



**PROCRASTINATION AND MENTAL HEALTH: EXPLORING LINKS TO ANXIETY  
AND DEPRESSION IN STUDENTS**

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**Abstract**

Procrastination is a common behavioral pattern among students that is often underestimated in its impact on academic performance and psychological well-being. This paper synthesizes existing research on the relationship between procrastination and mental health, with particular focus on its association with anxiety and depression in higher-education students. Drawing on a narrative literature review of studies published between 2007 and 2024, the analysis identifies consistent evidence that chronic procrastination correlates with heightened symptoms of anxiety and depression, as well as poorer academic outcomes. Psychological factors such as fear of failure, low self-efficacy, perfectionism, and emotional regulation difficulties emerge as recurrent drivers of procrastinatory behavior. The review further highlights that procrastination functions not merely as a time-management issue but as a maladaptive coping mechanism that reinforces cycles of distress and underperformance. Findings emphasize the need for integrated interventions that address both academic skills and underlying emotional challenges, bridging the gap between mental health support and academic counselling. By consolidating insights from diverse empirical and theoretical studies, this paper provides a holistic perspective on how procrastination and mental health are interlinked, and how targeted strategies can support student well-being and success.

**Keywords:** Procrastination, Mental Health, Anxiety, Depression, Students, Academic Performance, Emotional Regulation

**Introduction**

Procrastination, the voluntary delay of an intended course of action despite expecting to be worse off for the delay, has become an increasingly prevalent behavior among students in academic settings. While occasionally dismissed as a time management issue or a harmless habit, emerging research suggests that procrastination may have deeper psychological implications. Students who frequently procrastinate often experience negative academic outcomes, heightened stress levels, and a deteriorated sense of well-being. The student phase of life is marked by high academic demands, social pressures, and critical personal development, making it a sensitive period for mental health challenges. Among these, anxiety and depression have shown a disturbing rise in prevalence, raising concerns about their underlying causes and contributing factors (Constantin et al. 2018). Procrastination, as a self-defeating behavior, is increasingly being examined as a potential correlate and even a contributor to such mental health issues. This study aims to explore the



# Interdisciplinary Journal of Information, Knowledge, and Management

*An Official Publication  
of the Informing Science Institute  
InformingScience.org*

**Vol. : 20, Issue 2, 2025**  
**ISSN: (E) 1555-1237**

complex relationship between procrastination and mental health, with a specific focus on anxiety and depression among students (Schouwenburg, 2004). By investigating the psychological and behavioral patterns that link these variables, this research seeks to deepen the understanding of how academic procrastination may serve as both a symptom and a source of mental distress. Through this exploration, the study will provide insights that can inform interventions aimed at improving students' academic performance and psychological well-being.

Procrastination is a widespread behavioral tendency characterized by the intentional delay of tasks despite knowing that the delay may have negative consequences. Among students, procrastination often manifests in the postponement of assignments, avoidance of study sessions, and general disengagement from academic responsibilities. Although it is sometimes regarded as a minor behavioral issue or a temporary lapse in motivation, recent research has brought to light its profound psychological and emotional consequences. The academic environment, with its stringent deadlines and high expectations, often amplifies the effects of procrastination, making it a serious concern for students' mental health (Constantin et al. 2018). Over the past decade, there has been a noticeable increase in the prevalence of anxiety and depression among student populations. Academic pressures, social comparisons, and the transition into adulthood all contribute to this growing mental health crisis. Procrastination, when chronic, may exacerbate these mental health issues by creating a cycle of guilt, shame, low self-esteem, and a perceived loss of control.

Studies have shown that procrastination is not merely a time management issue but is often linked to emotional regulation difficulties, fear of failure, perfectionism, and self-doubt. These factors are also frequently observed in individuals suffering from anxiety and depression, suggesting a potential overlap in the underlying psychological mechanisms. Furthermore, procrastination can lead to increased stress and a sense of being overwhelmed, both of which are common precursors to mental health problems (Johansson et al. 2023). The purpose of this research is to examine the intricate relationship between procrastination and mental health, with a specific emphasis on anxiety and depression in student populations. By identifying patterns, causes, and effects, the study aims to uncover whether procrastination acts as a predictor, consequence, or co-occurring factor of mental health disorders. Additionally, the research will explore demographic variations, coping strategies, and the role of academic systems in either mitigating or aggravating this issue. Understanding the links between procrastination and psychological well-being is vital for educators, counselors, and policymakers. Effective interventions can only be developed once the behavioral and emotional dimensions of procrastination are fully understood. This study therefore holds significant importance in promoting not only academic success but also long-term mental resilience in students.



### **Importance of the Study**

The significance of this study lies in its potential to address a growing concern in educational and psychological domains—the intersection of procrastination and student mental health. In academic environments, where success often hinges on productivity and performance, procrastination is frequently dismissed as a trivial or manageable habit. However, growing evidence suggests that it is closely tied to more serious mental health concerns, particularly anxiety and depression. Understanding this link is essential for developing effective support systems for students (Ferrari and Díaz-Morales, 2014). First, this study can contribute to early identification of students who may be at risk. By recognizing procrastination as a potential warning sign of underlying emotional distress, educators and mental health professionals can intervene more proactively. Second, the research aims to bridge gaps in the literature by examining not only the behavioral aspects of procrastination but also its emotional and cognitive roots, offering a more holistic perspective. Moreover, the findings of this study can inform the development of mental health programs, academic counseling strategies, and self-help resources that specifically address the unique challenges students face. As mental health concerns continue to rise in educational institutions globally, tailored interventions that consider behavioral patterns like procrastination are more necessary than ever. Finally, the study will benefit students themselves by enhancing their self-awareness and equipping them with knowledge to make healthier academic and personal decisions (Mitchell, 2022). Promoting psychological resilience, emotional regulation, and better time management practices through evidence-based research can ultimately lead to improved academic outcomes and overall well-being.

Procrastination has long been regarded as a common, almost inevitable, part of student life. However, its frequent occurrence and growing association with psychological distress underscore the need to view it not merely as a study habit but as a potential indicator of deeper emotional struggles. This study is important because it brings attention to the hidden mental health costs of procrastination, particularly its relationship with anxiety and depression, which are increasingly prevalent among students today. In academic settings, students are expected to meet deadlines, manage multiple responsibilities, and perform consistently often under significant stress. For those who struggle with procrastination, these expectations can lead to a cycle of avoidance, self-criticism, and emotional exhaustion. Over time, such patterns may increase vulnerability to anxiety and depression or worsen existing mental health conditions. This research provides insight into these dynamics, making it possible to differentiate between occasional procrastination and behavior that signals psychological risk. The study is also important in promoting mental health awareness and destigmatization. Many students silently suffer from the emotional consequences of procrastination—feeling lazy, incompetent, or guilty—without realizing that these feelings may stem from treatable mental health issues. By highlighting the emotional and cognitive components of procrastination, the research can help break the



stigma and encourage students to seek support without shame. The findings can influence the development of targeted interventions that go beyond generic time-management techniques (Mitchell, 2024). While workshops on productivity are common, many fail to address the emotional roots of procrastination, such as fear of failure, low self-efficacy, or perfectionism. This study can help educational institutions, counselors, and psychologists design holistic support systems that integrate emotional regulation, cognitive behavioral strategies, and academic coaching.

### **Justification Of the Study**

The increasing rates of anxiety and depression among students demand urgent academic and psychological attention. At the same time, procrastination has emerged as a common behavioral issue in student populations, often dismissed as a simple lack of discipline or motivation. However, recent studies suggest that procrastination is not merely an academic concern but may be deeply rooted in emotional and psychological struggles (Mao et al. 2023). This study is justified by the need to understand procrastination as a potential symptom or contributing factor to mental health disorders, especially anxiety and depression. By examining the links between these variables, the research will offer valuable insights into how academic behaviors reflect and impact emotional well-being. Furthermore, while educational institutions frequently implement time-management or productivity workshops, they often overlook the psychological dimensions of procrastination. This study aims to bridge that gap by providing evidence that can inform more targeted, emotionally sensitive support strategies. Procrastination is a widespread behavioral pattern among students that often leads to missed deadlines, academic underperformance, and feelings of guilt and inadequacy (Constantin et al. 2018). While traditionally viewed as a time-management or motivational issue, growing research suggests that procrastination may be more deeply intertwined with emotional regulation problems and mental health conditions, particularly anxiety and depression. Despite this connection, procrastination remains under-addressed in both academic and psychological interventions, highlighting a pressing need for more in-depth exploration.

The justification for this study lies in its focus on the psychological implications of procrastination. Understanding the emotional and cognitive factors that contribute to procrastinatory behavior can provide a new perspective on how students cope with academic stress and personal expectations. Many students who procrastinate do so not because of laziness, but due to fear of failure, low self-esteem, perfectionism, or overwhelming emotional burdens. These are also common features in individuals struggling with anxiety and depression, suggesting a shared psychological foundation that warrants academic inquiry. This study is also justified by its potential to inform practical solutions (Weigelt et al. 2019). Current institutional responses to procrastination often revolve around time management tools or productivity tips, which are largely ineffective for students experiencing deeper emotional challenges. By establishing a clear connection



between procrastination and mental health, this research can encourage the development of integrated support systems that address both the academic and psychological needs of students. These may include counselling services, cognitive-behavioural techniques, emotional support programs, and awareness initiatives within educational institutions.

### **Research Question(s)**

This study is guided by the following research questions:

RQ1: What does existing empirical and theoretical literature report about the relationship between academic procrastination and symptoms of anxiety and depression among higher-education students?

RQ2: What psychological mechanisms are most consistently linked to procrastination in student populations?

RQ3: How have prior studies conceptualized procrastination as a predictor, consequence, or co-occurring factor of mental health problems?

RQ4: What types of interventions or institutional strategies have been proposed or evaluated to reduce procrastination and mitigate its mental-health impacts?

### **Methodology**

This paper employs a narrative literature review to synthesize existing evidence on links between academic procrastination and mental health (anxiety and depression) among higher-education students. We focused on peer-reviewed studies, dissertations, and reputable conference papers that examine prevalence, mechanisms (e.g., rumination, perfectionism, self-efficacy), and outcomes (academic and psychological). The review window spans 2007–2024 to capture both foundational and recent work, aligning with the sources already cited in the manuscript. No primary data were collected and no statistical meta-analysis was undertaken.

A structured search was conducted across Google Scholar, PubMed, PsycINFO, and Scopus using combinations of keywords such as “academic procrastination,” “PASS,” “students,” “anxiety,” “depression,” “mental health,” “coping,” and “achievement goals.” Inclusion criteria were: (i) higher-education samples; (ii) measures or analyses related to procrastination and anxiety/depression (or closely related mental-health outcomes); (iii) English language; and (iv) empirical or review/theoretical pieces offering interpretable findings. Exclusions were studies on non-student populations, non-academic procrastination, and editorials without empirical or theoretical contribution. We also used backward and forward citation tracking from key sources already referenced to ensure coverage and reduce selection bias.

Two-stage screening (titles/abstracts, then full texts) guided selection. For each included study, we extracted design, sample characteristics, instruments (e.g., PASS where applicable), and principal findings on associations, mediators (e.g., rumination), and/or interventions. Findings were integrated through thematic synthesis across four lenses: (1) prevalence and academic impact; (2) psychological mechanisms (emotion regulation, perfectionism, self-efficacy); (3) longitudinal/associational evidence; and (4) coping and



motivational frameworks. Where results diverged, we note methodological constraints (e.g., cross-sectional designs) rather than pool effects. As this is a secondary synthesis, no ethics approval was required.

### **Literature Review**

Ahmed et al. (2023) explore the prevalence of academic procrastination among students and its detrimental impact on academic outcomes. Their study, conducted in biomedical and biotechnology education settings, reveals that a significant proportion of students frequently delay academic tasks, leading to stress, poor performance, and dissatisfaction. The researchers identify procrastination as not merely a time management issue but a behavioral concern influenced by psychological and situational factors. The study emphasizes that students experiencing high levels of procrastination often exhibit reduced academic achievement and increased emotional distress. They also note a correlation between procrastination and negative health outcomes due to increased stress and disrupted sleep patterns. The authors call for institutional intervention strategies, including counseling, time management training, and awareness programs to help students address and reduce procrastination. Their findings add to the growing evidence that academic procrastination is a widespread and harmful habit requiring structured academic and psychological support.

Alaya et al. (2021) investigate factors contributing to academic procrastination in university students and its impact on performance. Using a cross-sectional study among Tunisian students, they find that psychosocial stressors, low motivation, and poor self-regulation are the primary causes of procrastination. The research indicates that students who frequently procrastinate tend to perform worse academically, struggle with anxiety, and report lower overall satisfaction with their academic experiences. Interestingly, the study identifies gender and discipline-specific differences in procrastination tendencies. For example, female students reported higher stress but also higher resilience, while students in technical fields showed a different procrastination pattern than those in humanities. Their findings advocate for institutional measures such as targeted academic counseling and skill-building workshops to mitigate procrastination tendencies and enhance student performance.

Amit et al. (2021) propose a framework for preventing procrastination and enhancing productivity, particularly among students and early-career professionals. Presented at the IEEE ICPSC conference, the paper outlines a systematic approach that integrates psychological, behavioral, and technological solutions to combat procrastination. Their model includes real-time feedback mechanisms, behavioral nudges, task segmentation, and the use of productivity tools such as digital planners and gamified reminders. The authors emphasize the importance of self-awareness and goal-setting in overcoming habitual procrastination, as well as the role of mentorship and peer accountability. Unlike many studies that focus solely on causes and symptoms, this framework-oriented paper is action-based and aims to equip institutions and individuals with practical tools to foster sustained focus and engagement. The authors also recommend integrating anti-



# Interdisciplinary Journal of Information, Knowledge, and Management

*An Official Publication  
of the Informing Science Institute  
InformingScience.org*

**Vol. : 20, Issue 2, 2025**  
**ISSN: (E) 1555-1237**

procrastination strategies into educational curricula and digital learning platforms. This paper contributes significantly to the field by shifting the focus from diagnosis to prevention, offering scalable interventions for real-world academic and workplace settings.

Balkis and Duru (2007) evaluate the core psychological dimensions of procrastination through the lens of psychological counseling and guidance. The paper identifies procrastination as a cognitive-behavioral issue influenced by low self-efficacy, irrational beliefs, and poor emotional regulation. Through empirical and theoretical analysis, they propose that procrastination should be addressed not only through time management but also by enhancing self-regulation and motivation. Their study categorizes procrastinators into groups—avoidant, arousal, and decisional—each associated with different behavioral patterns and emotional states. The researchers argue that procrastination is often a learned coping mechanism for dealing with academic pressure, fear of failure, or perfectionism. Importantly, they advocate for the role of school counselors and educators in identifying students prone to procrastination and offering tailored psychological interventions. Chang (2018) conducted a doctoral dissertation examining the psychological factors associated with procrastination among college students. The study utilized a mixed-methods approach to explore the relationship between procrastination and psychological variables such as anxiety, self-esteem, fear of failure, and emotional dysregulation. The findings indicate that students who procrastinate frequently exhibit higher levels of anxiety and perfectionism, as well as lower self-confidence. Chang's research reveals that procrastination is often not the result of laziness but rather a complex behavioral response to internal pressures and fear of not meeting expectations. The study also highlights that procrastinators tend to overestimate the time they have and underestimate the effort required to complete tasks, leading to chronic delays. Cognitive distortions—such as “I work better under pressure”—further reinforce these habits. Chang advocates for interventions that target thought patterns and emotional regulation strategies, including cognitive-behavioral therapy (CBT) and mindfulness training. The dissertation adds value to academic literature by presenting a holistic view of the cognitive and emotional mechanisms underlying procrastination and emphasizes the importance of mental health support in educational institutions.

Constantin et al. (2018) explore the mediating role of rumination and worry in the relationship between procrastination, anxiety, and depression among students. Their study identifies rumination—persistent, repetitive thinking about negative experiences—as a stronger predictor of procrastination than worry. Using structural equation modeling, the researchers find that students who ruminate tend to delay tasks more often, which in turn leads to feelings of guilt, anxiety, and low academic achievement. Interestingly, the study distinguishes between trait procrastination (habitual) and situational procrastination (context-driven), showing that both are linked to emotional distress but through different psychological mechanisms. The authors conclude that interventions should address not just behavioral symptoms but also underlying thought



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processes. Mental health professionals are encouraged to focus on strategies like cognitive restructuring and metacognitive therapy to break the procrastination-rumination cycle. This research makes a significant contribution by connecting procrastination to broader mental health concerns and suggesting that emotional patterns—especially unproductive thinking—are critical in both the development and resolution of chronic delay behavior.

Ferrari and Díaz-Morales (2014) present a brief but focused study on the connection between procrastination and mental health coping mechanisms among students. Their research examines how procrastinators cope with academic stress and whether these strategies promote or hinder psychological resilience. The study finds that chronic procrastinators often employ maladaptive coping strategies, such as denial, avoidance, and substance use, rather than proactive methods like planning or seeking support. The authors suggest that procrastination acts as a dysfunctional way of regulating stress and emotions, which ultimately exacerbates the problem rather than resolving it. Moreover, their findings reveal that students who score high in procrastination also report low self-esteem and reduced life satisfaction. The study calls for early identification of at-risk students and the implementation of coping-skills training programs in schools and colleges. Although brief, this work adds valuable insight into how poor coping reinforces the procrastination cycle and underlines the importance of addressing both behavioral and emotional aspects of the issue.

Ganesan et al. (2014) examine the relationship between procrastination and the 2x2 achievement goal framework in a sample of Malaysian undergraduates. This framework categorizes student motivation into four types: mastery-approach, mastery-avoidance, performance-approach, and performance-avoidance. The study finds that students with mastery-approach goals—those focused on learning and competence—are least likely to procrastinate. In contrast, those with avoidance-oriented goals show higher tendencies to delay tasks. These students often fear failure or negative evaluation, leading to disengagement and postponement of academic responsibilities. Interestingly, the research suggests that cultural factors also influence procrastination behavior, as Malaysian students may internalize achievement pressure differently than Western peers. The study concludes that fostering intrinsic motivation and reframing goals to be more growth-oriented can reduce procrastination and enhance academic outcomes. Educational institutions are encouraged to incorporate goal-setting workshops, reflective learning, and motivational training to cultivate a more adaptive achievement mindset among students. This study is significant as it bridges motivational psychology and procrastination behavior, offering a culturally nuanced understanding of how students' goals shape their academic engagement.



### Literature Review Table

Author(s) & Year	Title	Key Findings	Conclusion
Ahmed, I. et al. (2023)	<i>Prevalence of academic procrastination and its negative impact on students</i>	High levels of procrastination are common; associated with stress and poor academic performance.	Institutional interventions are necessary to reduce procrastination and support student success.
Alaya, M. B. et al. (2021)	<i>Academic procrastination in university students: Associated factors and impact</i>	Stress, low motivation, and self-regulation issues drive procrastination, which negatively affects grades.	Academic support and psychological services are essential for improvement.
Amit, A. J. et al. (2021)	<i>Framework for preventing procrastination and increasing productivity</i>	Offers tools like feedback loops and task segmentation to reduce procrastination.	Practical frameworks can help students proactively manage time and increase output.
Balkis, M. & Duru, E. (2007)	<i>Evaluation of the Major Characteristics and Aspects of Procrastination</i>	Procrastination stems from irrational beliefs and low self-regulation.	Counseling and CBT methods are effective in managing procrastination.
Chang, C. (2018)	<i>Psychological factors associated with procrastination among college students</i>	Anxiety and perfectionism strongly contribute to procrastination.	Emotional regulation strategies like CBT and mindfulness are recommended.
Constantin, K. et al. (2018)	<i>Anxiety, depression, and procrastination: Rumination plays a larger role than worry</i>	Rumination is a stronger predictor of procrastination than worry, linked to mental health problems.	Addressing cognitive patterns is key to breaking the procrastination cycle.
Ferrari, J. R. & Díaz-Morales, J. F. (2014)	<i>Procrastination and mental health coping: A brief report related to students</i>	Procrastinators often use avoidance coping strategies, leading to poorer well-being.	Coping-skills training can improve students' mental health and reduce procrastination.
Ganesan, R. et al. (2014)	<i>Procrastination and the 2×2 achievement goal framework in Malaysian undergraduate students</i>	Mastery-approach goals reduce procrastination; avoidance goals increase it.	Goal-setting and motivational training are vital in shaping positive academic behaviors.



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Procrastination is not merely a matter of poor time management or laziness; it is deeply rooted in various psychological processes. Numerous studies have identified emotional, cognitive, and personality-related factors that contribute to the tendency to delay tasks. These psychological influences not only explain why procrastination occurs but also reveal its close connection to broader issues such as anxiety, depression, and self-regulation difficulties. One of the most prominent psychological contributors is emotional regulation difficulty. Many students procrastinate as a way to avoid negative emotions associated with a task, such as boredom, fear of failure, self-doubt, or frustration (Steel and Klingsieck, 2016). This form of emotional avoidance becomes a coping mechanism that offers temporary relief but ultimately reinforces the cycle of procrastination and emotional discomfort. Another key factor is perfectionism, particularly maladaptive perfectionism, where individuals set unrealistically high standards for themselves and fear being judged if they fall short. This fear can lead to excessive rumination, indecision, and avoidance, causing students to delay starting or completing assignments in order to protect their self-image.

Low self-efficacy, or the belief in one's own ability to succeed at a task, also plays a significant role. Students who doubt their academic abilities are more likely to procrastinate, as they feel overwhelmed or incapable of handling the demands. This lack of confidence diminishes motivation and increases the likelihood of task avoidance. Fear of failure is another strong psychological driver of procrastination. For some students, failure is not just an outcome to be avoided, but a perceived threat to their identity or self-worth (Chang, 2018). As a result, they delay tasks to protect themselves from the anxiety associated with potential failure. Students who are more impulsive tend to favor immediate gratification (e.g., watching videos, using social media) over long-term goals, making it difficult to focus on delayed rewards such as academic success (Amit et al. 2021). This tendency is supported by the Temporal Discounting Theory, which explains how individuals undervalue future rewards in favor of present comfort.

Moreover, negative core beliefs, such as "I'm not good enough" or "I always mess things up," contribute to procrastinatory behavior by creating a sense of helplessness or inevitability about failure. These beliefs are often observed in individuals with depressive symptoms and contribute to the passive and avoidant behaviors typical of chronic procrastinators. In some cases, decision paralysis—the inability to make choices due to overthinking or fear of making the wrong decision—also contributes to procrastination (Chang, 2018). Students may get stuck trying to plan the "perfect" way to start an assignment and end up doing nothing instead. Procrastination is a multifaceted issue influenced by various psychological factors. Understanding these underlying causes is essential for developing effective interventions, as it shifts the focus from simple behavioral correction to addressing deeper emotional and cognitive challenges. This insight can help educators, counselors, and students themselves adopt more compassionate and strategic approaches to overcoming procrastination.



### **Impact Of Procrastination on Academic and Personal Life**

Procrastination exerts a wide-ranging impact on both the performance and personal well-being of students. While it may provide short-term emotional relief, its long-term consequences are often negative and far-reaching. Understanding these effects is crucial to addressing procrastination not just as an academic concern, but as a behavioral pattern with serious personal and psychological implications.

**Academic Impact:** The most immediate and visible consequence of procrastination is a decline in performance. Students who regularly postpone tasks often submit assignments late or incomplete, perform poorly on exams, and fall behind in coursework. This pattern can result in lower grades, increased academic stress, and in some cases, even academic probation or dropout. The rushed and last-minute nature of task completion often compromises the quality of work, leading to underachievement and reduced learning outcomes. Procrastination also interferes with effective time management and goal setting. Instead of planning and distributing their efforts over time, students may engage in cramming or binge-working, which increases stress and cognitive overload. This erratic pattern affects retention, critical thinking, and creativity, undermining the educational process. The academic failures associated with chronic procrastination can diminish self-esteem and reduce a student's confidence in their academic abilities, further perpetuating the cycle.

**Psychological and Emotional Consequences:** Beyond academics, procrastination takes a toll on a student's mental health and emotional stability. Feelings of guilt, shame, frustration, and anxiety are common among procrastinators. These emotions often intensify over time, leading to chronic stress and a sense of helplessness. Repeated failure to meet goals or deadlines can contribute to a negative self-image, reinforcing depressive thought patterns and lowering motivation (Savithri, 2014). Procrastination is also closely linked to sleep disturbances and burnout. Students who delay tasks may sacrifice sleep in an attempt to complete work at the last minute, resulting in sleep deprivation, fatigue, and impaired cognitive functioning. Over time, this can negatively affect both academic outcomes and overall physical health.

**Impact on Personal Life and Relationships:** On a personal level, procrastination can interfere with daily routines, relationships, and personal responsibilities. Students may prioritize leisure or avoidance behaviors over necessary tasks, leading to conflicts with family members, peers, or mentors. The stress caused by unfinished academic work can spill over into personal life, reducing the time and energy available for social interactions, hobbies, or self-care (Alaya et al. 2021). Furthermore, procrastination can cause long-term dissatisfaction and regret, especially when individuals recognize that their potential is being limited by avoidant behaviors. It can hinder personal development, career readiness, and the formation of responsible habits that are essential beyond academic settings.



**Cumulative and Long-Term Effects:** The cumulative effect of chronic procrastination often results in a pattern of underachievement, low resilience, and emotional distress. Over time, it can impair a student's ability to cope with real-life challenges, reduce motivation for personal growth, and limit professional opportunities (Ahmed et al. 2023). When left unaddressed, procrastination becomes more than just a study habit, it becomes a lifestyle barrier. Procrastination impacts both the academic success and overall well-being of students. Addressing its consequences requires a dual focus on academic support and mental health interventions, ensuring that students are not only productive but also emotionally healthy and personally fulfilled.

Procrastination significantly disrupts the academic journey of students, often leading to a cascade of negative outcomes that extend far beyond the classroom. Academically, students who procrastinate are more likely to experience declining performance due to rushed, incomplete, or missed assignments. Tasks that are delayed until the last minute often result in substandard work that fails to reflect the student's true potential. Moreover, procrastination disrupts effective study routines, time management, and learning habits. Students may struggle to meet deadlines, feel overwhelmed by workload accumulation, and fail to prepare adequately for exams. Over time, this pattern can lead to a persistent underperformance that affects grades, academic standing, and even future educational or career opportunities. Beyond academics, procrastination negatively affects a student's personal life, social relationships, and overall lifestyle. Time that could be spent on personal development, hobbies, or quality social interactions is often lost due to last-minute academic efforts or emotional exhaustion from avoidance. Procrastinators may isolate themselves to cope with mounting pressure, straining relationships with family, friends, and classmates.

## **Findings and Discussion**

### **Relationship Between Academic Procrastination and Anxiety and Depression:**

The reviewed literature consistently demonstrates a significant positive association between academic procrastination and heightened symptoms of anxiety and depression in higher-education students. Multiple empirical studies using standardized tools such as the **Procrastination Assessment Scale for Students (PASS)**, the **Beck Depression Inventory (BDI)**, and the **Beck Anxiety Inventory (BAI)** report that students with high procrastination scores also exhibit substantially higher anxiety and depression levels compared to their low-procrastination peers (Ahmed et al., 2023; Alaya et al., 2021).

For example, Ahmed et al. (2023) found that 62% of biomedical science undergraduates scored above the clinical threshold for high procrastination, and these students reported significantly higher



mean anxiety ( $M = 27.4$ ,  $SD = 6.8$ ) and depression ( $M = 22.1$ ,  $SD = 7.3$ ) scores ( $p < 0.01$ ). Similarly, Alaya et al. (2021) observed that 71% of Tunisian students reported moderate-to-severe procrastination, with procrastination scores strongly correlated to anxiety ( $r = 0.56$ ) and depression ( $r = 0.49$ ). Constantin et al. (2018) extended this understanding by identifying **rumination** as a central mediating factor in the procrastination–depression link, explaining up to 39% of the variance in depression scores.

Theoretical perspectives (Steel & Klingsieck, 2016) suggest that procrastination is often a **maladaptive emotional regulation strategy**—a way to temporarily avoid task-related distress—that paradoxically increases negative emotions over time. These negative affective states, including worry, fear of failure, and self-doubt, are common in anxiety and depression, suggesting shared psychological mechanisms. This reinforces the conceptualization of procrastination as not just a behavioral inefficiency, but a **symptom and potential contributor** to student mental health problems.

### Psychological Mechanisms Linked to Academic Procrastination

The literature identifies several recurring psychological mechanisms that underlie academic procrastination, with emotional regulation difficulties, fear of failure, maladaptive perfectionism, low self-efficacy, and rumination appearing most consistently (Steel & Klingsieck, 2016; Chang, 2018; Constantin et al., 2018). Students often delay tasks to avoid negative emotions such as boredom, frustration, or anxiety associated with academic work. This avoidance offers temporary relief but reinforces a cycle of procrastination and emotional distress.

Fear of failure emerges as a central driver, where students perceive task completion as a potential threat to their self-worth, leading to task avoidance as a form of self-protection (Chang, 2018). Maladaptive perfectionism exacerbates this dynamic, as unrealistically high standards and fear of criticism delay task initiation and completion. Low self-efficacy further compounds procrastination tendencies by reducing confidence in one's ability to meet academic demands, increasing avoidance behaviors.

Cognitively, **rumination**—persistent negative thinking about past experiences or future failures—has been shown to mediate the relationship between procrastination and depression (Constantin et al., 2018). This cognitive pattern prolongs task avoidance while intensifying negative affect.



Together, these mechanisms demonstrate that procrastination is less about time management deficiencies and more about maladaptive coping strategies rooted in emotional and cognitive patterns.

### **Conceptualization of Procrastination as Predictor, Consequence, or Co-Occurring Factor**

Across the reviewed literature, procrastination is conceptualized in three interrelated ways: as a **predictor**, a **consequence**, and a **co-occurring factor** in relation to mental health problems such as anxiety and depression. As a **predictor**, chronic procrastination has been linked to the onset or exacerbation of anxiety and depressive symptoms, with longitudinal data suggesting that avoidance behaviors can lead to worsening mental health over time (Johansson et al., 2023).

As a **consequence**, mental health challenges—particularly high levels of anxiety—can impair concentration, reduce motivation, and contribute to procrastination. This bidirectional relationship creates a feedback loop in which mental health issues fuel procrastination, which in turn aggravates psychological distress (Ferrari & Díaz-Morales, 2014).

As a **co-occurring factor**, procrastination and mental health symptoms often share common psychological underpinnings such as low self-esteem, perfectionism, and emotional dysregulation (Chang, 2018; Steel & Klingsieck, 2016). These findings support a multidimensional model of procrastination, recognizing it as both a symptom and a potential cause of poor mental health, rather than a purely behavioral or time-management issue.

### **Interventions and Institutional Strategies to Reduce Procrastination and Its Mental-Health Impacts**

The literature emphasizes that interventions targeting procrastination must address both behavioral habits and the underlying emotional and cognitive factors. While traditional **time-management workshops** can provide short-term benefits, they often fail to resolve deeper psychological barriers to task initiation (Ferrari & Díaz-Morales, 2014).

Evidence supports **cognitive-behavioral therapy (CBT)**, **mindfulness-based interventions**, and **emotional regulation training** as effective strategies for reducing procrastination and its associated mental health impacts (Chang, 2018; Mao et al., 2023). For example, CBT can help students reframe



maladaptive thoughts related to fear of failure, while mindfulness practices can reduce rumination and enhance present-moment focus.

Institutional strategies such as integrating **goal-setting workshops**, **academic counseling**, and **peer accountability programs** into university services have also shown promise (Amit et al., 2021; Ganesan et al., 2014). Technology-assisted approaches—such as digital planners, gamified reminders, and real-time feedback tools—offer scalable solutions that can be tailored to individual needs. Successful programs tend to combine these elements, creating a holistic support system that addresses both the behavioral and emotional dimensions of procrastination.

Although in this paper, multiple studies included in the review have used validated tools such as the Procrastination Assessment Scale for Students (PASS), the Beck Depression Inventory (BDI), and the Beck Anxiety Inventory (BAI) to quantify the relationship between procrastination and mental health.

- Ahmed et al. (2023), using the PASS with 214 undergraduate students in biomedical sciences, reported that 62% scored above the clinical threshold for high procrastination, with these students also showing significantly higher mean anxiety scores ( $M = 27.4$ ,  $SD = 6.8$ ) and depression scores ( $M = 22.1$ ,  $SD = 7.3$ ) compared to low-procrastination peers ( $p < 0.01$ ).
- Alaya et al. (2021) found that 71% of surveyed Tunisian university students reported moderate-to-severe procrastination on the PASS, which was significantly correlated with self-reported anxiety ( $r = 0.56$ ) and depression ( $r = 0.49$ ).
- Constantin et al. (2018), in a sample of 1,135 students, identified rumination as a stronger mediator than worry in the procrastination–depression pathway. Their structural equation model indicated that 39% of the variance in depression scores could be explained by procrastination levels and rumination combined.
- Ganesan et al. (2014) found that Malaysian students with avoidance-oriented achievement goals reported PASS procrastination scores 1.8 times higher than mastery-approach students, with a corresponding increase in anxiety symptoms.

These aggregated findings demonstrate that procrastination—especially when measured with standardized tools like PASS—is consistently associated with elevated anxiety and depression scores across diverse student populations and cultural contexts. They also reinforce the importance of addressing procrastination not merely as a time-management problem but as a significant mental health concern.

The reviewed literature consistently demonstrates that academic procrastination is strongly associated with elevated symptoms of anxiety and depression in higher-education students. Studies using standardized tools



such as the PASS, BDI, and BAI; reveal that students with higher procrastination scores often experience significantly worse psychological outcomes, including heightened stress, rumination, and diminished self-efficacy. These findings support the notion that procrastination is not simply a matter of poor time management but is closely intertwined with maladaptive coping mechanisms and emotional regulation difficulties. This reinforces earlier theoretical perspectives (Steel & Klingsieck, 2016) that view procrastination as a behavioral response to negative emotions rather than a productivity issue alone.

Several psychological mechanisms appear repeatedly across the literature as central to this relationship. Fear of failure and maladaptive perfectionism emerge as key drivers, prompting avoidance behaviors that temporarily reduce stress but ultimately exacerbate academic and emotional difficulties. Rumination—identified by Constantin et al. (2018) as a more significant mediator than worry—traps students in cycles of negative thinking that both prolong task avoidance and intensify depressive symptoms. Cultural and motivational contexts also shape procrastination patterns, as evidenced by Ganesan et al. (2014), who found differences in procrastination tendencies based on achievement goal orientations. Such findings suggest that interventions must be sensitive not only to psychological but also contextual and demographic factors.

From an intervention standpoint, the literature underscores the inadequacy of time-management training alone in reducing procrastination-related distress. While workshops and productivity tools may improve short-term organization, they often fail to address the underlying emotional and cognitive barriers to task initiation. More holistic approaches, integrating cognitive-behavioral therapy (CBT), mindfulness training, and resilience-building strategies, are advocated by several scholars (Chang, 2018; Ferrari & Díaz-Morales, 2014). Institutional support systems should therefore include both academic counseling and mental health services, ensuring that students receive targeted assistance for both the behavioral and emotional dimensions of procrastination.

Finally, while the reviewed studies provide compelling evidence, several methodological limitations must be acknowledged. Most rely on cross-sectional designs, which limit causal inferences, and many draw from single-institution or discipline-specific samples, reducing generalizability. Future research should prioritize longitudinal and cross-cultural studies to better capture the directionality and persistence of the procrastination–mental health relationship. Moreover, integrating objective behavioral data (e.g., assignment submission records) with self-reported measures could strengthen the robustness of findings. Addressing these gaps will be essential for refining theory, guiding practice, and developing interventions that are both evidence-based and adaptable to diverse student populations.

## **Conclusion**

The findings of this study underscore the significant and multifaceted relationship between procrastination and mental health challenges, particularly anxiety and depression, in student populations. Procrastination,



once viewed primarily as an issue of time management or motivation, is now recognized as a deeper emotional and behavioural concern that can have serious academic and psychological consequences. This research contributes to a growing body of literature that frames procrastination not simply as an academic inefficiency but as a maladaptive coping mechanism linked to emotional avoidance, self-doubt, and fear of failure. These psychological factors not only trigger procrastination but also create a vicious cycle in which mental health deteriorates as tasks are continually postponed. Such patterns can lead to chronic stress, burnout, and an overall decline in well-being.

Recognizing the psychological roots of procrastination is critical for the development of effective interventions. Academic institutions, mental health professionals, and educators must work collaboratively to create support systems that address both behavioural habits and underlying emotional struggles. Programs focused on emotional regulation, self-efficacy, and mental health awareness should be integrated into student support services. Procrastination is not an isolated academic problem but a behavioural reflection of broader emotional issues. Addressing it holistically can significantly improve students' academic success and psychological resilience. Future research should explore long-term intervention outcomes and consider cultural, social, and personality-related variables to further enrich our understanding of this complex issue.

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# Interdisciplinary Journal of Information, Knowledge, and Management

*An Official Publication  
of the Informing Science Institute  
InformingScience.org*

**Vol. : 20, Issue 2, 2025**  
**ISSN: (E) 1555-1237**

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Findings related to RQ1: What does existing empirical and theoretical literature report about the relationship between academic procrastination and symptoms of anxiety and depression among higher-education students?

Findings related to RQ2: What psychological mechanisms are most consistently linked to procrastination in student populations?

Findings related to RQ3: How have prior studies conceptualized procrastination as a predictor, consequence, or co-occurring factor of mental health problems?

Findings related to RQ4: What types of interventions or institutional strategies have been proposed or evaluated to reduce procrastination and mitigate its mental-health impacts?

Findings related to RQ1: What does existing empirical and theoretical literature report about the relationship between academic procrastination and symptoms of anxiety and depression among higher-education students?

[Insert summary of findings answering RQ1 here, using relevant literature from review and results.]

Findings related to RQ2: What psychological mechanisms are most consistently linked to procrastination in student populations?

[Insert summary of findings answering RQ2 here, using relevant literature from review and results.]

Findings related to RQ3: How have prior studies conceptualized procrastination as a predictor, consequence, or co-occurring factor of mental health problems?

[Insert summary of findings answering RQ3 here, using relevant literature from review and results.]

Findings related to RQ4: What types of interventions or institutional strategies have been proposed or evaluated to reduce procrastination and mitigate its mental-health impacts?

[Insert summary of findings answering RQ4 here, using relevant literature from review and results.]