

## *Stress, Procrastination and Proactive Coping of Selected Foreign Psychology Students*

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### **Abstract**

Students encountered challenges amidst this Covid-19 pandemic. These students managed to have a face-to-face class, but due to pandemic, they were migrated to a digital classroom. This research study emphasized on stress, procrastination, and proactive coping of selected foreign Psychology students (N=399). enrolled in one of the universities in South Metro Manila. Researchers employed the descriptive- comparative and correlational design in this study. This study predicted that there are no significant differences in the respondents' stress, procrastination, and proactive coping in terms of gender and socioeconomic status. Similarly, it was hypothesized that stress is not significantly related and predictor of procrastination and proactive coping, and procrastination is not significantly associated and predictor of proactive coping of the selected international students. The results manifested male and female respondents did not significantly vary in their stress ( $t=.057$ ,  $p>.05$ ), procrastination ( $t=1.713$ ,  $p>.06$ ), and proactive coping ( $t=-1.322$ ,  $p>.05$ ). In terms of socioeconomic status of below 5000 Rps, 6000-10000 Rps, 11000 - 15000 Rps, 16000 - 25000 Rps , and 26000 - 29000 Rps, it was found out that there are no significant differences in the stress ( $F=1.288$ ,  $p>.05$ ), procrastination ( $F=.288$ ,  $p>.05$ ), and proactive coping ( $F=.141$ ,  $p>.05$ ) of the respondents. Nonetheless, stress of the respondents is found positively and significantly associated to their procrastination ( $r=.151$ ,  $p<.05$ ); procrastination is negatively and significantly correlated to their proactive coping ( $r=-.512$ ,  $p<.05$ ); the stress of the respondents is not connected to their proactive coping ( $r=.087$ ,  $p>.05$ ). Using regression analysis, stress is significantly a predictor of procrastination but not of proactive coping, and procrastination predicted proactive coping of the respondents.

Keywords: Stress, Procrastination, Proactive Coping

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## **Introduction**

This research on “Stress, Procrastination and Proactive Coping of Foreign Psychology Students” was conceptualized to determine if the psychological constructs are significantly related to each other. The authors had an impression that there is a dearth of local literature or empirical studies that focused on foreign students’ experiences during these challenging times. Foreign students encountered challenges amidst this Covid-19 pandemic. They were migrated to digital classroom so not to hamper their learnings. These foreign students may experience stress, and procrastination is inevitable.

A study conducted by Wu (2018) on the relationship between procrastination styles, coping styles, perceived stress, personality traits, and academic outcomes in a sample of undergraduate students. The result of his study showed that active procrastination was associated with active coping and less perceived stress; passive procrastination was related to greater perceived stress and positively related to neuroticism while and active procrastination is positively associated with extroversion and conscientiousness. Procrastination styles are not associated with academic outcome.

Moreover, this research was guided by the following theories: 1. Lazarus’ Transactional Model of Stress and Coping (Lazarus and Folkman, 1984); 2. Temporal Motivation Theory of Piers Steel and Cornelius J. König (Siaputra, 2010). 3. Proactive Coping Theory of Schwarzer and Taubert (2002).

The Transactional Model of Stress and Coping, proposed by Lazarus and Folkman (1984), contended that a person's capacity to cope and adjust to challenges and problems is a consequence of transactions or interactions that occur between a person and their environment. Temporal Motivation Theory (TMT) is an integrative motivational theory developed by Piers Steel and Cornelius J. König (Siaputra, 2010). The theory emphasizes time as a critical and motivational factor. Temporal motivation theory emphasizes the impact of time and deadlines on the motivation to complete tasks. TMT argues that as a deadline for completing an activity nears, the perceived usefulness or benefit of that activity increases exponentially. TMT is particularly useful for understanding human behaviors like procrastination and goal setting.

Proactive Coping Theory of Schwarzer and Taubert (2002) provides functional strategies that use goal-oriented and long-term behaviors that allow people to anticipate and handle perceptions of stressors positively before the stressors are even faced. A key to functional coping strategy is to shift focus from mere responses to negative events toward a broader range of risk and goal management that includes the active creation of opportunities and the positive experience of stress. The theorists emphasized that stressors do not necessarily exist except through the interpretation of the individual. Goals and expectations may create opportunities and risks. Striving for rewards, goals, and benefits can generate unanticipated stress.

## **Statement of the Problem**

This study aimed to determine the interrelations of the constructs and specifically, the following research queries were answered:

1. Are there significant differences in stress, procrastination, and proactive coping of the respondents in terms of gender and socio-economic status?

2. Are there significant relationships between the stress, procrastination, and proactive coping of the respondents?
3. Is stress a significant predictor of procrastination and proactive coping?
4. Is procrastination a significant predictor of proactive coping?

## **Hypotheses**

Based from the problems of the study, the null hypotheses were formulated and were tested at 0.05 level of significance

H01: There are no significant differences in stress, procrastination, and proactive coping of the respondents in terms of gender and socio-economic status

H02: There are no significant relationships between the stress, procrastination, and proactive coping of the respondents

H03: Stress is not a predictor of procrastination and proactive coping. Procrastination does not predict proactive coping

## **Methods**

The researchers utilized a descriptive-correlational and comparative design. Descriptive correlational was employed to determine the correlations of stress, procrastination and active coping of the respondents. Likewise, comparative design was used to establish if significant differences exist in stress, procrastination and proactive coping of the respondents when grouped according to profile variables.

A sample of 399 purposively selected College of Arts and Sciences Foreign Psychology students from one of the universities in South Metro Manila participated in this study.

To measure the stress, the researchers utilized the Perceived Stress Scale by Sheldon Cohen (1983), General Procrastination Scale by C. Lay (1986) for procrastination, and Proactive Coping Inventory by Esther Greenglass, Ralf Schwarzer, Dagmara Jakubiec Lisa Fiksenbaum & Steffen Taubert (1997) for proactive coping of the respondents. Perceived Stress Scale by Sheldon Cohen (1983).

## **Statistical Analysis**

Mean and standard deviation were used to determine the average scores of the respondents' stress, procrastination and proactive coping. T-test for independent samples was used to determine the significant differences on respondents' stress, procrastination, and proactive coping terms of gender. One-way Analysis of Variance was also utilized to measure the significant differences on respondents' stress, procrastination, and proactive coping terms of socioeconomic status. Pearson r was used to determine the relationship of the constructs: stress, procrastination, and proactive coping of the respondents. Regression Analysis was also utilized to determine if stress is the predictor of procrastination and proactive coping.

## Results and Discussion

Table 1  
Significant differences in the stress, procrastination, and proactive coping of the respondents in terms of gender.

Variable	Male		Female		t (397)	p
	M	(SD)	M	(SD)		
Stress	32.38	(4.97)	32.35	(4.16)	.057	.954
Procrastination	54.61	(8.76)	53.10	(8.81)	1.713	.087
Proactive coping	43.51	(5.82)	44.28	(5.74)	-1.32	.187

Male and female Foreign psychology respondents did not significantly vary in their stress ( $t=.057$ ,  $p>.05$ ), Procrastination ( $t= 1.713$ ,  $p>.06$ ), and proactive coping ( $t= -1.322$ ,  $p>.05$ ).

The results contradict with the results of the study conducted by Arslan K., Zhang, Q. Wei Wang, Ghaffari, A. S. & Pan, F. (2019) among Chinese MBBS students that male students reported higher levels of procrastination and perceived stress reactions than their female counterparts.

Table 2  
Significant differences in stress, procrastination, and proactive coping of the respondents in terms of socio-economic status.

Variable	Below 5k INR		6-10k INR		11 - 15k INR		16 - 25k INR		26 - 29k INR		F(4,394)	p
	M	(SD)	M	(SD)	M	(SD)	M	(SD)	M	(SD)		
Stress	32.22	(4.71)	32.28	(3.95)	33.14	(4.11)	32.85	(4.37)	31.68	(5.92)	1.288	.274
Procrastination	53.28	(8.98)	53.63	(7.56)	54.61	(8.00)	54.37	(8.92)	53.68	(9.95)	2.88	.885
Proactive coping	43.83	(5.40)	43.64	(5.47)	44.02	(5.56)	43.66	(4.85)	44.16	(7.02)	.141	.967

In terms of socioeconomic status (Kuppuswamy Standard) below 5000 Rps, 6000-10000 Rps, 11000 - 15000 Rps, 16000 - 25000 Rps , and 26000 - 29000 Rps, it was found out that there are no significant differences in the stress ( $F= 1.288$ ,  $p>.05$ ), procrastination ( $F=.288$ ,  $p>.05$ ), and proactive coping ( $F= .141$ ,  $p>.05$ ) of the respondents.

Table 3  
Significant relationship between the stress, procrastination, and proactive coping of the respondents

Variable	r	p
Stress		
Procrastination	.151	.002
Proactive Coping	-.087	.081
Procrastination		
Proactive Coping	-.512	.000

Stress of the respondents is found positively and significantly associated to their procrastination ( $r=.151$ ,  $p<.05$ ). This result supported the findings of the study of Beleauad Cocoradă (2015) that the participants who tend to procrastinate frequently are more likely to feel higher levels of stress but are less prone to use proactive coping and engage more frequently in avoidance coping. Furthermore, the stress of the respondents is not connected to their proactive coping ( $r=-.087$ ,  $p>.05$ ) while their procrastination is negatively and significantly correlated to their proactive coping ( $r=-.512$ ,  $p<.05$ ).

Table 4  
Predictors of Procrastination and Proactive Coping

Variable	R <sup>2</sup>	F	B	p
<b>Stress</b>				
Procrastination	.023	9.26	.151	.002
Proactive Coping	.008	3.05	-.087	.081
<b>Procrastination</b>				
Proactive Coping	.262	140.96	-.512	.000

Using regression analysis, stress is significantly a predictor of procrastination but not of proactive coping, and procrastination predicted proactive coping of the respondents.

## Conclusions

Male and female Foreign Psychology students coming from different socioeconomic status are having the same level of stress, procrastination, and proactive coping. Respondents' stress is positively and significantly associated to their procrastination; procrastination is negatively and significantly correlated to their proactive coping. Likewise, the stress of the respondents is not connected to their proactive coping. Stress is a significant predictor of students' procrastination but not of proactive coping. Procrastination predicted proactive coping of the respondents.

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