Academic Obstruction: Online Learner Procrastination and Coping Strategies

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**Abstract:** In the period of the COVID-19 pandemic, alternative educational processes are executed to adapt to the current circumstance, pushing academic institutions to resort to an alternative learning method. In comparison to the conventional methods of teaching, online learning with the help of the Internet adversely affects students and their academic performance. A decline in productivity rates can be attributable to internet addiction and the said decrease in academic productivity is appraised as a semblance of procrastination, pushing learners to take no notice of their academic responsibilities. This research study strived to determine the academic learners' rationale and grounds for procrastination such as the underlying determinants and coping mechanisms that students apply to overcome it. With the process of a qualitative descriptive design, the researchers looked further and evaluated the students' strategies in coping with the issue. Thematizing the gathered data, the researchers found out that procrastination comes with virtual learning challenges such as psychological, behavioural, and environmental factors that affect their academic performance. Among the recommendations for enhancement is to develop routines that help students keep themselves on track and to combat the loss of academic focus.

**Keywords:** E-learning, Procrastination, Coping Strategies