination, fear of negative evaluation and perceived stress among emerging adults. The Spearman's correlation coefficient between the variables Fear of negative evaluation and procrastination is 0.428 and the corresponding p-value is 0.01. The Spearman's correlation coefficient between the variables fear of negative evaluation and perceived stress is 0.147 and the corresponding p-value is 0.113. The Spearman's correlation coefficient between the variables procrastination and perceived stress is 0.216 and the corresponding p-value is 0.01.

3.2 Discussion

The aim of the study is to measure the relationship between procrastination, fear of negative evaluation and perceived stress. The variables used in this study are procrastination, fear of negative evaluation and Perceived stress. Procrastination is defined as leaving the duties later and is observed distinctly often in individuals who have problems. Fear of negative evaluation is the most common type of fears that's researched as a cause of procrastination. Perceived stress causes negative effect on emotional well-being as well.

Table 4.1 shows the Spearman's Correlation Coefficient and Sig (2) p – value of procrastination, fear of negative evaluation and perceived stress among emerging adults. From the table 4.1 it can be inferred that there is positive relationship between fear of negative evaluation and procrastination among emerging adults which is significant at 0.01 level. Hence the hypothesis is accepted. This indicates that when fear of negative evaluation increases, procrastination increases and vice versa. This might be because emerging adults purposefully delay in preparing for any academic or non-academic activities to avoid thinking about it. They avoid such thoughts due to fear about how their performance will be evaluated by others rather than about knowing about their actual quality of the performance. Research indicates that procrastination is very common among emerging adults. In Steel's study approximately 75% of university students view themselves as procrastinators and a study conducted in Turkey found procrastination behaviors among 52% of university students. Furthermore, research reveals that the habits of procrastination can negatively affect student's academic positions, life quality and performance and it eventually leads to resulting in numerous diseases.

From the table 4.1 it can be inferred that there is positive relationship between procrastination and perceived stress among emerging adults which is significant at 0.01 level. Therefore, the hypothesis is accepted. Putting off tasks can cause tension. Negative effects of stress can be shown on emotional health. When stress levels rise, procrastination rises in instances when people are unable to complete their work by the due date or must delay jobs. From another angle, the tendency of emerging adults to put things off makes them more stressed. It implies that stress is caused by the negative automatic thoughts produced by procrastination. The main cause of the procrastination loop is the way each person thinks. According to cognitive behavioral theory

(CBT), people tend to focus on essential beliefs like power and success, and it has been observed that despair often results from feelings of inadequacy, incompetence, and unworthiness.

The table 4.1 shows that there is no significant relationship between fear of negative evaluation and perceived stress. Therefore, the hypothesis is rejected. Fear of receiving a bad evaluation and perceived stress do not significantly correlate. Because people lack confidence or have low self-esteem, they may worry that they will receive unfavorable criticism even though they are likely to perform well. Stress is likely to escalate because of the dread of being negatively evaluated. However, people's thought patterns have changed over time, so there is probably less of a potential for perceived stress to increase now that people are less conscious of what other people are thinking about them adversely.

CONCLUSION

The aim of the study is to find out the relationship between procrastination, fear of negative evaluation and perceived stress among the emerging adults. From findings it can be concluded that there is a significant positive relationship between procrastination and fear of negative evaluation among the emerging adults and also there is a significant positive relationship between procrastination and perceived stress among emerging adults. But there is no significant relationship between fear of negative evaluation and perceived stress among emerging adults.

Reference

- Abe et.al. (2020). The role of perceived stress and fear of negative evaluation in the process from alexithymia to over-adaptation. *PSYCHOLOGIA*, 62(3-4), 217–232. <https://doi.org/10.2117/psysoc.2020-a001>
- Bui, N. H. (2007). Effect of evaluation threat on procrastination behavior. *The Journal of Social Psychology*, 147(3), 197–209. <https://doi.org/10.3200/socp.147.3.197-209>
- Downing, V. R., Cooper, K. M., Cala, J. M., Gin, L. E., & Brownell, S. E. (2020). Fear of negative evaluation and student anxiety in Community College Active-Learning Science Courses. *CBE—Life Sciences Education*, 19(2). <https://doi.org/10.1187/cbe.19-09-0186>
- Khalid A, Zhang Q, Wang W, Ghaffari AS, Pan F. The relationship between procrastination, perceived stress, saliva alpha-amylase level and parenting styles in Chinese first year medical students. *Psychol Res Behav Manag*. 2019 Jul 3; 12:489-498. Doi: 10.2147/PRBM.S207430. PMID: 31308770; PMCID: PMC6619418
- Preston EG, Villarosa-Hurlocker MC, Raposa EB, Pearson MR, Bravo AJ; Protective Strategies Study Team. Fear of negative evaluation and suicidal ideation among college students: the moderating role of impulsivity-like traits. *J Am Coll Health*. 2021 Mar 24:1-7. Doi: 10.1080/07448481.2021.1891919. Epub ahead of print. PMID: 33759729; PMCID: PMC9007699
- Shafique, N., Gul, S., & Raseed, S. (2017). Perfectionism and perceived stress: The role of fear of negative evaluation. *International Journal of Mental Health*, 46(4), 312–326. <https://doi.org/10.1080/00207411.2017.1345046>