

Procrastination-now prevalent in today's society. I am actually very curious about procrastination. How deeply can procrastination affect people? My procrastination is manifested in all aspects of life. The first time I saw this word was a long time ago, and I was shocked how there could be a word that fits me so well. The approximate meaning of procrastination on the **Internet** is: Procrastination refers to the failure of self-regulation, a kind of "personality" behavior, a behavior that delays what is planned to be done even when the consequences can be expected to be harmful .

Procrastination makes me feel bad. Every time after I procrastinate, I fall into **self-loathing**. This feeling is like You know you are deprived, but you can't stop it from happening. I know that procrastination is not good, and things that can be easily resolved always increase the difficulty due to procrastination. Procrastination is also **concerned** by society. We search for procrastination on the Internet and we can see a lot about procrastination. Some people write books and articles about procrastination, some make videos about procrastination, and some share how to improve procrastination. I think the most serious time has happened at school. My procrastination was not so severe before, until I started high school. I began to realize that I didn't really want to touch those homework, so I started to procrastinate. Every time it was submitted almost on the last day of the deadline. My procrastination in life is reflected in my housework, when I need to go out to deal with important things, and before I go to take a shower, etc. Most of the time I will deal with something, and I will delay for a while before starting to act. Sometimes I will think, is procrastination controlling me? **So I want to know how deeply procrastination can control people.**

I will try to find other one materials to fit my hypothesis, or try to read it to find useful information for me. I believe I would prefer the second method, because maybe I will find interesting **information in something that doesn't fit my hypothesis.**

Source 1: Kroese, Floor M., et al. "Bedtime Procrastination : Introducing a New Area of Procrastination." *Frontiers in Psychology*, vol. 5, Frontiers Media S.A, June 2014, pp. 611–611, doi:10.3389/fpsyg.2014.00611.

Summary: This is a set of research articles on sleep procrastination. Researchers first proposed the impact of procrastination on people's health, and then proposed the concept of bedtime procrastination. Bedtime procrastination means that people procrastinate to fall asleep without external influence. In this way, people will not be able to fall asleep at the expected time, resulting in insufficient sleep time, thereby affecting their health. The researchers conducted a questionnaire survey of the participants' sleep time for this concept, and the survey results showed that it is common for people to lack sleep time. The researchers concluded that bedtime procrastination is a manifestation of procrastination, which suggests that self-regulation enhancement strategies can be used to prevent or reduce sleep deprivation.

Reflection: When I saw the title of this article, I was very interested. This is the first time I have heard the academic term "bedtime procrastination". After reading the article, I

found that this is a very interesting concept. Bedtime procrastination has a significant negative correlation with self-control, just like general procrastination. My understanding is that the lower your self-control, the worse your sleep procrastination. However, the article shows that the causal relationship between bedtime procrastination and self-control is more complicated than we thought. If bedtime procrastination is like this, then I have bedtime procrastination. I will play with my phone for a while before going to bed, no matter how late I go to bed. I can go to bed right away except in very sleepy situations. Then I lost energy the next day, with low self-control, and then delayed going to bed again. This is a vicious circle. The new knowledge in my mind has increased, the procrastination will also control your sleep quality.

Rhetorical Analysis: The author used data to prove the point of view that this article wants to express, and the data in it are clear and reasonable. Data and evidence increase the credibility of this article. **You don't say anything about the author or about Utrecht University. I also am concerned about some of your terms here and whether or not you really read this very scientific article all the way through-ss**

Some quotes from the source:

“Bedtime procrastination is defined as failing to go to bed at the intended time, while no external circumstances prevent a person from doing so.” There are many external factors that may affect people to fall asleep. Now people are actively looking for external factors to prevent themselves from falling asleep. As like playing the electronic product. “Instead, we speculate that it is not so much a matter of not wanting to sleep, but rather of not wanting to quit other activities.” Generally speaking, people will become addicted to things that make oneself relaxed and happy, such as playing games, watching short videos and other entertainment activities. And it's a bit difficult to stop.

SOURCE 2: **Tim Urban, Inside the mind of a master procrastinator, Apr 6, 2016**
<https://youtu.be/ari7oStGLkU>

Summary: Tim Urban talks about the inner thoughts of people with procrastination in the video. Tim Urban said that he had a plan for his mission at the beginning, but the plan was shattered because of the delay. Had to work frantically before the due date. Tim Urban devised a hypothesis that the brains of procrastinators and non-procrastinators are different. He assumed that everyone's brain has a rudder, and the driver is a rational decision-maker. And he also added instant gratification monkey and the panic monster to his (procrastinator) brain driver. Most of the time, the instant gratification monkey is driving. The panic monster will only appear in tasks with deadlines. Another type of procrastination is prolonged procrastination, which has no deadline. So it can affect people subtly. Long-term procrastination affects people endlessly without a deadline. It is a source of a lot of guilt and unhappiness. So we have

to face the existences that make instant gratification monkey happy, we should face the existences that we don't want to face.

Reflection: Procrastination controls your actions, just as instant gratification monkey controls your steering wheel. That made me only want to do things that make myself simple and happy. I also like to do simple and happy things, but I know that it is impossible to do simple and happy things for the rest of my life. If this is the case, I can't go further to my dreams. So we have to control the instant gratification monkey instead of letting it control us. But this is not a simple matter, it can only start to change little by little. How to do it, I think the first and most important step is to adjust your own state. I think Tim Urban's method is good. But I believe there will still be a few procrastinators who will only watch the time go away and then feel guilty and unhappy.

Rhetorical Analysis: Tim Urban used himself as an example of procrastination, and most people can understand the examples he cited. Therefore, his speech was very convincing, and he did not speak very deep truths. Throughout the video, Tim Urban resonates with the audience, thereby enhancing his credibility.

Some quotes from the source

"Everything gets done, things stay civil." That was my idea, but now my idea has changed. It becomes "If you still don't start now, it will be over." I'm trying to motivate myself.

"My behavior has always perplexed the non-procrastinators around me," Yes, my mother does not understand why I like to procrastinate and not do things. She was very angry for this, and often asked me to act immediately when I procrastinated.

"That I don't think non-procrastinators exist. That's right, I think all of you are procrastinators." In fact, I think so too, it's just that some people are not obvious and some people are particularly obvious.

Source 3:

Jaffe, Eric. "Why Wait? The Science Behind Procrastination". *Association For Psychological Science - APS*, 2013,

<https://www.psychologicalscience.org/observer/why-wait-the-science-behind-procrastination>

Summary: This article tells that procrastination is not caused by the Internet, but existed a long time ago. And procrastination is hateful and harmful. Each patient with procrastination will have a lot of stress and a low sense of happiness. A major misunderstanding of procrastination is that in the worst case, it is a harmless habit, and in the best case, it is even a useful habit. In previous magazines, psychology researchers have expressed that procrastination is a bad life habit, and it is always oneself that hurts. Procrastination will reduce your happiness and reduce your most precious time.

Reflection: This article made me realize that procrastination has existed for a long time. I think there is a very interesting point in this article. Procrastination is a habit of self-deception. Procrastination makes me feel that I am capable, but I have not worked hard. Interesting thinking. But I no agree 50% and agree 50%. Some people may lie to themselves, but not all. I agree with another point of view that emotions are one of the causes of procrastination. I feel that when a person's emotions reach the right level, they will be more motivated to perform tasks. Also I agree that procrastination is hateful and harmful.

Rhetorical Analysis: This article cited very early and large amounts of information and data. This article is absolutely persuasive, because you will see many professional data, celebrities and some of their research in the article. After reading this article, I think the credibility is very high.

Some quotes from the source:

“A major misperception about procrastination is that it’s an innocuous habit at worst, and maybe even a helpful one at best.” Yes, I have never felt that procrastination is a little good for people. This is definitely a misunderstanding.

“A poor concept of time may exacerbate the problem, but an inability to manage emotions seems to be its very foundation.” There are many reasons for procrastination.

“As the preparatory tasks became more difficult and stressful, the students put them off for more pleasant activities. When they did so, however, they reported high levels of guilt — a sign that beneath the veneer of relief there was a lingering dread about the work set aside.” When people are stressed, they need to relax appropriately. But too much relaxation will not work. That will make you less likely to work again.

“He sees the study as a reminder that procrastination is really a self-inflicted wound that gradually chips away at the most valuable resource in the world: time.” I agree that procrastination will only hurt self.

Source 4: Jaffe, Eric. "Why Wait? The Science Behind Procrastination". *Association For Psychological Science - APS*, 2013, <https://www.psychologicalscience.org/observer/why-wait-the-science-behind-procrastination>.

Summary: This is an article on how to avoid being one of the 4 main types of procrastination personality. The four main types of procrastination personality in this article are performer, self-deprecating person, overbooker and novelty seeker. In the article, accountability coaches describe their weaknesses, strengths and suggestions for the four main types of procrastination. Performers are accustomed to forcing themselves to concentrate by shortening the time to complete tasks. The pressure is huge. It is recommended to focus on the beginning (not the end). Self-deprecating people tend to attribute inactivity to laziness or stubbornness rather than admitting that they are tired. So they need proper rest. Overbookers like to avoid things they don't want to do, so they fill up their calendars. The advice is to take time to reflect on yourself. The novelty seeker will be attracted by the latest trends and will be

implemented soon, but will not continue. The advice is to really persist in getting things done.

Reflection: It is interesting. This reminds me of a test I did before to test what kind of readers I will be when I read. I think it still makes sense. If someone happens to be one of the types of procrastination, then he might get good advice. I think there are two types of procrastination that fit me, they are self-deprecator and novelty seeker. I procrastinate before work, but I can't stop when I start work. There I am also more interest in new things, easier to get tired of the old. Maybe in the near future I will try the above suggestions to see if I can change myself.

Rhetorical Analysis: This article is simpler than the previous three sources, it is like a simple popular science article. But the sharing and suggestions of the article are pretty good. The information given in the article is quite interesting, I think it has 80% credibility. If the article can give more examples or data, it will be more convincing.

Some quotes from the source:

"How can highly-driven and accomplished people still be such procrastinators?"
everything is possible.

"Procrastination is a habit, and if you understand how it shows up for you, you can replace it with a better one." Very good idea. If you cannot solve your procrastination, then you can use it in reverse. Only by knowing yourself and the enemy can you be undefeated in all battles. But it is still a bit difficult to take advantage of procrastination, and there is no good way now.

For me, this search for procrastination has been a lot rewarding. I didn't expect procrastination to have so much information. From the first source, I can know that bedtime procrastination refers to people who are still unable to fall asleep within the planned time without the influence of any external factors. They just actively chose to stay up late. Delay in bedtime will result in lack of energy the next day, poor self-control, and then delay going to bed again. This is a vicious circle. So there are self-regulation and enhancement strategies that can be used to prevent or reduce sleep deprivation. In the second source, I learned that most of the plans made by procrastination will be destroyed by procrastination. The first step in starting a plan is often the hardest. And everyone has procrastination, but the degree of impact is different. Long delays affect people endlessly. This is the source of much guilt and unhappiness. Therefore, we should face the existence we don't want to face, and we can no longer allow monkeys to easily control our actions. The third source I learn is that procrastination is not caused by the Internet, but has long existed. And every procrastinator suffers from a lot of stress and low happiness. And some people also have a misunderstanding about procrastination. A major misunderstanding of procrastination is that in the worst case it is a harmless habit, and in the best case it is even a useful habit. The fourth source shows how to avoid being one of the four main types of procrastinating personality. The

four main types of procrastination personality in this article are performer, self-deprecating person, overbooker and novelty seeker. Learned the weaknesses, advantages and suggestions of the four main types of procrastination.

Feeling the stress of procrastination for a long time can make people feel guilty and reduce happiness. In the process of procrastination, you are sober and you know what you are doing. But there will still be a delay next time. The causes of procrastination can be endless, but they can also be summed up in one sentence: personal choice—every moment, when faced with difficult options and escape options, people tend to choose the more comfortable one. Repeatedly, it became procrastination. So what we need to change most is ourselves, we must first start to reduce some meaningless things. Then start to pay attention to time and learn to manage time. Gradually change yourself away from procrastination.