



A Study of Dependence Proneness in Relation to Procrastination

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Abstract

The present study aims to investigate the students' dependence proneness in relation to procrastination. Sample comprised of 249 undergraduate students within age range 18-21 years from U.R. College, Rosera, Lalit Narayan Mithila University, Darbhanga, India. Dependence Proneness Scale (Sinha, 1968) and Procrastination Scale (Lay, 1986) were undertaken for data collection. Correlation analysis was carried out for data analysis. Result showed the significant positive relationship exists between dependence proneness and procrastination. Finding confirms that dependence proneness and procrastination strongly associated with each other.

Keywords: Dependence Proneness, Procrastination and Undergraduate Students.



Introduction

Dependence proneness is considered as persons' tendency to become psychologically or physiologically dependent on others. Sinha (1968) observed that dependence proneness involves excessive amount of dependency which forces a person to seek advice, support and affection from others in situation where it may not be necessarily required. In subsequent study, Sinha and Pandey (1972) have reported that a high dependent-prone person hesitates, asks for all kinds of information and communications. He is further described as one who is anxious, fatalist, impractical and traditional. These characteristics of dependent prone persons suggest that they are cognitively less developed.

Procrastination is described as the irrational tendency to postpone or delay tasks (Lay, 1986). It is widespread among the general population (Harriott & Ferrari, 1996), and is considered maladaptive due to its associations with low self-esteem and distress (Stead, Shanahan, & Neufeld, 2010; Steel, 2007). Students are particularly vulnerable to engage in procrastination as they are faced with the task of meeting multiple goals, within specified time frames. Students consider procrastination as being problematic (Solomon & Rothblum, 1984). Procrastination is not a unitary construct and researchers distinguish between active and passive procrastinators. Passive procrastinators are those who fail to complete the tasks on time, whereas active procrastinators are said to be those who postpone their task until the last minute and work better under pressure (Chu & Choi, 2005). Procrastination also includes behavioral, cognitive and affective dimensions (Rice, Richardson, & Clark, 2012).

The review of literature articulates to fact that the present study has never been studied in undertaking the undergraduate students. By taking this study, it will provide the definite role of dependence proneness in relation to the students' procrastination. Researcher assumes that the findings of present study will provide evidence to fill the research gap.

Objective of the Study

The objective of present study is to explore the relationship between dependence proneness and procrastination.

Hypothesis of the Study

For the current study the hypothesis was framed as dependence proneness and procrastination will be positively correlated with each other.

Methodology

Sample and Procedure

The sample for this study comprised of 249 undergraduate students within age range of 18 to 21 years. The sample was selected from U.R. College, Rosera a constituent unit of Lalit Narayan Mithila University, India. Prior to administration of measure; the utility and relevance of the study was explained to them and requested to extend their cooperation for success of the study. The students were assured that their responses would be kept confidential and will be utilized only for the research purpose. They were asked to fill up the questionnaire by themselves according to the instructions written on the top of the questionnaire.

Measures

In the present investigation Dependence Proneness Scale and Procrastination Scale were employed. The description Scales are as follows.

Dependence Proneness Scale (DPS)

Dependence Proneness Scale (DPS) developed by Sinha (1968), consists of 20 items describing dependency or initiative taking behaviors. It is a Likert type 5-point scale ranging from quite true (5) to not at all true (1) with undecided (3) in the middle. The score range is possible from 20 to 100. In this system of scoring the larger the score, the greater is the degree of dependence proneness. The Cronbach's alpha on current sample was found to be 0.81.

Procrastination Scale

Procrastination Scale developed by Lay (1986) was used to assess the procrastination. The scale comprises with 20 items on a 5-point Likert scale with anchors labelled (1=extremely

uncharacteristic and 5= extremely characteristic). The minimum and maximum score of the scale ranges from 20 to 100. Higher score reflect greater procrastination. The Cronbach' alpha of the scale was found to be 0.82. The Cronbach's alpha on current sample was found to be 0.79.

Data Analysis and Interpretation

Keeping in view the objective and hypothesis of the present research, Pearson Correlation Analysis (Zero order) was calculated in order to determine the relationship between dependence proneness and procrastination. The analysis was carried out using SPSS software.

Pearson Correlation Analysis (Zero order)

Table 1 showed that dependence proneness and procrastination were positively and significantly correlated with each other. Findings indicated that as the level of dependence proneness of students' increases, their procrastination also increases.

Table 1		
<i>Correlation between Dependence Proneness and Procrastination of Students</i>		
Variable	Dependence Proneness	Procrastination
Dependence Proneness	1	
Procrastination	0.59 ^{**}	1
^{**} p < .01		

Discussion

From the data analysis and interpretation, it is concluded that dependence proneness and procrastination positively and significantly correlated with each other. This result confirms the significant influence of dependence proneness in relation to procrastination of students. There is need to counseling of students to overcome the dependence proneness behavior and reduce the students' procrastination tendency as well.



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