

A Web-Based Survey of Procrastination and its Outcomes among Pakistani Adolescents

Saadia Aziz* and Naeem Tariq, Ph.D

National Institute of Psychology, Quaid-i-Azam University,
Islamabad, Pakistan

The current research aimed to conduct a web-based survey of procrastination and its outcomes among Pakistani adolescents. Research was conducted in two parts. Part I was concerned with the development of a website which was completed in five steps with the help of web developer. Website consisted of measures of procrastination, depression, anxiety, stress, and life satisfaction. Overall 201 participants from 26 cities of Pakistan volunteered for study. In Part II psychometric properties of the scales were determined. Alpha reliability coefficients ranged from .78 to .86. Analysis of correlation showed a significant positive correlation between procrastination, depression, anxiety, and stress whereas a pattern of significant negative correlation emerged between procrastination and life satisfaction. Future implications and limitations of the research are also discussed.

Keywords: web-based survey, procrastination, adolescents