Procrastination Essay

You must be wondering why do people procrastinate. People procrastinate for many reasons. Procrastination has existed from humans for centuries. There is a way to decrease it, but most people increase procrastination through-out their lifetime.People procrastinate because they fear failure. The perception of failure hurts procrastinators. Passive aggressiveness is an excuse for social situations.Lacking motivation to get something done is common, and also lacking a reward happens too. Goals that are put off have stress levels go down. Noticing what are your main priorities has many avoid a nervous breakdown. Simply ignoring tasks makes people stress free. Doing things at the last minute doesn’t help.

Biological reasoning is our prefrontal cortex and it underestimates our hunger, anger, or sexual excitement. Regret usually follows our emotions. Procrastinators can be of either sex although the y chromosome is often activated within us biologically. A core trait explains why we put things off. Social reasons are learned helplessness that is an acceptance of prolonged stress from work or school. Self confidence is a cause that makes working hard. Deadlines on assignments is feared by many.

You have to balance social and education. Examples of bad procrastination is skipping class to play video games. Avoid doing dishes, and have someone complain about why you don’t clean dishes. Turning in assignments at work late. The reason behind my procrastination is mainly stress. I avoid few assignments, and say I’ll turn it in later but never do. Anxiety plays a role why I turn work in late a few times or come to class late.. I could study more for classes. Only strategies are Impulsiveness when I’m writing essays, and expectancy is expecting to fail math tests. This is how procrastination is portrayed to me.