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## **Bedtime Procrastination and Thought Control Among Hostellers and Day Scholars**

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### **Abstract**

Procrastination is a prevalent and problematic phenomenon. that up to 46% of college students report procrastinating on specific academic tasks (Solomon and Rothblum, 1984). Bedtime procrastination is an important factor related to getting insufficient sleep and consequently, it has the potential to affect individual well-being and thought control. This study attempts to study the effect of bedtime procrastination on thought control in a sample of hostellers and day scholars (N=82) within the age group of 18 to 22. The questionnaire from the bedtime procrastination scale was developed by Kroese et al. (2016) and the thought control scale was Developed by Adrian Wells and Mark I. Davies. The sampling technique used in the study was convenience sampling techniques and was analyzed using a spearman correlation method. The findings indicated that there is a significant relationship between bedtime procrastination and thought control. Thus bedtime procrastination had an impact on thought control among hostellers and day scholars.

**Key Words:** Bedtime procrastination, thought control, day scholars, hostellers

### **1.Introduction**

Students are considered the most potential unit of future human resources in a country like ours, which relies greatly on the strength of its human resources. In such a scenario college is about much more than just coursework. A campus is its world, and students have the chance to experience a wide range of activities. A hostel is a place where usually students live in a supervised environment. Students come from near and far places to earn their degrees. Students who stay far away often move into a hostel near the campus for an easy commute in their busy college life. Hostel life has a great impact on the academic achievement, health status, and sleep pattern of the students. On the other hand, scholars travel from home to college. They can enjoy their college life while staying in the comfort of their homes. They do not come across issues such as unappetizing food, hostel ragging, and homesickness, but they sure do envy the freedom and independence of their hostel buddies.

Sleep is essential for physical and psychological restoration after a long and tiring day. Due to their hectic schedules and huge coursework, students, in particular, are known to have erratic sleep patterns and suffer from sleep disturbances, fatigue, and mood changes. According to a study published (2005) by the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS), it is recommended that adults aged 18 to 60 years should sleep seven or more hours per night regularly for ideal sleep health.

A country's name and fame rest on the educated youth. In other words, the students are the real treasure of any country. Adequate sleep contributes to a student's overall health and well-being. College students who prioritize sleep are likely to see an improvement in their academic performance. Nowadays college students unnecessarily delay going to bed, especially when they know that doing so is bad for them. Procrastination is a prevalent and problematic phenomenon that has mostly been studied in the domain of academic behavior. According to a study conducted among Chinese University Students (2020), it was seen that 427 undergraduate students participated. Among them, those with a higher smartphone addiction tendency reported having worse sleep quality than the rest. Bedtime procrastination is an important factor related to getting insufficient sleep and consequently, it has the potential to affect individual well-being. According to a study done in 2014 by Floor,

Denise, Catherine, and Marieke, bedtime procrastination is defined as failing to go to bed at the intended time, while no external circumstances prevent a person from doing so. Getting sufficient sleep is increasingly being recognized as essential for people to function optimally, with studies showing that sleep deficiency is related to concentration and memory problems (Ram et al., 2010), but also more severe outcomes such as obesity, hypertension, and cardiovascular disease (Buxton and Marcelli, 2010; Sabanayagam and Shankar, 2010). Anecdotal evidence indeed shows that bedtime procrastination is a common experience for many, but scientific literature describing this phenomenon is lacking.

In another study by Dr. Marcus Harrington, from the University of York, when the ability of participants to suppress intrusive thoughts was tested while they were either sleep deprived or well rested it was found that sleep-deprived participants suffered an increase in unwanted thoughts of nearly 50% compared to those who had a good night's sleep. Therefore bedtime procrastination may affect thought control, which is the ability to inhibit one's own unpleasant or unwanted intrusive thoughts.

Human personality is shaped by the experiences of life. When a child is born the family provides a protective environment for the child, at the beginning the interactions are limited, but later social interactions increase, and the process of socialization starts, which enables the individuals to become effective members of society. A human's lifestyle and personality are affected by his/her surroundings. Therefore the social structure plays a vital role in the development of personality and behavior.

Hostel life expands the social circle of the hostel students because hostels are a combination of multicultural social groups. The personality characteristics associated with the hostel students are such as they are considered to be confident, punctual, social, realistic, compromising, responsible, and sharp in many domains of life. During hostel stay, students learn to live with different types of individuals, and hostel life also increases the students' level of patience. It prepares students to accept challenges in practical life. Individual differences are very common among hostel roommates.

Day Scholars on the other hand live in the comfort of their homes. Most of the time they stay with their parents or local guardians and don't have much interaction with kids of their age back home. They are privileged to get better food and are saved from homesickness that hostellers often find themselves navigating through. Day scholars, however, are confined within the comforts of their own homes, and depending on their parents they have varying amounts of freedom to sleep and study as they wish.

Bedtime procrastination is a relatively new term that grew all the more relevant during the pandemic times. However, not a lot of studies have been done on the effect of bedtime procrastination and thought control, especially among day scholars and hostellers. Such a study can help us gain a clear picture of the cognitive effects of bedtime procrastination, thus helping us outline possible interventions for the same.

Hence this study focuses on and analyzes the relationship between bedtime procrastination and thought control among hostellers and day scholars .

## **2.Review of literature**

A study conducted by Ai Ni Teoh, Evangel Yi En Ooi, and Alyssa Yenyi Chan(2021) about the serial mediation effect of inattention and bedtime procrastination on 270 participants(women=198 and men=72) aged between 18 and 69 showed that fidgeting and mind wandering, respectively, were associated with poor sleep quality indirectly via bedtime procrastination only. The findings shed light on how boredom affects bedtime procrastination and brought important implications to the interventions in dealing with bedtime procrastination.

In a study conducted by Romana Kadzikowska-Wrzosek(2018) on the role of self-regulation skills and chronotype on 304 participants where they were asked to complete measures of self-regulation, morningness-eveningness, bedtime procrastination, and subjective indicators of the amount and

quality of sleep showed that bedtime procrastination was negatively correlated with hours of sleep and positively correlated with frequencies of perceived insufficient sleep and daily fatigue. Moreover, bedtime procrastination was negatively related to self-regulation skills and morningness. The results confirm that low self-regulation skills may account for higher bedtime procrastination.

The case study conducted by Timothy J Valshtein, Gabriele Oettingen, and Peter M Gollwitzer(2020) used mental contrasting to effectively self-regulate bedtime procrastination in two randomized trials among undergraduate students. In the study, participants participated either in an online self-regulation exercise called mental contrasting with implementation intentions(MCII) or a motivationally relevant control exercise(study 1), or a sleep hygiene control group (Study 2). Later they assessed the outcomes for three weeks (Study 1) or one week (Study 2) and it was found that MCII (compared to control) increased commitment to reducing bedtime procrastination.

Guanghai Cui, Yongtian Yin, Shaojie Li, Lei Chen, Xinyao Liu, Kaixuan Tang, and Yawen Li(2021) conducted a study on the Longitudinal relationships between problematic mobile phone use, bedtime procrastination, sleep quality, and depressive symptoms in Chinese college students. Overall, 1181 college students completed questionnaires on problematic mobile phone use, bedtime procrastination, sleep quality, and depressive symptoms at two-time points 12 months apart. A cross-lagged model was used to examine the longitudinal relationship between these factors. Problematic mobile phone use predicted subsequent sleep quality one way, and bedtime procrastination predicted subsequent depressive symptoms one-way.

Jing Guo, Dexin Meng, Xiaohan Ma, Liwei Zhu, Limin Yang, and Li Mu (2020) conducted a study on The impact of bedtime procrastination on depression symptoms in Chinese medical students. The study was conducted on a total of 419 Chinese medical students and 401 participants over 17–23 years. The prevalence of depression symptoms in Chinese medical students was 26.9%. The mean BPS scores were significantly higher in the depressed group than in the non-depressed group. Further correlation and multiple linear regression analyses demonstrated that the BDI scores were significantly and positively associated with the BPS scores in students without depression.

### **3.Hypotheses**

- i)There will be no significant relationship between bedtime procrastination and thought control among day scholars and hostellers
- ii)There will be no significant relationship between bedtime procrastination and distraction among day scholars and hostellers
- iii)There will be no significant relationship between bedtime procrastination and social among day scholars and hostellers
- iv)There will be no significant relationship between bedtime procrastination and worry among day scholars and hostellers
- v)There will be no significant relationship between bedtime procrastination and punishment among day scholars and hostellers
- vi)There will be no significant relationship between bedtime procrastination and reappraisal among day scholars and hostellers
- vii)There will be no significant difference in bedtime procrastination among day scholars and hostellers.
- viii)There will be no significant difference in thought control among day scholars and hostellers.

### **4.Objectives**

- i)To assess the relationship between bedtime procrastination and thought control among hostellers and day scholars.
- ii) To assess the relationship between bedtime procrastination and distraction among day scholars and hostellers

- iii) To assess the relationship between bedtime procrastination and social among day scholars and hostellers
- iv) To assess the relationship between bedtime procrastination and worry among hostellers and day scholars.
- v) To assess the relationship between bedtime procrastination and punishment among hostellers and day scholars.
- vi) To assess the relationship between bedtime procrastination and reappraisal among hostellers and day scholars.
- vii) To assess the relationship in bedtime procrastination among hostellers and day scholars.
- viii) To assess the relationship in thought control among hostellers and day scholars.

### 5. Methodology

The sample includes college students and the sample size is 82 where 42 hostellers and 39-day scholars belong to the age group 18-24 years old. The sample comprised 70.7% males and 29.3% females. The data were collected from undergraduate college students from the Kottayam, Pathanamthitta, Ernakulam, Idukki, and Trivandrum districts of Kerala. The sampling technique used for the study was convenient sampling, The data was collected using the Google platform with a consent form that ensured that the data collected shall be used only for research purposes and shall be fully confidential. The participants were selected based on the inclusion criteria. Socio-demographic details of the participant were recorded for this study.

Spearman's rank correlation statistical analysis was used to analyze the data and the Mann-Whitney U test is used to compare differences between the two groups. The statistical data were analyzed using the IBM SPSS software version. 25.

The data were collected using the questionnaire on bedtime procrastination, which was invented by Kroese et al. (2016). The scale consists of nine items and all of them can be answered on a Likert-Scale from 1 to 5 (never, rarely, sometimes, often, always). A total score was calculated for each participant by adding the scores of each item. The scale has Cronbach's  $\alpha = 0.92$  and also has established a good concurrent and discriminant validity.

The thought control questionnaire was Developed by Adrian Wells and Mark I. Davies. The TCQ is a 30-item instrument designed to assess strategies for controlling unpleasant and unwanted thoughts. The total TCQ score is obtained by summing the individual subscales. The TCQ has very good internal consistency, with alphas ranging from 0.64 to 79. The IS also has established a good concurrent and discriminant validity.

### 6. Result

The collected data was analyzed based on the formulated objective and hypothesis. The scores of bedtime procrastination and thought control were assessed. The findings have been presented in the table.

**Table 1:**  
**Analysis of relationship between bedtime procrastination and thought control among day scholars and hostellers.**

Variables	Bedtime procrastination
Thought control	0.156
Distraction	-0.036
Social	0.119

<b>Worry</b>	<b>0.404**</b>
<b>Punishment</b>	<b>0.018</b>
<b>Reappraisal</b>	<b>0.035</b>

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

The relationship between bedtime procrastination and indecisiveness is shown in table 1. Bedtime procrastination was positively correlated to thought control .The value is not significant( $r=0.156$ ). Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and thought control among day scholars and hostellers.” is accepted. Bedtime procrastination was negatively correlated with distraction. A significant relationship was found( $r=-0.036$ ). The value is significant. Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and distraction control among day scholars and hostellers.” is rejected. Bedtime procrastination was positively correlated to social. .The value is not significant( $r=0.119$ ). Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and social among day scholars and hostellers.” is accepted. Bedtime procrastination was positively correlated to worry. A significant relationship was found( $r=0.404^{**}$ ) .The value is significant at the 0.01 level (2-tailed). Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and worry among day scholars and hostellers.” is rejected. Bedtime procrastination was positively correlated to thought punishment. A significant relationship was found( $r=0.018$ ) .The value is significant. Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and punishment among day scholars and hostellers.” is rejected. Bedtime procrastination was positively correlated to reappraisal. A significant relationship was found( $r=0.035$ ) .The value is significant. Therefore the null hypothesis which states that “There will be no significant relationship between bedtime procrastination and reappraisal among day scholars and hostellers.” is rejected.

**Table 2:**  
**Analysis of difference between thought control and bedtime procrastination among day scholars and hostellers**

<b>Variables</b>	<b>Mode of stay</b>	<b>N</b>	<b>Mean rank</b>	<b>Sig</b>
<b>Thought control</b>	<b>Day scholars</b>	<b>39</b>	<b>42.85</b>	<b>.496</b>
	<b>Hosteller</b>	<b>42</b>	<b>39.29</b>	
<b>Bedtime procrastination</b>	<b>Day scholars</b>	<b>39</b>	<b>40.94</b>	<b>.981</b>
	<b>Hostellers</b>	<b>42</b>	<b>41.06</b>	

Table 2 shows the analysis of significant differences in thought control and bedtime procrastination among day scholars and hostellers. The mean rank of thought control among day scholars and

hostellers is 42.85 and 39.29 respectively. The U value was found to be 747 and the significance value was found to be 0.496 for thought control. Therefore the null hypothesis which states that "There will be no significant difference between thought control among day scholars and hostellers" is rejected. Therefore thought control is slightly higher in day scholars than in hostellers.

The mean ranks of bedtime procrastination among day scholars and hostellers are 40.94 and 41.06 respectively. The U value was found to be 816.5 and the significance value was found to be 0.981 for bedtime procrastination. Therefore the null hypothesis that "There will be no significant difference between bedtime procrastination among day scholars and hostellers" is rejected. Therefore bedtime procrastination is slightly higher in hostellers than in day scholars.

## 7. Discussion

As the relation between bedtime procrastination and thought control was examined in the study, a significant relationship was found between bedtime procrastination with most factors of thought control. These findings were consistent with the results in the study conducted by Romana Kadzikowska-Wrzosek (2018) on the role of self-regulation skills and chronotype. Thus it can be inferred that there is a correlation between bedtime procrastination and thought control.

Among the six subscales, social value is not significant. This shows there will be no significant relationship between bedtime procrastination and social among day scholars and hostellers. The result may reflect this because of failure to encode memory, forgetting, misinterpreting the question, flawed judgment or poor estimation, answer formatting, dishonesty, and not following instructions. Secondly, among the six subscales, the worry was positively correlated to bedtime procrastination with a 99 percent level of significance. This shows how much bedtime procrastination would correlate to worry. The more worry an individual has over their decision the more chances are for an individual to be prone to bedtime procrastination. This result is inconsistent with a study conducted by Romana Kadzikowska-Wrzosek (2018) on the role of self-regulation skills and chronotype. Finally, distraction, punishment, and reappraisal are correlated with bedtime procrastination, it indicates the relationship between the two increases or decreases simultaneously. Here there exists a significant correlation between the two that is confirmed by the study.

From the analysis of the difference between thought control among day scholars and hostellers. The mean rank of thought control among day scholars is slightly higher than hostellers. This shows day scholars thought control is slightly higher than hostellers. The result may reflect this because day scholars, however, are confined within the comforts of their own homes and good quality sleep and thought control, and not all survey participants will be good at judging or estimating past behavior or future behavior. Secondly, from the analysis of the difference between bedtime procrastination among day scholars and hostellers. The mean ranks of bedtime procrastination among hostellers are slightly higher than day scholars. This shows hostellers are slightly more prone to bedtime procrastination than day scholars. This result is because hostellers are not confined within the comforts of their own homes and the personality characteristics associated with the hostel students are such as they are considered to be social, realistic, and compromising.

## 8. Conclusions

Findings revealed that a significant relationship exists between these variables in day scholars and hostellers. Thus bedtime procrastination had an impact on thought control in day scholars and hostellers. Thought control is slightly higher in day scholars than in hostellers and bedtime procrastination is slightly higher in hostellers than in day scholars.

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