CONQUERING THE CLOCK: OVERCOMING PROCRASTINATION AS AN ENGLISH LANGUAGE LEARNER

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ABSTRACT
This article emphasizes identifying the precise meaning of the word "procrastination" and aims to find out the causes or issues that arose because of delays. Additionally, gives possible solutions not for only overcoming delaying habits in students' academic journeys but ways of conquering procrastination for everybody on the whole. It will discuss psychological factors that lead to procrastination as well as its negative effects.

KEY WORDS*: Procrastination, academic journey, psychological factors.*
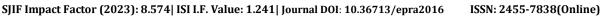
INTRODUCTION

Sometimes we sit and think that we gradually running out of time to do crucial things in our lives. For this, most of the time, we blame the competitive lifestyle of the world that keeps us so busy. Time management is becoming a greater issue that creates a lot of problems and the consequences are disastrous. Inefficient time management affects our mental, physical, and financial state in a negative way.

Why can not we keep up with the pace of the current world? The answer is pretty simple. In this article, we will discover the term "Procrastination" which is the main problem that holds us back from completing important tasks. As the word procrastination implies, it means delaying important tasks or not doing something until a later date, which means not meeting deadlines and not accomplishing everything on your list. When it comes to postponing academic tasks at institutions, it can result in disapproving consequences as students may miss their precious time even worse, they can fail or be dismissed. The first step is to dig deeper into the issue and then offer possible solutions.

It is worth noting the reasons behind delaying habits in students' character. Those can be a lack of self-confidence, absence of motivation, not having an exact goal, poor time management, distractions, fear of failure and lastly being a perfectionist. We will look through each separately and go deeper into solutions.

Students who are in the process of learning at universities face problems putting off university tasks until last the date or they may be overloaded with work at their workplaces. Imagine you are going to write an assignment that you are not sure whether you understand the instructions or not. They probably give up an idea do research the topic, and find out relative information on the net or asking from your instructors. The more complicated tasks are likely not researched or postponed when students encounter them. Collecting these tasks in this way makes students less self-confident and may lead to doubts about their abilities. The next reason for being a procrastinator is a lack of motivation to do one exact task. In students' case, it is hard to have intrinsic motivation that lasts longer because finishing one book or writing one essay can not make you a scholar. This process takes a longer time to succeed and see the results. It is for this reason that most students may not have the passion or the patience to reach so-called success levels. The following two reasons can be associated with each other as we are surrounded by a lot of distractions and it, in turn, leads to poorly managing our time. Nowadays, we live in a period in which people overuse social media in an uncontrolled way. Excessively using online tools and watching useless videos are a common problem among people that causes them to forget their tasks and easily be distracted by them. Some type of students still do not know prioritize the tasks that they should do as a result by completing their homework in a rush they can do unsatisfactory work in other words inefficient home tasks. Imagine you have a little time to upload your assignment what do you do? Some students in this situation try to find easier ways to solve this problem by using online tools or ChatGPT. Overusing internet tools can seem very helpful for some students but by doing this, they order their brains not to work and have some rest consequently, they regularly count on such tools and can not complete any tasks by themselves. According to research done recently, many students delay their tasks because of using too much internet or social media applications and there is very little number of students left who use the internet for education purposes. We can link this case with the "having no exact goal" situation. Currently, students do not know what exactly they need and which skill should be learned and they are hardly interested in educational websites which they consider tedious. Now, let us turn to the negative effect of procrastination and learn some strategies to overcome it. What if we put off our university tasks regularly? Just one delay can cause procrastination because we run

out of time to do tasks in order. Gradually, it can turn into a habit for you and feel like a typical thing. The fact says procrastinators feel more stress themselves rather than disciplined students and they feel over pressure all the time worrying about tasks that they leave until late hours. Secondly, procrastinators can struggle to get high scores for their quality work and lastly can cause long-term negative consequences in variable aspects of life.

Having shed light on useful methods to overcome procrastination, I suggest several actions to take. Initially, you should take manageable steps that you can do as a creating to-do list. By doing this you put all your tasks in order and have a chance to prioritize important ones. Take an example, if you have two options means two tasks to do for one day: to hang on with your friends or continue your incomplete home task. Which is more essential for you? You can write down tasks that you should do in order according to their essence meanwhile put an alarm clock that alerts you to finish it and turn to the next task. Another way to reduce the amount of delays in your study is eliminating distractors. I do it by turning off notifications of all entertainment applications on my cell phone until finish my home tasks. Some suggest not using these types of apps at all but I think we can control ourselves from overusing them. The second thing I do usually is put gadgets away from me which is a very helpful way not to pay attention to messages that come to my mobile phone.

To sum up this topic, we can combat procrastination until it becomes a chronic habit. To have less stress and a healthy lifestyle it is better to avoid it.

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