

## Procrastination as a Predictor for Stress, Substance Use and Self Esteem

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**Abstract:** The aim of the research is to prove, procrastination as a predictor of stress, substance – use and self-esteem. The research objectives come out to be 1. To find out procrastination is a predictor for stress, 2. To find out procrastination is a predictor for substance – use and 3. To find out procrastination is a predictor for self-esteem. Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences. Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. Self-esteem is your overall opinion of yourself — how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. When you have low self-esteem, you put little value on your opinions and ideas. Substance use occurs when a person's use of alcohol or another substance (drug) leads to health issues or problems at work, school, or home. This disorder is also called substance abuse. The exact cause of substance use disorder is not known. The tools used were 1. Irrational Procrastination Scale (IPS), 2. Perceived Stress Scale by Sheldon Cohen 1994, 3. Rosenberg Self-esteem Scale 1983 and 4. The Tobacco, Alcohol, Prescription medications, and other Substance [TAPS] Tool. The analysis was done through linear regression. Hypothesis was that procrastination is a predictor of substance use, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R<sup>2</sup>) equals 0.950. It means that 95% of the variability of Y is explained by X. Hypothesis was that procrastination is a predictor of stress, and hypothesis is proved as there is a moderately significant relation between the both. R Square (R<sup>2</sup>) equals 0.32. It means that 32% of the variability of Y is explained by X. Hypothesis was that procrastination is a predictor of self-esteem, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R<sup>2</sup>) equals 0.90. It means that 90% of the variability of Y is explained by X.

**Keywords:** Procrastination, stress, substance use, self-esteem.

## INTRODUCTION

### Procrastination

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences. Procrastination is the practise of putting off a difficult activity by focusing on less important, more fun, and simpler tasks instead. It differs from laziness, which is defined as a refusal to act. Procrastination might limit your potential and put your career at risk.

### Stress

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. Stress can be beneficial, keeping us focused and alert so we can avoid danger. For example, if you are about to take an important test, a stress response may help you stay awake longer on test day. When stressors are not relieved or retreated from, stress becomes a problem. Stress is a normal psychological and physiological response to life's demands.

### Substance – Use

Self-esteem is your overall opinion of yourself —

how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. When you have low self-esteem, you put little value on your opinions and ideas. Self-esteem is your general opinion or assessment of yourself — how you feel about your capabilities and weaknesses. At the point when you have sound Self-esteem, you have a decent outlook on yourself and consider yourself to be meriting the respect of others. At the point when you have low self-esteem, you put little worth on your thoughts and opinions. You may continually stress that you're not sufficient.

### Substance Use

Substance use occurs when a person's use of alcohol or another substance (drug) leads to health issues or problems at work, school, or home. This disorder is also called substance abuse. The exact cause of substance use disorder is not known. Substance misuse is the point at which you ingest medications that are not lawful. It's likewise when you use liquor, doctor prescribed drug, and other lawful substances to an extreme or in the incorrect manner. Substance misuse varies from habit. Numerous individuals with substance misuse issues can stop or can change their undesirable conduct. Enslavement, then again, is an illness. It implies you can't quit utilizing in any event, when your

condition causes you hurt.

### **Relationship between Procrastination and Stress**

The increased levels of procrastination results in high levels of stress. Results show that there is a correlation between procrastination and stress. Of course, there is a stronger correlation for respondents with a high tendency to procrastinate and on the other hand proved to be weaker for respondents with a lower tendency to procrastinate. Hence, we could conclude that stress experienced by respondents with low to moderate levels of procrastination was not related to their tendency to procrastinate. Nonetheless, stress experienced by respondents may increase to a certain level if their tendency to procrastinate also increases. We must remember that the correlation does not necessarily mean causation. Two factors might be identified with one another; however this doesn't imply that one variable causes the other; they are only demonstrative of one another. When diverted by stresses, you are likely to put more things off and experience the ill effects of a delaying gathering impact. This is the time when you feel worried, put things off, and afterward feel focused on contemplating what you've left scattered. As you do this, you leave more things scattered and feel overpowered.

### **Relationship between Procrastination and Substance Use**

Effectively curbing procrastination-substance abuse habits usually involve a comprehensive plan, tools to execute the plan, and a deliberate exercise of free-will, or the ability to choose a productive path when you could have yielded to irrational drinking thinking beliefs and impulse. Attending smart meetings and using smart instructive materials can be a focal piece of the arrangement. By not giving in to procrastination and substance abuse urges, one acts to shape their life direction by executing rational choices. By exercising these choices, one avoids hassles associated with drinking or using substance.

### **Relationship between Procrastination and Self Esteem**

Delaying is essentially brought about by low confidence and self-analysis. Confidence issues start almost immediately. The normal reasons for low confidence come from youth dejection, genuinely far off guardians, basic guardians, a heavy drinker parent, a parent with low confidence or an aloof parent. Because of delaying, understudies lose their valuable time just as the

nature of work. It can bring down their confidence, as they begin feeling terrible toward the day's end when they neglect to do anything useful. ... Opportune mediation can assist understudies with further developing their abilities, for example, using time effectively and concentrate on propensities We will in general delay since low confidence causes us to feel that we will not have the option to finish an undertaking or task the correct way. Shockingly, tarrying just builds sensations of low confidence, making us question ourselves considerably more. Dawdling destroys your certainty, gradually. slackers experience the ill effects of low confidence that outcomes in an overall propensity to participate in practices like undertaking postponement and evasion that secure self-show by giving a reason to terrible showing and adverse results.

### **REVIEW OF LITERATURE**

Wartberg, T. *et al.*, (2021) did a research on a sample of children who showed a significant stress perceived and procrastination due to ambiguous use of media socially. A sample size of 1221 children were taken who aged between 10 to 17 years. Multiple regression and correlation were used to analyze the data collected through standardized questionnaires. The result coming out to be that the procrastination levels were high and the stress perceived was also high with relation to social media usage.

Stead, S.N, (2021) did a research to examine whether procrastination led to poorer mental health or no. A sample size of 135 males and 65 female undergraduate students was collected. An online questionnaire was circulated through which data was collected and correlational analysis was done. The results came out to be that higher the procrastination and stress, higher is the poor mental health and it even came that older aged females were more prone to be seen with procrastination and stress.

Ugwueze, E, (2021) This review inspected whether psychoeducational intercession would decrease procrastination and harm related with substance use amongst the kids. A variety of research designs were taken on for the data analysis like control group, posttest and pretest, etc. the sample size was 80 UG students. There was a substantial effect of one variable (independent) on the others (dependent variable). The ramifications of the finding is that psychoeducational intercession has some decreased consequences of delaying and harm related with psychoactive

substance misuse. Discussions entreats the utilization of psychoeducational programs on educational platforms because of its adequacy.

Wyk and Liesel, (2020) led an exploration on The connection among stress and procrastination in the existence of the great teacher of a high school. The specialist chose to inspect whether procrastination could be faulted for the pressure teachers had experienced. Stress and above all business related pressure and the work place env. was explored. The sample comprised of a total of 70, out of which 61 females and 9 males matured between 21–29. The outcome reasoned that the expanded degrees of procrastination would result in expanded degrees of stress and it plainly demonstrates that some proportion of connection amongst stress and procrastination exists.

Garrido, H. *et al.*, (2020) The point of this review was to concentrate on that perceived skill, versatile adapting, self-efficacy and self-esteem can have as defensive factors of the scholastic procrastination of nursing understudies. Sample size was a sum of 237. Huge and negative correlational was seen getting between the remainder of the measures utilized and the scale of procrastination. Self-esteem disruptions were due to procrastination.

Flett, B.M, (2019), procrastination is characterized normally as a silly inclination to defer errands that ought to be finished. Delaying is accepted to be related with a few intellectual, social, and affective corresponds and is viewed as a "nonfunctional significant human capacities" in routine undertakings and basic life errands. Given the possible significance of the procrastination develop, it is maybe not unexpected that it is a theme that has been examined finally by clinicians and by instructors.

Ferrari, (2019) the current review investigated whether these attributes advanced the decision of an ecological exhibition deterrent more by procrastinators than non-procrastinators as an obstruction to secure social and senses of confidence. Females who procrastinated self-administered and concluded they were low on self-esteem although not unique for verbal thinking as compared to the ones who didn't really procrastinate. A total sample size was 120. There was no critical propensity across conditions to self-handicap by the ones who didn't procrastinate. Results were clarified without help from anyone else and social-esteem security intentions utilized by procrastinators.

Ferrari, (2019) did a research on procrastination which was dysfunctional and its association with the self-esteem, self-harm conduct and the relational dependency (interpersonal). Youthful grown-ups (202 ladies, 61 men:  $M = 20.9$ ) finished proportions of decisional and conduct procrastination, esteem, relational dependency, and self-harm conduct. These outcomes recommend that kinds of procrastination might be anticipated by comparative character factors, and that persistent procrastination is useless toward accomplishing life objectives.

Sirois, F, (2016) did a research on procrastination as a health model and a study on outline for how procrastination as an exposure for long term illnesses. A critical factor seen was temporal myopia which served to reactions and indicated procrastination. The result finishes up with a conversation of possibly productive areas of exploration to more easily and for better comprehension and address the chronic wellbeing of long term procrastination.

Sirois, (2014) did a study on the association between stress and procrastination trait with self-compassion being the moderator. A sample size of 768 were taken. A meta-analysis was done proving that procrastination was related to low self-compassion and high stress levels and it was even proven that self-compassion was acting as a moderator btw stress and procrastination. It was suggested that some level of self-compassion are good and helpful for a person.

Wan, D.S, (2013) did a research on proving whether the 4 variables of psychology that are stress due to job, EI (emotional intelligence), tedium and procrastination are associated with non-business presenteeism. A sample of 184 employees was taken out of which 127 were females and the rest were males. The data was collected online. The results came out to be that there was a a huge relationship between non-business related presenteeism and the 4 variables

Veresova, (2013) did a study on the relation between procrastination and the stress and its coping strategies. It was just a considered assumption that they share a positive correlational value. A sample of 194 teachers were taken out of which 173 were females and 21 were males. Different scales were used to find out the correlation like the general procrastination scale, proactive coping inventory and the questionnaire for the identification of the stress levels. Later the

considered assumptions were proven right. They shared a positive correlation.

Kilbert, R. *et al.*, (2011) This review analyzed the connections between 2 scholastic manners (i.e., procrastination and accomplishment motivation) and 2 lists of self-destructive inclination in school ladies and males. Samples which were included were 475 (336 ladies, 139 men) students from a college. For the two sexual orientations, procrastinations and accomplishment motivation were essentially associated at the univariate level with the self- destruction inclination lists. Nonetheless, for school ladies, yet not men, procrastination fundamentally represented interesting measures of difference in both self- destruction records far in excess of the impact of depression and self-esteem.

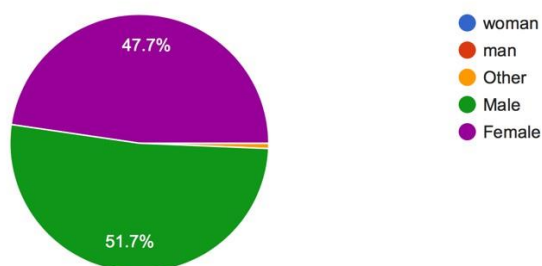
## METHODOLOGY

### Aim

To prove, procrastination as a predictor of stress, substance – use and self-esteem.

## OBJECTIVES

SEX  
151 responses



### Variables

Independent variable: - Procrastination Dependent

variable: - Stress

Substance – use

Self – esteem

### Tools

Irrational Procrastination Scale (IPS), by Steel 2010, which consists of nine items focusing on implemental attributes of procrastination.

Perceived Stress Scale by Sheldon Cohen 1994, a 10 item questionnaire.

Rosenberg Self-esteem Scale 1983, a 10 item questionnaire.

The Tobacco, Alcohol, Prescription medications, and other Substance [TAPS] Tool, by NIDA, a 14 item questionnaire

To find out procrastination is a predictor for stress.  
To find out procrastination is a predictor for substance – use.

To find out procrastination is a predictor for self-esteem.

### Hypothesis

There is a significant relationship between procrastination and stress

There is a significant relationship between procrastination and substance – use

There is a significant relationship between procrastination and self – esteem

## RESEARCH DESIGN

Quantitative Analysis Research by using Linear Regression.

### Sample

The sample size of the study was 151 (N=151), where the girl: boy: other ratio was of 51.7: 47.7: 0.7 respectively. The participants of the study aged between 18–30 who were either qualified on school level or university level.

### About the Tests/Tools

#### Irrational Procrastination Quotient

This scale is originally developed by H.D. Florey. The participant has to read 10 statement and select the option according to their experience or behavior. The scores are given of the correspondent answers given by the participant in the scoring and the raw scores are computed by adding the scores against each statement given by the participant.

#### Perceived Stress Scale

This scale is originally developed by Sheldon Cohen in 1994. The participant has to read each statement and select the option according to their experience or behavior. It is a measure of the degree to which situations in one's life are appraised as stressful. Items were designed to tap how

unpredictable, uncontrollable, and overloaded respondents find their lives. The scale also includes a number of direct queries about current levels of experienced stress. The scores are given of the correspondent answers given by the participant in the scoring and the raw scores are computed by adding the scores against each statement given by the participant.

### **Tobacco, Alcohol, Prescribed Medication and other Substance Scale**

TAPS (Tobacco, alcohol, prescription medication and other substance tool), includes 2 parts. Part 1 consist of 5 questions which evaluates 4 items that are alcohol, tobacco, prescribed medications and other substances such as (heroin, cocaine, marijuana, meth) for the past 12 months. Two questions in part 1 are specified for only males and females separately but others should be answered by all and any one yes in any of the items will be asked to fill part 11. Part 11 includes 9 questions which evaluates the same items but has further two subparts I.e. if the person answers yes in the main question then has to answer the other two subparts as well and if they answer no in the main question then they have to skip the two subparts and this will be based on the past 3 months of span.

### **Rosenberg Self – Esteem Scale**

A scale consisting of 10 items that actions worldwide self-esteem by estimating both good and bad sentiments about oneself. The scale is accepted to be uni-dimensional. All things are addressed utilizing a 4-point Likert scale design going from firmly consent to unequivocally conflict.

The Rosenberg Self-Esteem Scale, a broadly utilized self-report instrument for assessing individual confidence, was explored utilizing thing reaction hypothesis. Factor examination distinguished a solitary normal factor, as opposed to some past investigations that removed separate Self-Confidence and Self-Depreciation factors. A unidimensional model for reviewed thing reactions was fit to the information. A model that compelled the 10 items to approach segregation was stood out from a model permitting the separations to be assessed unreservedly. The trial of importance demonstrated that the unconstrained model better fit the information that is, the 10 things of the Rosenberg Self-Esteem Scale are not similarly separating and are differentially identified with confidence. The example of working of the things was inspected concerning their substance, and perceptions are presented with suggestions for

approving and creating future character instruments.

### **Procedure**

This research was conducted amongst 151 participants. Questionnaires were distributed to all the participants via google forms as due to the pandemic. The gender ratio was almost equal.

Following instructions were given to the participants for Procrastination Quotient:

There are 9 questions in the following questionnaire. The given questions are related to delaying of work. There are five options given for every statement i.e. ‘not true of me’, ‘seldom true of me’, ‘sometimes true of me’, ‘often true of me’, and ‘true of me’. Choose an option. There is no right or wrong answer.

Following instructions were given to the participants for Perceived Stress Scale: Below are 10 sentences about feelings and thoughts in stressful situations. It scaled from 1 to 5 from never to very often. Respond according to what you truly feel and think. All the questions shall individually be responded.

Following instructions was given for TAPS:

It includes 2 parts, Part 1 consist of 5 questions which evaluates 4 items that are alcohol, tobacco, prescribed medications and other substances for the past 12 months. Two questions in part 1 are specified for only males and females separately but others should be answered by all. If your answer is yes in the TAPS 1 then you may fill the TAPS 11. TAPS 11 includes 9 questions, if the person answers yes in the main question then has to answer the other two subparts as well and if they answer no in the main question then they have to skip the two subparts and this will be based on the past 3 months of span.

Following instructions were given for the Rosenberg self-esteem scale:

it was a 10 item questionnaire, scores ranging from strongly agree to strongly disagree, a 4 pointer Likert scale. Everyone was asked to answer honestly in regards with their general feelings about their selves.

### **Scoring Was Done As Follows:**

For Procrastination Quotient, ‘not true of me’ was given 1, ‘seldom true of me’ was given 2, ‘sometimes true of me’ was given 3, ‘often true of me’ was given 4, and ‘true of me’ was given 5 for the questions and for question numbers 2, 5 and 8 were scored reversely.

For Perceived Stress Scale, 'never' was given 0, 'Almost never' was given 1, 'sometimes' was given 3, 'fairly often' was given 3 and 'very often' was given a 4.

For TAPS, in the first part the that is the first 5 questions, in that 'never' was given 1, 'less than monthly' was given a 1, 'monthly' was given a 2, 'weekly' was given a 3 and 'Daily and almost daily' was given a 4, the part two was a yes or no choice so it was given a 0 for 'NO' and 1 for 'YES'.

For Rosenberg Self Esteem Scale, a 4-point scale, 'strongly agree' was given a 1, 'agree' was given a 2, 'disagree' was given a 3 and 'strongly disagree' was given a 4. The question numbers, 2, 5, 6, 8 and 9 were scored reversely.

As procrastination had to be studied as a predictor for stress, substance – use and self-esteem hence, linear regression was used.

LINEAR regression is a statistical technique that can be used to analyse the relationship between a single dependent variable and single independent variables. The objective of linear regression analysis is to use the independent variables whose values are known to predict the value of the single dependent value.

Every indicator esteem is gauged, the loads signifying their general commitment to the general forecast. Here Y is the reliant variable, and X1, X2, X3 are the n independent factors.

The raw scores were calculated using MS. excel after which the formula for linear regression was put and the results were obtained. The formula used was,

Regression is used to assess the relation between the dependent and independent variable along a straight line. There are two types of regression method i) simple regression method ii) multiple regression and iii), multivariate regression method. In this research linear regression method where we find the relation between one independent variable and two or more than twodependent variables, and in this case there is one independent variable.

### Steps Followed For Analysis on Spss

#### Spss

Step 1:- click on ANALYSE

Step 2:- select REGRESSION METHOD

Step 3:- select the type of regression that you want to use (linear/ multiple)

Step 4:- dialog box will appear, select and drag

the variables from the left side to the rightside of the box respectively in the dependent variable and independent variable box

Step 5:- select the option button, and click on r square and description and click continue

Step 6:- click on properties, select histogram and others graphs and click continue ‘

Step 7:- cline ok and the result table will be visible on the viewers window with statistical descriptions, tables, graphs and charts.

### Formula for Linear Regression Method

$$y = bx + a + \varepsilon$$

Where:

x is an independent variable.

y is a dependent variable.

a is the Y-intercept, which is the expected mean value of y when all x variables are equal to 0. On a regression graph, it's the point where the line crosses the Y axis.

b is the slope of a regression line, which is the rate of change for y as x changes.

$\varepsilon$  is the random error term, which is the difference between the actual value of a dependent variable and its predicted value.

### RESULT

Hypothesis was that procrastination is a predictor of substance use, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R2) equals 0.950. It means that 95% of the variability of Y is explained by X.

Hypothesis was that procrastination is a predictor of stress, and hypothesis is proved as there is a moderately significant relation between the both. R Square (R2) equals 0.32. It means that 32% of the variability of Y is explained by X.

Hypothesis was that procrastination is a predictor of self-esteem, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R2) equals 0.90. It means that 90% of the variability of Y is explained by X.

### DISCUSSION

Procrastination is the practise of putting off a difficult activity by focusing on less important, more fun, and simpler tasks instead. It differs from laziness, which is defined as a refusal to act. Procrastination might limit your potential and put your career at risk. Procrastination is the habit of putting off unpleasant or stressful chores that are often highly important in favour of less important, less stressful tasks. Procrastination is the act of

delaying or postponing something excessively and voluntarily, although knowing that it would have bad consequences. Procrastination has been studied as a single characteristic dimension as well as a complex trait with multiple antecedents. Procrastination occurs when current expenses are overvalued in relation to future costs, causing people to postpone work till tomorrow without anticipating that when tomorrow arrives, the essential action would be postponed once more. When the importance of a current action is dependent on its deviation from earlier actions, this is known as irrational obedience to authority or escalation of commitments.

Stress is a sensation of passionate or actual strain. It can emerge out of any occasion or thought that causes you to feel disappointed, irate, or apprehensive. Stress is your body's response to a test or interest. In short explodes, stress can be positive, for example, when it assists you with keeping away from risk or fulfil a time constraint. Everyone experiences stress or challenges in their daily lives. In fact, the human body is designed to face stress and respond to it. When you experience changes or challenges (stressors), your body produces physical and mental responses. Those are stress responses. Stress responses help your body adjust to new situations. Stress can be beneficial, keeping us focused and alert so we can avoid danger. For example, if you are about to take an important test, a stress response may help you stay awake longer on test day. When stressors are not relieved or retreated from, stress becomes a problem. Stress is a normal psychological and physiological response to life's demands. A small degree of stress can be stimulating, motivating people to perform more efficiently. There are challenges you face every day, such as sitting in traffic, meeting deadlines, and paying bills, that can overwhelm you. Your brain is hardwired with an alarm system designed to protect you.

Substance misuse is the point at which you ingest medications that are not lawful. It's likewise when you use liquor, doctor prescribed drug, and other lawful substances to an extreme or in the incorrect manner. Substance misuse varies from habit. Numerous individuals with substance misuse issues can stop or can change their undesirable conduct. Enslavement, then again, is an illness. It implies you can't quit utilizing in any event, when your condition causes you hurt. Both legitimate and illicit medications have synthetics that can change how your body and mind work. They can give you a pleasurable "high," facilitate your pressure, or

assist you with dodging issues throughout your life.

Self-esteem is moulded by your connections, thoughts, and experiences. Comprehend the scope of self-esteem and the advantages of having a sound assessment of yourself. Self-esteem is your general opinion or assessment of yourself — how you feel about your capabilities and weaknesses. At the point when you have sound Self-esteem, you have a decent outlook on yourself and consider yourself to be meriting the respect of others. At the point when you have low self-esteem, you put little worth on your thoughts and opinions. You may continually stress that you're not sufficient. Here's the manner by which to tell if your self-esteem needs a lift and why it is essential to build a sound feeling of self-worth.

Takahashi, O.O. *et al.*, (2011) did a review analysis on the connection between the recurrence of use of alcohol and limiting delaying and probabilistic addition and misfortune, which is of interest in neuroeconomics of fixation. The sample size was 33. There was a correlation between the use of alcohol and with how much postponed monetary misfortunes were limited. It had been concluded that the higher degree level of procrastination was highly associated with alcohol use.

Dinn, H. and Raynard, (2018) This examination inspected the connection between substance treatment referrals and wretchedness improvement among 2,373 members with simultaneous substance utilize and burdensome issue joined up with an incorporated conduct wellbeing program. Study discoveries feature the need of upgrading early treatment contact for co-happening substance use issue in essential consideration.

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It was determined that higher levels of

procrastination would lead to higher levels of stress, indicating that there is a link between the two. The link was stronger for respondents with a high procrastination propensity and weaker for those with a low procrastination tendency, as expected. As a result, individuals with low to moderate levels of procrastination were found to have stress that was not totally attributable to their procrastination. However, it appears plausible to assume that respondents' stress levels will rise to some extent if they continue to exhibit this behavior. However, it's crucial to realize that correlation does not always imply causality. Two variables may be connected, but this does not imply that one causes the other; rather, they are indicators of one another.

Effectively curbing procrastination-substance abuse habits usually involve a comprehensive plan, tools to execute the plan, and a deliberate exercise of free-will, or the ability to choose a productive path when you could have yielded to irrational drinking thinking beliefs and impulse. Attending smart meetings and using smart instructive materials can be a focal piece of the arrangement. By not giving in to procrastination and substance abuse urges, one acts to shape their life direction by executing rational choices. By exercising these choices, one avoids hassles associated with drinking or using substance. This learning, experimenting, and progressive mastery approach marks a path with a promise for positive change than a dubious expectation, for example, "I need to do better." This hope is an illusion than moves in pair with procrastination.

Delaying is essentially brought about by low confidence and self-analysis. Confidence issues start almost immediately. The normal reasons for low confidence come from youth dejection, genuinely far off guardians, basic guardians, a heavy drinker parent, a parent with low confidence or an aloof parent. Because of delaying, understudies lose their valuable time just as the nature of work. It can bring down their confidence, as they begin feeling terrible toward the day's end when they neglect to do anything useful. ... Opportune mediation can assist understudies with further developing their abilities, for example, using time effectively and concentrate on propensities.

## CONCLUSION

The aim of the study was to prove, procrastination as a predictor of stress, substance – use and self-esteem. Procrastination is the practise of putting off

a difficult activity by focusing on less important, more fun, and simpler tasks instead. It differs from laziness, which is defined as a refusal to act. Stress is a sensation of passionate or actual strain. It can emerge out of any occasion or thought that causes you to feel disappointed, irate, or apprehensive. Stress is yourbody's response to a test or interest. In short explodes, stress can be positive, for example, whenit assists you with keeping away from risk or fulfill a time constraint. Substance misuse is the point at which you ingest medications that are not lawful. It's likewise when you use liquor, doctor prescribed drug, and other lawful substances to an extreme or in the incorrect manner. Self-esteem is moulded by your connections, thoughts, and experiences. Comprehend the scope of self-esteem and the advantages of having a sound assessment of yourself. Self-esteem is your general opinion or assessment of yourself — how you feel about your capabilities and weaknesses. the result was calculated via excel using linear regression The hypothesis was proven that there is a significant relationship between procrastination and stress and even thatthere is a significant relationship between procrastination and substance – use and lastly that there is a significant relationship between procrastination and self-esteem. Hypothesis was that procrastination is a predictor of substance use, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R<sup>2</sup>) equals 0.950. It means that 95% of the variability of Y is explained by X. Hypothesis was that procrastination is a predictor of stress, and hypothesis is proved as there is a moderately significant relation between the both. R Square (R<sup>2</sup>) equals 0.32. It means that 32% of the variability of Y is explained by X. Hypothesis was that procrastination is a predictor of self-esteem, and hypothesis is proved as there is a strongly significant relation between the both. R Square (R<sup>2</sup>) equals 0.90. It means that 90% of the variability of Y is explained by X.

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