

Academic procrastination, emotion regulation, and emotional disorders among jumeira university students, Dubai

Mustafa Afifi
Jumeria University, Dubai, UAE



Abstract

Background: Academic procrastination with its many causes is common at academic settings. Self-regulation deficit is one of these causes. Procrastination is a sort of emotional dysregulation i.e a tendency to feel good now through delaying tasks rather than feeling bad. Therefore, to study procrastination we need to understand of the relationship of emotion regulation ruling out other contributing factors. Our aim is to investigate the association between emotional regulation and procrastination controlling for the level of depression, anxiety, OCD symptomatology among university students at Jumeira University, Dubai, and UAE.

Methods: An interview of 160 female students from JU, Dubai using a questionnaire comprising of the following tools; Emotion regulation will be measured with the Difficulties in Emotion Regulation Scale (DERS), The Academic Procrastination Scale (APS), and Symptom Check List SCL-90- The results would be shown in in numbers, percentages and the test of significance used will be Chi Squared and ANOVA using SPSS version 22.

Results: The majority of DERS subscales are significantly related anxiety and/or depression levels as well as procrastination scores in bivariate analysis using ANOVA test. In Multiple linear stepwise regressions, we had different predictors of procrastination in different regression models. However, Strategy as a subscale of DERS was still correlated with procrastination in the last model along with Obsessive Compulsive Disorder (OCD) scores. Those with good strategic planning skills are less likely to procrastinate where those with high OCD symptoms are more likely to procrastinate. (Beta coefficient for both variables are .703, 13.476 respectively at $p < 0.001$)

Conclusion: Academic procrastination is common in academic settings and is a tendency to feel good now rather than feeling bad. The study proved that procrastination is related in bivariate and multivariate analysis to emotion regulation even after controlling for other predictors as depression and anxiety symptomatology.

Biography:

Dr. Mustafa Afifi held his MBChB, Masters in Internal Medicine, two post graduate diplomas in Mental Health, and Primary Health Care. Then he had another post graduate Diploma in General Management and finally his terminal degree of DrPH. He also got a Masters in Health Professional Education. He worked as a Consultant Mental Health for the Ministry of Health Headquarter in the UAE. He then joined academia since 2014 because of his interest in life-long learning

and cultivating self-directed learning among university students. He has many PubMed Indexed publications in mental health, psychiatry, Non-Communicable Diseases, gender issues, and medical education. He plays tennis, squash and practices scuba-diving. He is now the Dean of Academic Affairs at Jumeira University, Dubai, and UAE.

[33rd International Conference on Psychiatry and Mental Health](#), June 25-26, 2020 Abu Dhabi, UAE

Abstract Citation:

Mustafa Afifi , Academic procrastination, emotion regulation, and emotional disorders among jumeira university students, Dubai, Psychiatry Meet 2020, 33rd International Conference on Psychiatry and Mental Health (<https://psychiatry.neuroconferences.com/>)

