

**THE PREVALENCE OF PROCRASTINATION IN THE ACADEMIC
RELATED DUTIES OF PUPLHS STUDENTS**

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Abstract

This study focused on the prevalence of procrastination in the academic related duties of PUPLHS students of school year 2013-2014. It aimed to answer the following problems: (1) How prevalent is procrastination in the academic-related duties of PUPLHS students of school year 2013-2014? (2) How aware are the students of their procrastination habits?

A questionnaire was used to gather necessary data from the respondents who were chosen through convenience sampling. The instrument was administered to the respondents inside their classrooms.

The data gathered revealed that: (1) Third Year students have the highest level of procrastination while Fourth Year students have the lowest; (2) Social Networking is the most common activity done by students to delay their important tasks; (3) On average, a student procrastinates for 3 hours and 30 minutes; (4) Majority of students procrastinate when they are supposed to do homework and assignments; (5) Students are most likely to procrastinate on the subject Practical Arts; (6) Most students procrastinate because they are not interested in what they are supposed to do; (7) Majority of the students consider procrastination as their problem; (8) Avoiding the distractions in the environment is the most common technique done by students to prevent procrastination; (9) The most prevalent cause of procrastination is its negative impact on the students' grades.

Keywords: Procrastination, Academic-related duties, common activities