

## Influence of Television on Procrastination amongst Students

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### Abstract

Technology has enriched our lives in more ways than we can imagine. Inventions like the television have completely changed the way we receive information and entertain ourselves. Technology is necessary, but it does not always have a positive influence on modern life. This issue of the negative impact of television has emerged within the last decade due to the impressive pace of technology. Young people have very easy access to television and thus spend much time watching shows rather than doing productive work, which leads to procrastination. In our study, we conducted a survey amongst the students of Vellore Institute of Technology (VIT), India and analyzed the relationship between television watching habits and procrastination with respect to four variables. The results show that frequent procrastination due to television watching depends on various factors, such as gender, age group, TV watching hours, and prioritization of television over assignments and examination.

**Keywords:** television, procrastination, gender, watching, age, prioritize

### 1. Introduction

Television, in this age, has become a popular and an indispensable part of daily lives. Most families have more than one television in their homes. Televisions are universal now because science and technology have evolved over the decades. Thus, young people are introduced to television, or the “idiot box,” at a very young age. However, although television is very appealing and an accessible form of entertainment, it causes some ill effects on its viewers, especially the younger audience and the younger generation.

“Option is not a panacea,” was once quoted by an English writer. This quote reverberates with today’s youngsters and has become remarkably true ever since. The limitation of anything makes one want it even more and when it comes at one’s beck and call, the greed intensifies even more. Be it “Netflix”, “Amazon Prime”, or normal cable TV shows, the audience never dwindles no matter how ‘one’ show is scrolling down the channel, there shall be tons of shows for viewing and this where the trick lies. The distributors and producers are masters at their art of promotion and at evoking interest. It is basically a ‘prey’ and a ‘predator’ situation. But, in this scenario, the prey becomes one by choice.

A clap happens when both hands are thumped together, the same analogy applies here. When an individual is hooked on to TV shows, it slowly becomes an addiction. This addiction starts affecting the other trivial and mundane activities. Binge watching leads one to forget to eat, sleep, study and inevitably leads to procrastination.

“Game of Thrones” was the name everyone had on their lips every time a new episode or trailer was released. Greetings these days are replaced by “Did you watch the latest episode?” Friends form, groups are made and even lifelong companions are established owing to the shows you watch.

Our project focuses on the impact of watching the television shows, (Klassen, 2010) amongst college students, that is, taking VIT into consideration, and how it influences procrastination (Rabin, 2011). We conducted an extensive anonymous survey amongst students and deduced the effects on students on their personal and academic lives.

### Objectives

1. To identify how television affects the procrastination trends of university students.
2. To find and compare the number of frequent and less frequent procrastinators on the basis of gender.

3. To find and compare the number of frequent and less frequent procrastinators on the basis of age group.
4. To find and compare the study habits of frequent and less frequent procrastinators on the basis of television watching trends.

### **Hypotheses**

1. Gender does not make any difference on procrastination due to TV watching.
2. Age does not make any difference on procrastination due to TV watching.
3. There will be a significant difference between the study priorities of students who procrastinate frequently and those who procrastinate less frequently on the basis of television watching trends.

### **2. Literature Review**

The intensity and the level of advertising these days during T.V shows have grown in leaps and bounds. Be it from quotes, to tees and even hoardings, the level of creativity has reached its pinnacle and so has the mindset of subscribers. The generation of today leaves no stone unturned to keep up with their compatriots regarding the entertainment world. Soaps form the bulk of today's recreation where outdoor activities have been replaced by indoor hours of juggernaut binge watching.

College students contain an amazing business sector power and it is essential for advertisers to distinguish the different methods in which this developing audience gets data. In one of the reports, it was indicated that those in the age group 18-24 years are more probable to buy an item impulsively, (Lamb, Hair and McDaniel, 2006), it is important that marketers reach this group prior to the purchasing encounter. At least one brand expert believes that 21-year-olds are in a period of transition and not yet prepared to make solid brand connections. Along these lines, the capacity to reach and impact this market is vital to streamline their promoting methodology.

"Television viewing moderates the effect of self-control on nighttime procrastination" (Exelmans, 2021). According to the research, people with a stronger watching habit, more TV commitment, and a preference for late viewing reported more procrastination in TV watching. Procrastination in TV viewing was connected to poor sleep quality, sleep delay, sleep efficiency, and daytime dysfunction. There are several distractions available, such as smartphones, laptops, television, and engaging in diversions may cause the planned sleep hour to be missed (Magalhães, Paula, 2020). The author highlights the link between behavioral and decisional procrastination assessment, as well as the discipline's ability to expand beyond academic procrastination study into other domains (Mann, 2016). It then moves on to areas where procrastination is a major problem, such as sickness and health, cross-cultural differences in procrastination. The teacher can provide activities like reading favorite books, stories and novels, to reduce the impact of procrastination (Puspitasari, Ratih Dewi, 2018).

From cellphones to computers and television, the access to different distractions is unlimited, and the enrolment in distractions may cause the postponement of the desired hour to sleep. The author discusses the relationship between measurement of behavioral and decisional procrastination, the domain specificity or domain generality of procrastination. It also looks at the need for the field to move beyond studies of academic procrastination into other domains such as illness and health where procrastination is a major problem, and then ends with a comment on cross-cultural differences in procrastination and a summary conclusion about the field.

Along with television viewing, college students' internet utilization is fundamentally expanding. "This is important to networks to consider because those patterns can play into effect for viewing television programs after their initial showing", (Damratoski, Field, Mizell & Budden, 2011). The results of a study conducted in 2007 reported that a college student in a week, on an average, spends ~10 hours on the Internet, (Budden, Anthony, Budden & Jones, 2007). With the capacity of buyers to see TV on the Internet just as through advanced video recording gadgets, a requirement for merged ratings of these venues existed outside of cable television.

"A sample of 500 students was drawn randomly from various Government secondary and higher secondary schools of District Srinagar (J&K) (Verma, Larson, 2002). Heavy and low TV viewers were identified". The end results concluded that there is a significant difference between the mean scores of heavy and low TV viewers on study habits.

Adolescents' rates of viewing were associated with mothers' rates of viewing, with rates for both higher when mothers were unemployed. Teenagers' TV rates were likewise corresponded with fathers' rates and with fathers' kind of employment (Verma & Larson, 2002). "During TV viewing, adolescents reported lower than average challenge, worry, and paying attention, and higher than average choice, calm, and relaxation." The discoveries demonstrate that the TV survey of middle-class Indian youth is ordinarily a casual remedy to the worries of the day that they share with their families.

### 3. Method

Taking college students as a convenience sample, at Vellore Institute of Technology (VIT), a deemed to be university in southern India, several hypotheses were made in accordance with the viewership and effects of television shows. A questionnaire was prepared, keeping the objectives in consideration.

The questionnaire was circulated amongst approximately 200 Bachelors of Technology students studying at VIT through email and text messages, wherein a link of the questionnaire was provided. The link directed the students to the questionnaire which had been made under Google Documents. The contact information was obtained through the university email database. The participation was anonymous and voluntary.

At last, 151 usable questionnaires were acquired. As may be normal, most of respondents were approximately in the range of 18 and 21 years old. A vast share of the respondents answered to having CGPAs commonly were in the 8.0 to 8.99 territory. The male population included 55% of the respondents while females involved 45%. For analysis, we have considered “Frequent procrastination due to television watching” as a constant and the variables are gender, age group, television watching hours and “Prioritising television over assignments.”

The tools for analysis are the simple statistical graphs using the Microsoft Office Excel software.

### 4. Results and Discussion

The findings for the relationship between gender and procrastination (Fig.1.) reveal that 26% of the female population and 44% of the male population agree or strongly agree on procrastinating frequently due to excessive watching of television shows. Apart from this peak in the trend line, the trend for males and females is approximately the same. This agrees with our hypotheses.

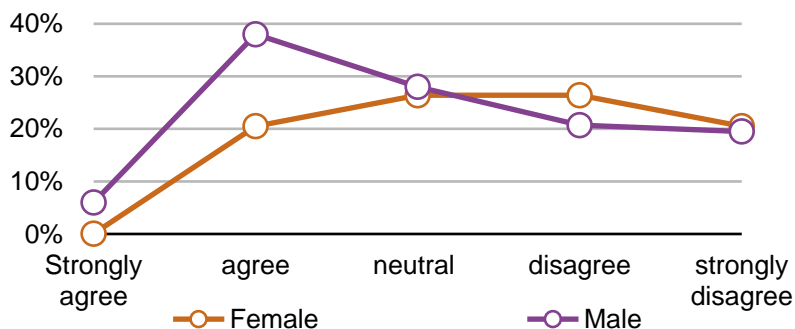


Figure 1. Gender vs frequent procrastination due to TV

While taking age group into consideration (Fig.2.), 55% of the respondents in the age group of 15-18 and 41% of those in the age group of 18-20 disagree or strongly disagree on frequent procrastination due to excessive television watching, thereby coming to the conclusion that the majority of the students between the age of 15-20 disagree on frequent procrastination due to excessive television watching. The same goes for those in the age group 20-25.

On comparison of procrastination due to television and amount of time spent watching television (Fig.3.), our survey shows that out of 105 respondents that spend 0-2 hours of watching television, more than half (that is, 56) disagree or strongly disagree on procrastinating frequently. Considering the 32 respondents that spend 2-4 hours watching television, 53% agree or agree strongly on procrastinating. Taking into account the 9 respondents who watch 4-6 hours of television, the proportion of those who agree or strongly agree and those who are neutral are equal (that is, 44.5%), while the remaining only disagree.

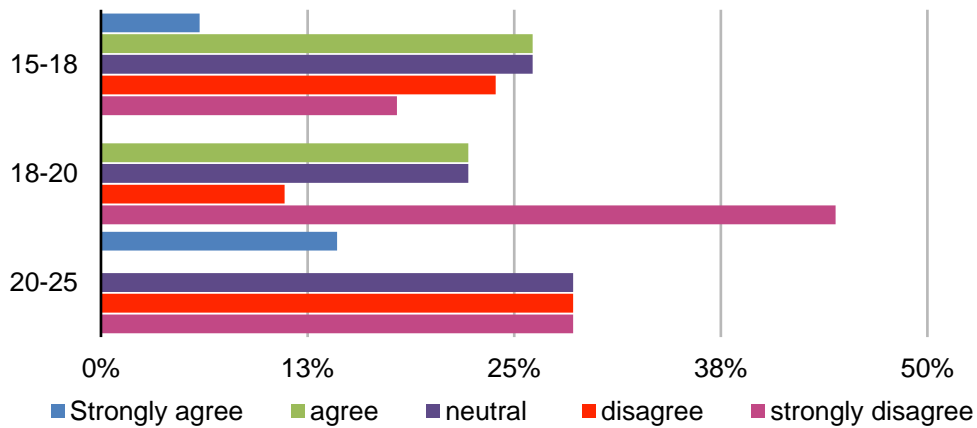


Figure 2. Age vs frequent procrastination due to TV

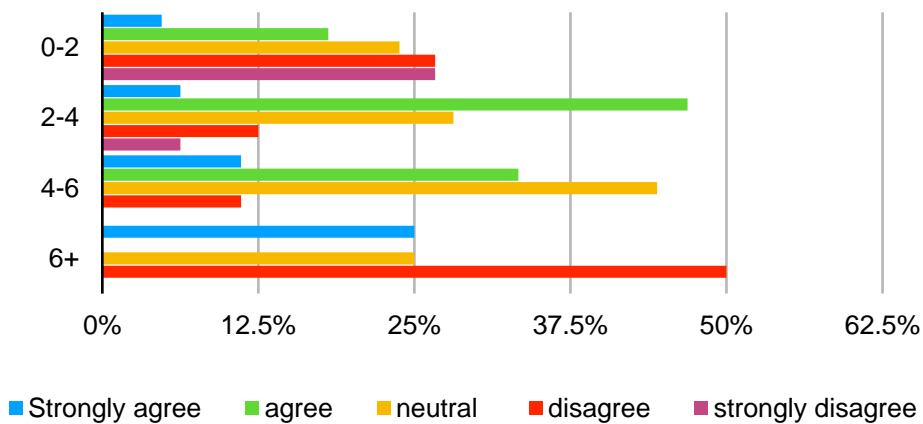


Figure 3. TV watching hours vs frequent procrastination due to TV

But, of those 4 who do watch TV for more than 6 hours, 50% disagree on procrastination, while 25% are neutral and 25% strongly agree. Thus, we can say that those whose television watching hours are in the mid-range, that is, 2-4 and 4-6 hours a day, tend to procrastinate during examinations.

Statistics reveal that (Fig.4.), 67% of those who strongly agree on procrastination due to TV watching, strongly agree on prioritizing TV over assignments. Hence, the majority of those who procrastinate frequently, prefer watching TV over completing their assignments. 67% of those who strongly disagree on procrastinating frequently, also strongly disagree on prioritizing TV over assignments. We can also see that almost half of the population use TV shows as an antidepressant or stress reliever. Almost all of the population agrees to not miss classes for the sake of television shows, while there was a mixed response to the thought that TV shows can inspire better academic performance.

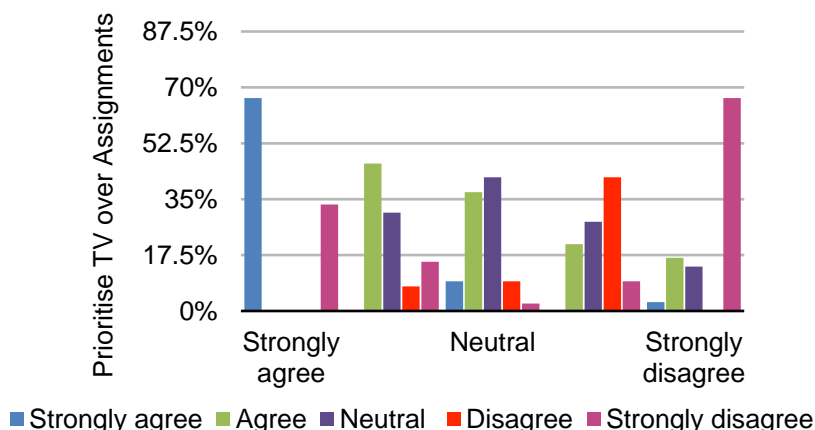


Figure 4. Prioritizing TV over assignments vs frequent procrastination due to TV

**5. ANOVA Test for Hypotheses**

The data that we have used has responses in the Likert scale for the constant, that is, frequent procrastination, and discrete responses for the variables, that is, gender, age, TV watching hours, and priority between TV and assignments. Since the Likert scale (Boone, 2012), is an ordinal type of data, we cannot determine the distance between the points and so we gave numerical equivalent score to each of the elements, where strongly disagree=1, Disagree = 2, Neutral = 3, Agree = 4, and strongly agree=5. The two-way ANOVA test was then done, using the RStudio software (Cuevas, 2013 & Faraway, 2002) to assess simultaneously if there is a difference between the average scores of people of different gender, sex, TV watching hours and priorities.

Table 1. P values of Procrastination against variables using two-way ANOVA-1

Variables	Sum Square	Mean Square	F value	P value
Gender	0.926	0.9259	0.9536	0.3305
Age	3.703	1.8516	1.9071	0.1524
Hours	24.854	8.2848	8.5329	3.058E-05
Priority	52.891	13.2227	13.6186	2.150E-09

The two-way ANOVA test output shows no significant difference in the average scores of the gender and age, with P values >0.05 for both (Hung, 1997). Hence, we can accept the null hypotheses that Males and Females have the same tendency to procrastinate at the 5% level and all age groups have the same tendency to procrastinate at 5% level.

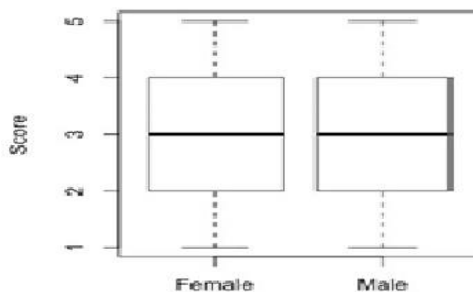


Fig.5. Box plot of Gender against Score\*

On the other hand, taking the TV watching hours and priority of TV over assignments into consideration, the ANOVA test output has P values <0.05 and hence we reject the null hypotheses for the same tendency to procrastinate. This is also evident from their respective box plots.

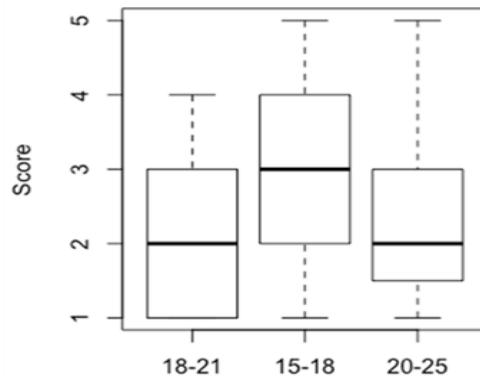


Figure 6. Box plot of Gender against Score

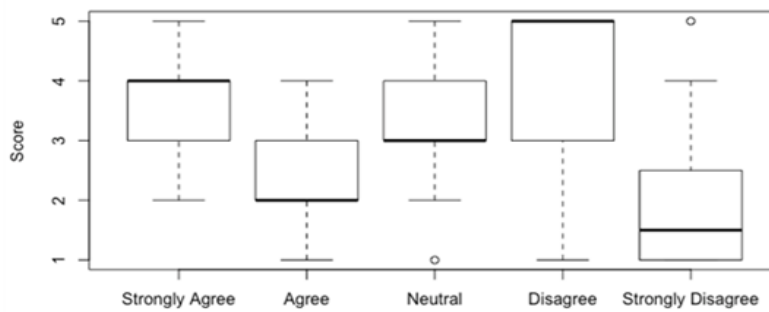


Figure 7. Box plot of Age against Score

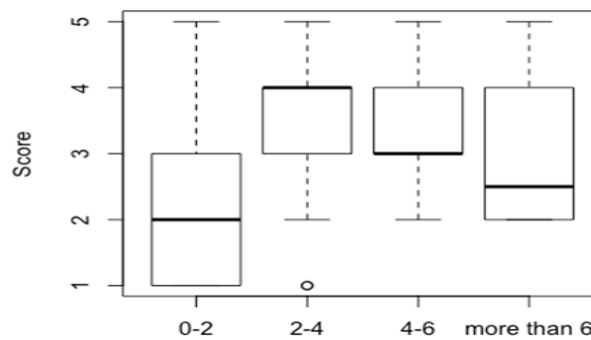


Figure 8. Box plot of TV watching hours against Score

\*Score: where the respondents Strongly disagree=1, Disagree = 2, Neutral = 3, Agree = 4, or strongly agree=5, on frequent procrastination influenced by watching TV

**6. Conclusion**

Procrastination has been established as an effect of the technological invention, television. In our paper, we have drawn results which contradict as well as corroborate our hypotheses on how television watching affects frequent procrastination in terms of gender, age, TV watching time, and priorities. We can conclude that gender does not play a role in procrastination, as evidenced by the ANOVA test and the box plots. The age group does not show any specific trends related to procrastination due to watching TV, as all of the majority of the respondents in the different age groups tend to disagree on procrastination due to TV watching. Students who watch TV for 2-6 hours a day tend to procrastinate more frequently than those who watch TV for less than 2 hours or more than 6 hours. Those who procrastinate frequently tend

to prioritize TV over assignments while those who do not procrastinate frequently, do not prioritize assignments over television. The study concludes that procrastination creates a disturbance in the students' academic concentration, study priorities and academic performance. It affects their overall academic accomplishment by obstructing their assignment works and examination, which will eventually reflect in their examination grades and knowledge acquisition.

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