Self-regulation, emotional intelligence and procrastination among adults

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Background

Procrastination has been most thoroughly studied in academic context in student populations (Steel, 2007, Beutel et al., 2016). With regard to adult samples from different countries, studies indicated demographic characteristics related to procrastination tendencies in Spanish-speaking (Díaz-Morales et al., 2006) and English-speaking samples (Ferrari et al., 2005, Steel & Ferrari, 2013). However, little is known about procrastination among Russian adults. Few studies indicated personal, organizational and professional predictors of procrastination (Barabanshchikova & Ivanova, 2013) and identified behavioral, cognitive and affective differences between low and high procrastinators (Sibirtseva, 2013).

Objective

The present study examined the relationship between procrastination, self-regulation and emotional intelligence on adult sample.

Hypothesis 1. Self-regulation and emotional intelligence were associated with procrastination among Russian adult sample.
Hypothesis 2. Low, medium and high procrastinators significantly differ from each other on self-regulation, emotional intelligence and action scale

Materials and Methods

Participants: 82 Russian adults (35 men, 47 women). Mean age 32.66 years old, SD 5.98
Scales:
- Lay's General Procrastination Scale (GPS) in adaptation of Vindeker and Ostanina
- Self-Regulation Profile Questionnaire (SRPQ) by Morosanova
- Action Control Scale (ACS) by Kuhl in adaptation of Shapkin
- Emotional Intelligence Inventory by Lucin

Results

Pearson correlations:
GPS is related to all five variables, especially with Self-regulation (r = −.715, p < .01), and with Emotional Intelligence (r = −.508, p < .01).

Table 1. Means, standard deviations and Pearson correlations among the main variables.

| Variables	M	SD	1	2	3	4	5	6
1. GPS	53.67	12.238	–					
2. Self-regulation	29.17	6.263	−.715**	–				
3. Emotional Intelligence	40.35	11.741	−.508**	.649**	–			
4. Preoccupation	5.50	2.515	−.348**	.353**	.436**	–		
5. Hesitation	6.28	2.579	−.310**	.438**	.297**	.100	–	
6. Volatility	4.22	2.368	−.314**	.290**	.421**	.572**	.016	–

*Notes. N = 82; ** p < .01*

Multiple regression analysis:
Self-regulation is the only significant negative predictor of general procrastination: B = −1.4, SE (B) = .15, β = −.715, p < .001.
F (1, 80) = 83.6, p < .001, R² = .511

Comparison of self-regulation, emotional intelligence and ACS among three groups of procrastinators

Table 2. Comparison of low, medium and high procrastinators on SRPQ, EI, and ACS
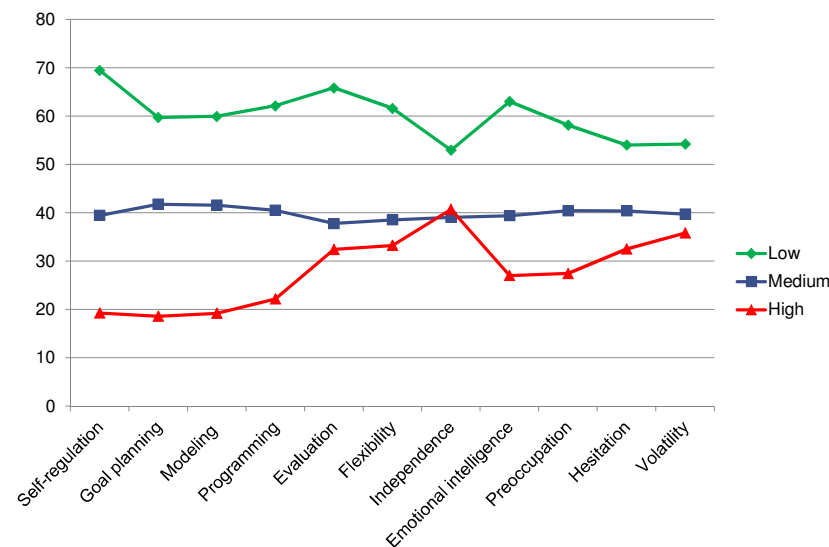
Kruskal—Wallis H-test:
Three groups of procrastinators significantly differ from each other on all variables except Independence subscale of SRPQ and two subscales of ACS namely Hesitation and Volatility.

When significant differences were found between groups of procrastinators in the Kruskal—Wallis H-test, pairwise comparison of groups was made through Mann—Whitney U-test using Bonferroni adjustment (p < .017).

Groups of low and high procrastinators significantly differ from each other on Self-regulation in general and on each subscale of SRPQ, on Emotional intelligence and on Preoccupation subscale of ACS.

High procrastinators have the lowest scores on self-regulation and its components, on emotional intelligence and on subscales of action control.
Low procrastinators exceed high procrastinators on general level of self-regulation, its components, on emotional intelligence and on subscales of action control. High procrastinators were prone to state orientation, low procrastinators were prone to action orientation.

Conclusions

- Self-regulation is a significant predictor of procrastination among adults.

- Emotional intelligence did not show a significant effect on procrastination in contrast to previous studies which can be attributed to the age of the participants of our study.

- Further research should be conducted to extend the sample, as a large majority of respondents (63%) reported middle level of procrastination, therefore the groups of high and low procrastinators are small in size.

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