



MIND GAMES: PROCRASTINATION AND ADDICTION TO SOCIAL MEDIA

Pramod, J.P., ² Vanita, M., ³Sri Lakshmi Vishali, N. P.

¹Assistant Professor, ²Researcher, ³B.Tech First year student

¹Stanley College of Engineering and Technology Osmania University, Hyderabad, India

²Osmania University, Hyderabad, India

³Stanley College of Engineering and Technology, Osmania University, Hyderabad, India

Abstract

Humans are becoming more and more concerned about mental health. Many factors, such as lack of confidence, friendships, family issues, and heavy workloads, can contribute to mental health issues. Generation Z, or those born into the twenty-first century, is most susceptible to mental and psychological illnesses. One could even argue that the younger generation, who are exposed to an excessive amount of information about everything happening in the world, has been influenced by online platforms. The witty charm has been lost by most people in this generation. People put things off. They have trouble remembering things and are more prone to developing new addictions. These issues not only have an impact on people's mental health but also make it more difficult for them to cope and survive. Procrastination and addiction are the two self-destructive behaviours that are most frequently observed in them. Common characteristics shared by those who suffer from these disorders include emotional distress, avoidance, guilt and shame, and a lack of control. These characteristics serve as markers for negative influence in life. Establishing a routine, creating realistic plans, being consistent, and asking for help from friends and family are all crucial for overcoming these problems. Prioritizing productivity and reducing distractions are ultimately the most important things to do. The present paper is an attempt to study mind games. An insight into the habits of procrastination and addition to social media and the tussle between these behaviours of people have been depicted.

Keywords: Procrastination, addiction, Generation Z, confidence, behaviour, good habits, interactions, Attention Deficit Hyperactivity Disorder (ADHD), Fear of missing out (FOMO).

INTRODUCTION

Addiction and procrastination are unique behaviours. However, their behavioural roots are deeper than we could think about it. In essence, procrastination is the act of delaying tasks, whereas addiction is a state in which action is carried out even with the knowledge of its detrimental effects. Understanding the relationship between procrastination and addiction is very important, especially in those individuals where anxiety and depression are most frequently seen. Few preventive actions should be taken because, in addition to mental health disorders like anxiety, stress, and depression cause many physical ailments such as a heart disease, obesity, chronic pain, and digestive issues.

REVIEW OF LITERATURE

The literature review gives an array of works done by various researchers on procrastination and addiction to social media. Orpen (1998) investigated the reasons and effects of academic procrastination. Day et al.(2000) surveyed the participation of counselling clients and university students and found that 32% were chronic procrastinators. Klingsieck (2013) provided patterns in procrastination research and suggestions for future lines of inquiry and applications. Grund and Fries(2018) investigated the motivational approach from three perspectives. Aksoy (2018) studies and found the reasons for addiction to social media. Rozgonjuk et al.(2018) discovered that students who procrastinated often were likely to use social media during lectures. D'Arienzo et al.(2019) studied the effects of social media and internet addiction on attachment styles. Wu (2023) found ways to overcome cell phone addiction by using three keys i.e. what, why and how. Rozgonjuk et al.(2018) discovered that students who procrastinated often were likely to use social media during lectures. Kurker and Surucu (2024) examined how an addiction to social media increases the severity of academic procrastination. Research from a meta-analysis indicates that majority of college students procrastinate. University students who spend more than three to four hours on social media and develop sleeping disorders. Due to these circumstances, their CGPA was declining and they were having problems academically. Based on the meta-analysis, it was found procrastination decreased after an intervention. They conducted four types of interventions for procrastination and found the reduction techniques after every intervention. Cognitive-behavioural therapy reduced procrastination the most (Van Eerde and Klingsieck, 2018). These studies reveal the association between procrastination and addiction to social media and possible solutions.

PROCRASTINATION IN HUMAN BEINGS

- One of the main issues with the twenty-first generation of individuals is procrastination. When it comes to their behaviour, they tend to put off doing tasks until the last minute. Their reasons are that they lack self-control. In academics, students who are not interested find ways to put off their work and get distracted.
- Procrastinators are conscious of what they are doing. Most of their work usually depends on people's opinions. People who operate under pressure and rush to finish tasks at the last minute are known as procrastinators. They choose instant gratification over sustained enjoyment.

WHAT ARE THE CAUSES ?

Perfectionism- This term is ideal for characterizing people who procrastinate. They strive for perfection in their work, which is a good thing. However, they tend to delay it until later, when they find inspiration and potential in them.

Fear- they have a fear of making mistakes. For example, After getting the results, one feels anxious to open it. This is the point at which you start to put off looking at the test results. This leads to an increase in stress levels, which affects our physical and mental wellbeing.

Distractions- Researchers think people find it harder to concentrate on their work because of virtual communications such as social media platforms. Which ultimately contributes to procrastinating more. There have been reports of this notable shift in recent years.

Lack of confidence- Procrastinators fear failure because they don't think they'll do their work well enough. It is more difficult for them to start and finish the tasks as they lack confidence.

Overwhelm - If assigned a challenging task, they might feel completely overwhelmed. They begin to doubt their abilities and themselves, which leads them to avoid the assigned tasks.

IS IT POSSIBLE TO OVERCOME THESE ISSUES? IF YES, HOW?

Yes, overcoming procrastination is possible. Choosing the right methods and practices can help one achieve their goals.

Smaller tasks- If the task is complicated, breaking it into smaller components is the priority. An individual ought to choose the most manageable task and complete it at first. For example, one has a lot of homework. In this scenario, select the subject that is easy to complete first, and then go on to the more time-consuming subjects. In this manner, an individual is able to finish majority of the work, and at the end of the day, less work would be there to do.

Give yourself a treat- Reward with a small treat after completing each task. This could be watching a movie, an episode of your favourite show, eating whatever you want, etc. This will encourage you to finish the task ahead of schedule and enjoy the treat afterwards.

To-do list- Make a "to-do list" by listing all of the tasks required to be completed for that particular day and checking them off as you complete each task. In this manner, one feels satisfied that everything is checked off, which would encourage an individual to stop putting things off.

Pomodoro technique- The Italian word for tomato is called "pomodoro,". This method allows an individual to finish a task in twenty-five minutes which implies applying pressure to those who put off tasks to finish them on time. A fifteen- or thirty-minute break can be taken after the task. In this manner, the task can be finished on time.

Eliminate distractions- The most common source of distraction for this generation is a cell phone. To avoid this, an individual can give their phone to a parent or sibling and instruct them to return it only after all assignments are finished. This way, there will be no time wasted in completing the tasks.

ADDICTION TO SOCIAL MEDIA

The state of doing something even when one is aware of its adverse effects is called addiction. Addiction to social media is most commonly seen in young people. Among them, addiction of this kind has become the most prevalent. For them, the normalisation of this kind of addiction may also have detrimental effects. It has been found that those who exhibit this kind of behaviour lose interest in both their personal favourite activities and physical activities. They frequently experience extreme mood swings and exhibit a lack of consistency and patience. Addiction to social media can significantly affect students' learning at any age. All age groups should be aware of the negative effects of excessive smartphone use. There are instances where parents give their newborn babies cell phones to stop them from crying, but studies indicate that a child's brain development, the formation of good habits, and the development of emotional bonds all occur during the first five years of life. Even in kids under five, a smartphone or social media addiction can result in significant behavioural changes.

WHAT ARE THE POSSIBLE CAUSES?

Release of dopamine- Dopamine is released when an individual feels a sense of pleasure. For example, in the case of social media, when an individual posts a picture of himself or something that one wants to post, the positive comments and likes that one gets on that particular post will make one feel good. This is a neurotransmitter that is equated with pleasure.

Escapism- People who are struggling or have experienced trauma typically wish to escape their situation. They frequently overuse social media because they see it as a means of escaping the real world. They have peer pressure that forces them to be active on social networking platforms.

Fear of missing out(FOMO)- Teenagers and other younger people typically want to be informed about the latest trends on social media because they are afraid of missing out on anything. Initially, this makes them fearful and anxious.

Role modelling- Youngsters imitate their parents' actions. When parents are frequently spotted on social media or using mobile phones, their kids will probably start acting differently. This leads to their excessive usage of social media.

Habits- Being active on social media becomes a habit if someone uses it excessively. It is also challenging for them to cut back on their use of social media because of this kind of behaviour.

HOW TO OVERCOME THESE ISSUES?

Set boundaries- One can set boundaries to reduce the use of social media. For instance, when an individual is eating, or spending time with family and friends, turning off the notifications on the phone and putting it down would be better.

Interactions- Reducing online interactions while increasing in-person ones would help to feel satisfied that quality time is spent with the other person and can connect with them more and could also seek support in this way.

Limit the apps on your phone- Reducing the number of social media apps on your phone can assist you in using social media less frequently. As a result interest in using the phone as before would not be there. One can concentrate on your physical activities and learn a new skill in this way.

Create a schedule- Schedule when to use your phone and when to use social media apps after one admits that he has a social media addiction. In this manner, one can focus more on actual problems and engage in more physical activity.

COMMONLY OBSERVED SYMPTOMS IN THE PEOPLE WITH PROCRASTINATION AND SOCIAL MEDIA ADDICTION

- Stress and anxiety
- Escapism
- Guilt and regret
- Sleep disruption
- Distractions
- Low motivation
- Excessive use of cell phones

IS THERE ANY RELATIONSHIP BETWEEN PROCRASTINATION AND SOCIAL MEDIA ADDICTION OBSERVED IN HUMAN BEINGS?

Procrastination and addiction to social media are related to human behaviour. Social media is the cause of distractions from both professional and academic tasks. Social networking sites are designed so that users can browse through the social media applications on their phones indefinitely, which encourages procrastination. From a behavioural perspective, procrastination is characterised by the delay of tasks; individuals who engage in this habit use social media as means of escape. Social media consumption results in the obtaining of pointless knowledge, which can sap mental capacity for important tasks. Due to the rise in stress and anxiety, people are turning to social media for comfort and are also delaying their work. They might develop a habit out of these behaviours which could lead to bad consequences.

CONCLUSION

Social media addiction and procrastination are viewed as mental illnesses. Precautions are essential to reduce these problems. These circumstances have an impact on how people behave. Serious symptoms such as anxiety, depression, and ADHD (Attention-Deficit/Hyperactivity Disorder) can arise from chronic procrastination. On the other hand, an addiction to social media leads to FOMO (fear of missing out), despair, anxiety, and low self-esteem. It is best to seek professional assistance if these behavioural conditions worsen. Any form of addiction or procrastination can increase the risk of mental health issues such as depression, stress, and suicidal thoughts in those who suffer from them. Therefore, people should give priority to their physical and mental well-being. The present paper addresses the awareness to be raised on procrastination and its relationship with addiction to social media. These mind games are to be checked for a healthy life.

REFERENCES

1. Klingsieck, K.B. (2013). Procrastination: when good things don't come to those who wait. *European Psychologist*, 18(1):24-34. <https://doi.org/10.1027/1016-9040/a000138>.
2. Day, V., Mensink, D., and O'Sullivan, M. (2000). Patterns of Academic Procrastination. *Journal of College Reading and Learning*, 30(2): 120–134. <https://doi.org/10.1080/10790195.2000.10850090>.
3. Grund, A. and Fries, S., (2018). Understanding procrastination: A motivational approach. *Personality and individual difference*, 121:120-130. <https://doi.org/10.1016/j.paid.2017.09.035>.
4. Van Eerde, W. and Klingsieck, K.B. (2018). Overcoming procrastination? A meta-analysis of intervention studies. *Educational research review*, 25, 73-85. <https://doi.org/10.1016/j.edurev.2018.09.002>.
5. Orpen, C (1998). The causes and consequences of academic procrastination: A research note. *Westminster studies of education*, 21(1), 73-75. <https://doi.org/10.1080/0140672980210107>.
6. D'Arienzo, M.C., Boursier, V. and Griffiths, M.D. (2019). Addiction to Social Media and Attachment Styles: A Systematic Literature Review. *International journal of mental health and addiction* 17: 1094-1118. <https://link.springer.com/article/10.1007/S11469-019-00082-5>.
7. Aksoy, M. E. (2018). A qualitative study on the reasons for social media addiction. *European Journal of Educational Research*, 7(4), 861-865. <https://doi.org/10.12973/eu-jer.7.4.861>.
8. Wu, X. (2023). Research on the ways to overcome social media addiction. *SHS web of conferences*, 155: 02023. <https://doi.org/10.1051/shsconf/202315502023>.
9. Rozgonjuk, D., Kattago, M. and Täht, K. (2018). Social media uses in lectures mediates the relationship between procrastination and problematic smartphone use. *Computers in human behaviour*, 89, 191-198. <https://doi.org/10.1016/j.chb.2018.08.003>
10. Kurker, F. and Surucu, A. (2024). Social media addiction mediates the relationship between basic psychological needs satisfaction and academic procrastination. *Psychology in schools*, 61(7): 2701-2721. <https://doi.org/10.1002/pits.23190>.