

Investigation the relationship between personality types and procrastination

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Abstract: This study aimed to determine the relationship between the type of personality of university teachers and students were procrastination. The study population consisted of all professors and students of Islamic Azad University of Gilangharb. The majority of the number of 50 professors and 50 students were selected by simple random sampling. Research tools include the type of personality questionnaires was Friedman and Rozenman and negligence of Takman. To analyze the data, Pearson correlation and stepwise regression methods were used. The results of the analysis showed that the relationship between personality type and procrastination is total. This means that the type a personality is more delay and more delay in work among students and the type of personality B is greater than the amount of delay and procrastination among students less. The results of stepwise regression showed that the type of personality B with procrastination, but procrastination significant relationship between type a personality with a significant positive correlation and prediction of procrastination, and procrastination explain total variance is 0.13.

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1. Introduction

One of the problems learners and students is negligence or procrastination in doing homework and study during the education. Steel [1] states that about 95 percent of the population, but they sometimes work to procrastination for 15 to 20% of the usual procrastination as a problem appears. Latin procrastination of two words crasinus and Pro, which Pro means front and crasinus means tomorrow [2].

Procrastination or the future of work is so widespread that it may be inherent tendencies outlined, although procrastination is not always a problem, but in most cases it can impede the progress and lack of access to objective and irreversible consequences. Procrastination, given the complexity and components of cognitive, emotional and behavioral diversity of the protests, which included academic procrastination, procrastination in decision-making, neurotic procrastination, and procrastination obsession, but the most common form, academic procrastination. This type of procrastination and lifelong learners tend to postpone most of educational activities have been defined [3] procrastination characteristics that tend to postpone what is necessary to achieve a goal, a strong predictor for delayed actions of students [4], and the consequences of determining such low scores [5], dropouts and delays the thesis [6]. Three thousand years ago the history of procrastination, but even today we can not understand why they do what they can do now is to delay the

start. Below are some of the reasons for the procrastination is:

Fear of failure, uncertainty in priorities and goals, negative beliefs about their abilities and underestimate their own individual reason for procrastination is one of the most important individual and environmental causes of procrastination include: Neuroticism: In general, the researchers stated that if people are unhappy or anxious because of procrastination in carrying out their duties, so that those who are most vulnerable to stress are more likely to procrastination [7].

Neuroticism with its four aspects was examined: irrational beliefs, self-efficacy and low self-esteem, self-handicapping and depression as reasons for procrastination are considered. [8]

Irrational beliefs: beliefs, knowledge or illogical thinking, is a general term that encompasses several views in inefficient or anxiety. Ellis because these beliefs are anxiety, neuroticism is similar to the relationship of procrastination. People with a certain irrational beliefs tasks increasingly unpleasant understand.

Self-efficacy and low self-esteem, self-efficacy judgments regarding their ability to organize and execute a series of tasks required to achieve a set of functions refers [9].

Incapable of: procrastination Workers may feel that they do not change their position, and so instead of configuration management on their emotional response to the focused position. As a result, they

tend to deal with the problems of an emotional style rather than a style of their issue. [10]

Depression: Depression, lack of energy, learned helplessness and pessimism closely with neuroticism, irrational beliefs, self-efficacy and self-esteem is low. As a result of irrational beliefs, depression, so depression can be the cause of procrastination [11].

Horney says when you think perfectionism, self-hypnosis your subconscious mind to work to a deadline and need more time, this makes the job immediately, but only to better offer its think [7] both active and passive procrastination can be detected.

This view fits the traditional sense passive procrastination, and a procrastination active person who knowingly and deliberately takes to postpone their goals because they believe it can work under pressure. [12] Studies show that procrastination is not necessarily inefficient. Procrastination may be plain or boring homework is due. It is also possible for a person to work under pressure. He is a joy. CASE quoted Rajabpour [11] said the postponement will not work because people do it by delaying things because it is not working now, there are differences. Aspadyn and Magyr introduced 13 styles Procrastination is classified in the following way:

Procrastination perfectionists for these people start off a difficult task, the idea that everything should be perfect for them boring. When the Ari start to finish, it may be difficult, because they will all be protected Details.

Workers worried and fearful procrastination to consider many of the tasks are dangerous and unnecessary. These people prefer to stay in a secure area and avoid change.

Workers procrastination for the crisis: the group thinks that they work better under pressure and that their work in haste and under pressure to do otherwise enjoy it may seem dull.

Workers procrastination to fantasize: These people think that abstract thought of doing in real life is more enjoyable. They plan to follow the details of a plan for action is difficult.

Workers procrastination yes man Prioritize the tasks and the demands of others is hard to say no; sometimes they spend too much time in a job and so on to do other tasks that procrastination occur.

Workers procrastination disobedient to their view of things is a waste of time and energy. Prefer to be in control of the situation and maintain their individuality.

Solomon and Rasbloum [14,15,16] many possible reasons for procrastination on assignments that they offer are: evaluation of anxiety, perfectionism, difficulty in making decisions, dependence on others, contempt for failure of duty and low tolerance levels, lack of confidence, fear of

success, poor management, the revolt against the control, efficiency and effectiveness of peer risk.

Center and State University of New York at Buffalo obvious and not so obvious reasons many students procrastination in offering list as follows: First, they personality factors such as poor management, distraction and personal problems generally referred to as procrastination.

The Allies factors such as fear, anxiety, and perfectionism express. This procrastination is common in much research [15] in psychological characteristics and personality studies have shown that procrastination is so complex and consists of a certain personality variables [16].

McCann, Petzel and Rupert [18] found that procrastination is positively correlated with extraversion and neuroticism is a significant relationship with. So that people with high neuroticism are more procrastination. Ferrari [19] Research carried out on 307 students a questionnaire about procrastination, perfectionism and behavioral factors, such as supply assumed its full and desirable, self-awareness and self-handicapping filled. The results showed that participants vs. non-procrastination procrastination tendencies of their supply, self-awareness and self-handicapping further reported. Low mood and poor people who are fertile ground for the development procrastination; even if their behavior does not seem [20] Research suggests that the five-factor personality variables also associated with certain procrastination [21] Watson [17] The five-factor model of personality based on the relationship between procrastination and that procrastination McCrae and Costa duty with aspects such as competence, discipline, obedience, striving for success, hard work and self-regulation and reflection relationship neuroticism and negative aspects such as anxiety, depression, impulsivity and sensitivity is positive and significant relationship. Fabio [21] in studies to determine the variables associated with procrastination in deciding which students receive a high correlation with cognitive failure procrastination in decision making.

Although procrastination phenomenon affected a variety of factors, but motivational states in the event that it plays a pivotal role in this regard, the type of personality in relation to procrastination plays a central role. Type a behavior, the researchers defined as: Special categories of activity and excitement that is applied by the people engaged in constant efforts to achieve unlimited success in the shortest time a personality features may be considered to be somewhat on the list. Aggression, aggression, ambition, hard work, lots of activities, impatience, and desire to participate in competitive activities, responsible for the jobs that would bring

more pressure to produce and suffered frequent responsibilities are vibrant and passionate speech, restlessness, sudden hand gestures of a clenched fist, pulled facial skin, they feel they are pushed, under the pressure of an eye always on time, they are not only punctual, but in most cases they have been early on. They eat too fast walk and talk in a difficult power-sharing are therefore less prepared to talk about their job responsibilities, thereby adding to the weight of their work, the same people who also highlighted the negative aspects of the show [22]. Friedman and Rozenman type a personality defines the combination of action, emotion that before anyone noticed which is aggressively trying always to achieve the maximum possible in the least amount of time and if necessary the efforts of other objects and persons involved is a type a risk to the process and are oblivious of the consequences [22].

But those who are defined as type B personality: quiet, patient, mild, moderate morality, all dedicated to professional success or not social competition, work uniform and stable, not a lack of time and opportunity, the right time for their favorite activities outside of the workplace account, type-B people speak softly and slowly things are a lot easier and more quality of life are concerned. Less ambitious and less bored and more regular people with type B are wary of those who are familiar with these features, do not interrupt other words, Barely tie his fists or his finger as a sign of his approval, according to raise and flexible because they are more realistic.

Admitted his mistakes and opportunities for training and when events are not in control, self-control. [23] Simpson and the other in the field of research Chill [24] found that sensation seeking and extraversion 2.5 percent of the variance in attitudes to explain the motivation of procrastination. Milgram Bator and Maori [25] found that impulsivity and neuroticism especially sensitive (fragile) and low self-esteem and anxiety are related to procrastination scores. Steel [1] In this study different factors that come as a consequence of procrastination were taken into consideration examined and concluded that a psychotic, unruly and poor emotional relationship with their procrastination, but hatred of duty, self-efficacy, awareness, self-control, achievement motivation, anxiety and distress of procrastination are strong predictors. AKynsula, Tella and Tella [26] found that between gender and the amount of procrastination or procrastination type of duty that a person in the world, there is no relationship. The result of the relationship between gender and procrastination also by Solomon and Rasbloum [15] Steel [1] has been achieved. In the field of research and Delavarpoor Jowkar intervention in Iran [27] in a study of procrastination as a defect in a component of

self-regulation and self-regulation have seen (development goals) were examined in relation to procrastination. The performance-avoidance goals showed mastery avoidance and positive predictive and negative predictive of a tendency to dominate the objective is academic procrastination. Badri Gargari, Emami and Hajipour [28] dimensions of perfectionism and procrastination Tabriz University students studied in school. The results showed that the negative aspects of perfectionism, the perception of pressure from parents, are predictive of academic procrastination students.

Considering that procrastination is a problem for many students and also on the type of personality psychology society and procrastination little research has been done, the main objective of this study was to determine the relationship between simple and multiple type of personality type A, B and was procrastination.

2. Research method

Population, sample and sampling

The population consisted of all teachers and students of Islamic Azad University Gilangharb city in 2014-2015 were enrolled lecturer or formed. Hundred teachers and students in different fields of study were selected by random cluster sampling. After explaining the purpose of the study participants were assessed and participation Takman negligence [29], as well as the type of personality questionnaires and Rozenman Friedman [30] was carried out on them. The present study is a descriptive research and to analyze the data from the questionnaire of indicators and statistical methods including frequency, mean, standard deviation, variance analysis and regression analysis were used.

Measurement tools

A. Personality Type Inventory: Inventory type of personality built by Friedman and Rozenman and personality to distinguish the two groups. A person can earn total score of 0 to 25 hives He is the score indicates more type a personality is overcome. The questionnaire for this type of personality to any accrued and score a higher score means yes more type A personality is overcome. The validity and reliability tests in Iranian society, Spartan and barley [31] in a study conducted on students in Iran, was 0.62 reliability with Cronbach's alpha. The research Shakeri Nia [32] as well as 0.89 reliability with Cronbach's alpha was calculated.

B. Inventory procrastination: to measure student procrastination questionnaire by Takman [29], which is composed of 16 articles and subjects to one of four options certainly do not, there is a tendency in me, there is a tendency in me, and I am sure that such a response. These options are based on the value of the

1-2-3-4 points. Twelve articles in this matter directly and four females (7-12-14-16) were upside down grading. Getting high scores on this scale indicate high levels of procrastination.

The validity and reliability of the test in the Takman [29] the reliability of this questionnaire 0.86 and Akynsola and colleagues [29] in a study reported Cronbach's alpha it is 0.88. Lee [33] and Tan and colleagues [33] also used the test to measure the amount of alpha negligence study estimated it is 0.83.

In Iran, Bayat Moghadas [34] the questionnaire was translated and released on the students did Roodehen and reliability 0.73 respectively. Shahani Yeylaghi and colleagues in a study to test the validity of this test correlated with test Schwarzer et al [20] determined the amount of the estimated 0.56.

Table 1: mean, standard deviation, minimum, maximum, and many authentic personality type variable procrastination subjects

Valid no.	max	min	S.D.	Average	Variable
3.42	3.92	2.67	0.228	3.406	Type A personality
3.54	3.77	3.27	0.212	3.429	Personality Type B
3.12	3.50	2.75	0.168	3.211	Procrastination

Table 2: The simple correlation coefficient between procrastination and type of personality type A and B

Personality Type B	Type A personality	Variable
0.92	0.368	Procrastination
0.00	0.04	Significance level

Table 3: model type of personality and procrastination

S.D.	R ²	correlation coefficient	Significance level	F Ratio	Mean square	d.f.	Total squares	Index Model
0.368	0.131	0.413	0.012	4.832	0.122	1	0.122	Regression
Sig	T	Beta	SEB	B	Index Model	Character type		
0.00	6.78	0.368	0.379	0.240				

4. Discussion:

The results showed that type B personality with procrastination university professors and students there was a relationship between personality type a positive and significant relationship with students is procrastination. So our hypothesis is confirmed. In explaining this theory can be said that people type B due to the characteristics of the positive and the style of problem solving manufacturer according to the results associated between type B and styles of

3. Results:

Table 1 shows the descriptive statistics of variables (personality type A, B and procrastination is). Table 2 shows a simple correlation coefficient between procrastination and personality type of research.

The results of a simple regression analysis showed that the correlation between two variables Table R= 413 is included. The amount of variance (0.131) that this means that type A personality variables alone (0.13%) percent of the variance (change) has predicted variable procrastination. The sum of squares (0.122), degrees of freedom (1), mean square (0.122), and F = 4.832. The significance level is 0.01. The significance level of less than F is 0.05 the independent variable on the dependent variable to explain the changes well. The beta value is obtained between two variables (0.368) beta standardized coefficients are the same. In simple regression coefficient times the amount of beta results of the hypothesis that B & T is much more and significantly lower levels indicate a greater effect on the dependent variable is the independent variable. Type B beta (-0.256), t (1.41) and the level of significance (0.164) showed that there is no relationship between the type B with procrastination because of its significantly lower T levels and low beta the regression effect was removed and examined.

problem solving there and also because of behavioral type A faced with numerous physical and mental diseases and may be a pattern of behavior they harm results indicated type A with procrastination significant relationship exists, the students associated with type A negligence more the result of second hypothesis is the logical relationship between type A and B with procrastination students explain the researchers found that the results indicate the fact that people have type A type B behavioral characteristics.

Without feeling guilty and without arousal and anxiety relief work, time urgency and impatience are not affected by it do not come easy to anger are generally quiet and cool. [34].

Focus attention and energy to the outside world and can easily express their opinions and beliefs, because of the delays tend to postpone what is necessary to achieve a goal, a strong predictor for delayed actions of the students. [34] Possible explanations for the above problem can be stated as follows: Delays with specific concerns, such as fear of failure, test anxiety, social anxiety and shyness related. This suggests that the wait is usually because of a personal or social anxiety, avoidance behavior and procrastination in adopting.

The results showed that there is no relationship between the type of personality B and procrastination. These findings suggest that the purpose of the study is a weak correlation between the type of personality B and procrastination. This means that in spite of the procrastination and delay in work is lower type B and type a personality among the masters of procrastination with students there is a significant positive relationship. This means that students with type a people are more negligence.

5. Summary and conclusions:

The aim of the study was to investigate the relationship between personality types was Gilangharb Azad University professors with procrastination. In general procrastination deliberate delay in the procedures and activities are called. A phenomenon in which people tend to hesitate in carrying out their tasks and carry it to hours, days and months after the subject. The researchers have presented different views about the causes of procrastination among some of the most common causes is lack of motivation, lack of clear objectives, fear of failure, low self-concept, lack of time management and personal discipline are attributed.

Browse related research literature shows, however, procrastination may not have the problem in the short term, but in the long run people to anxiety, depression, guilt, loss and psychiatric disorders may be valuable. As Baliks and procrastination can be expressed sided barrier to personal development, mental health and personality traits of people. Studies in different and sometimes conflicting areas of procrastination results obtained. Even there is no comprehensive agreement on defining the scope of procrastination. Some procrastination is a self-regulatory failure and others know it's a coping strategy or strategies are defined to do things better.

Ambiguities and contradictions in the area of procrastination so that the absolute theoretical and

partly on the definition of procrastination, its causes and consequences, it seems somewhat difficult.

However, in general it seems that procrastination is no common phenomenon that can cause the individual (such as personality traits) and external individuals (such as task features) are numerous.

To deal with procrastination and efficient use of coping strategies, identify the causes of procrastination, procrastination usual time and know the consequences of procrastination seems necessary. Since the causes of procrastination for people who have experienced it can vary depending on the type of personality that students are facing is different. Obviously it is different solutions unless the relationship type of personality procrastination weighs not available, but in general deal with procrastination requires personal discipline, is to make an effort in order to attain its goals. Procrastination can be a permanent feature of the failure to do what needs to be done to achieve the objectives sought. Blunt and Peachel and Harriot and Ferrari found that procrastination is a common phenomenon and many people with chronic covers considering that procrastination can have different effects on students will have the task of teachers is to identify the causes of procrastination and adjustments in their behavior, they try to reduce disruptive behavior among students.

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