

PROCRASTINATION: CAUSES AND WAYS TO OVERCOME

The life of a modern person can be compared with a high-speed highway. We need to complete many tasks in the shortest possible time, respond quickly to changing circumstances, and be able to withstand stressful situations in order to be successful both in our career and in our personal life. It would seem that in the XXI century, most people have everything necessary for successful self-realization.

However, along with technological advances and scientific progress, modern man has acquired another bad habit that can destroy life like drugs, alcohol, gambling, etc. It's called "procrastination." Procrastination (from the English word "procrastination" – "to postpone", consists of two Latin words "pro" – "for" and "crastinum" – "tomorrow") – a tendency to constantly postpone even important and urgent matters, leading to life problems and painful psychological effects. The term "procrastination" was first coined by Paul Ringenbach in 1977. In the Russian language, this word appeared in 2014, before that, the concept of "tightening" was used.

Scientists have proven that a third of the world's population suffers from this disorder, which, like a virus, affects more and more people every day. The topic of procrastination is especially relevant when it comes to the younger generation. Procrastination during school is the most common thing. Often students do not have the motivation to learn what they are asked, prepare for the test work and exams "overnight", try to memorize a poem during the breaks before the lessons, and as a result – do not achieve a desired result and forget what they learned quickly. Acquiring the right learning skills is the key to the success of any student and future professional. Postponing classes and homework for later can lead to the fact that the student will come to the conclusion that studying is not for him or her, lose motivation and even begin to experience negative feelings associated with learning. Therefore, in a modern school, students should not only master academic subjects, but also learn to overcome the habit of postponing everything for the last moment.

The reasons why we spend a significant part of our lives procrastinating are diverse and inherent in human nature. The main triggers of procrastination are stress, fear of failure, perfectionism, rebellious spirit or unwillingness to "be like everyone else", uncertainty about the benefits of the work done.

Like every phenomenon, procrastination has both negative and positive sides. Negative aspects include increased stress, decreased performance, feelings of guilt, shame, self-hatred, reproaches from other people, low self-esteem, etc. But procrastination has advantages, so you can procrastinate usefully. At first, procrastination gives us time and opportunity to think, to distance ourselves from the task, to look at it from a different perspective. Secondly, moderate stress forces us to put in more effort and encourages us to cope with the task more successfully. Procrastination increases creativity and helps us have fun, unloads our psyche from overload.

It is important that procrastinations will not become a life-destroying problem. There are a number of recommendations that should be followed in the fight against the “delayed tomorrow syndrome”. The best way to get rid of procrastination is to realize the value of every day of your life. There is a technique of “36500 circles”. Psychologists recommend drawing 36,500 circles on a piece of paper, which is associated with a hundred years of human life. Then cross out the days already lived and look at the empty, not yet sketched circles. You will see that there are not many of them, but it is enough to have time to realize your goal, to have time to do what you have planned, if you do not waste time on meaningless activities. If we subtract from the day the time we spend on sleep, food, study or work, household chores, we’ll discover that there is only 10% of the time is left for self-realization.

It is necessary to change your attitude to unpleasant routine tasks, to perceive them as a kind of challenge, for the performance of which a reward will necessarily follow, so it is important to come up with motivation for yourself. It is necessary to learn how to plan your day and prioritize things, observe the work and rest regime, take breaks, be realistic and remember that it is impossible to achieve goals without any efforts. Do not be afraid of failure, you need to analyze your emotions and actions. It is also necessary to organize your workspace properly, remove all distracting objects, reduce the time of conversations on a mobile phone and social nets, set a schedule for computer games. It is especially important to remember that all people are subject to this bad habit, not to blame or punish yourself for procrastination.

Thus, procrastination is a problem of all mankind. It is important to teach young people to recognize the existence of this addiction and how to overcome it, to cultivate in each student a strong, highly organized successful personality, in whose hands not only his or her personal future, but also the future of the whole country.