

↳ The relationship
between productivity
and procrastination

↳ Background

procrastination functions as an emotion regulation technique that provides short-term mood repair. We avoid tasks that make us feel bad because it can make us feel anxious, worried or bored. To avoid these negative feelings, we simply avoid the task (or procrastinate)

People don't perform better under pressure but because they only work under pressure. Research found that people make more mistakes, are less creative, and enjoy the overall experience less, both while they are delaying the task and when they are doing it under time pressure.

chronic procrastination (being inclined to procrastinate on a regular, long-term basis) affects both your mental and physical health. This includes anxiety and depression, poor health such as colds & flu, insomnia, and even more serious conditions like cardiovascular disease.

poor health of procrastinators can be caused directly or indirectly. It may be the result of failing to effectively cope with stress due to procrastination and the indirect result of constantly putting off important health behaviours (daily hygiene, going to the doctor or dentist).

Ferrari, J., & Díaz-Morales, J. F. (2014, January). Procrastination and mental health coping: A brief report related to students. ResearchGate. Retrieved November 3, 2021, from https://www.researchgate.net/publication/256475556_Procrastination_and_mental_health_coping_A_brief_report_related_to_students.

Sirois, F. M. (2015). Is procrastination a vulnerability factor for hypertension and cardiovascular disease? testing an extension of the procrastination–health model. *Journal of Behavioral Medicine*, 38(3), 578–589. <https://doi.org/10.1007/s10865-015-9629-2>

Research conducted in 2015 in the UK found that happiness made people around 12% more productive.

Productivity is important as it allows you to get more things done and leave you with a sense of accomplishment and fulfilment.

Oswald, Andrew J. , Proto, Eugenio and Sgroi, Daniel. (2015) Happiness and productivity. Journal of Labor Economics, 33 (4). pp. 789-822.

Four reasons you're not being productive (and how to improve!). Cornerstone University. (2021, September 17). Retrieved November 3, 2021, from <https://www.cornerstone.edu/blog-post/four-reasons-youre-not-being-productive-and-how-to-improve/>.

Procrastination impacts all aspects of our lives.
Procrastination is associated with lower income and reduced employment. Procrastinators make up 57% of the unemployed.

Procrastinators tend to be in jobs that are lower in characteristics that would provide motivation.

↳ Research Statement/Questions

↳ How does
procrastination play a
role in productivity?

Secondary questions

- How can designers create applications that can someone procrastinate less?
- How do procrastination and productivity affect your mental health?

↳ Methodology

I used resources such as literary research reports and books. My secondary research was from research reports written by professionals, articles found on Jstor and Google Scholarly and university websites. These resources helped me source qualitative and quantitative data on my topic regarding the impact of procrastination and productivity on ones' quality of life.

↳ Discussion

How designers can create applications that can help reduce procrastination and increase productivity

- different exercises that can be translated and added into apps

Talk about how some people are born with procrastination traits and that there is a limitation to how much you can help/change a person

↳ Conclusion

Procrastination has a negative relationship with productivity.

Research has showcased that procrastination correlates to poor mental health. A by-product of procrastination is stress which affects ones' productivity.

↳ Target Audience and Design
Deliverables

Target Audience

- young adults
- students

Deliverable

- app that helps with productivity
- immersive webpage that goes through the emotions of a procrastinator