**Effect of Procrastination Styles on the Mental Health and Well-Being of College Students**

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**Abstract**

Procrastination has been proven to have an adverse impact on the performance and health of college students and is strongly associated with various psychological issues that affect mental health and well-being. However, this impact of procrastination on mental health and well-being has not been explored much in the context of active and passive procrastination. The present study aims to assess the effect of different styles of procrastination on the mental health and well-being of college students. A correlational study was conducted with a sample of 150 college students selected through purposive sampling, to determine the nature and extent of the relationship between procrastination styles, depression, anxiety, stress, and well-being. Well-being was assessed using the biopsychosocial approach (Nima et al., 2020) including satisfaction with life, harmony in life, and positive and negative affect. No significant differences in procrastination styles were found across sex. Passive procrastination was found to have a significant negative correlation with depression, stress, and anxiety, while active procrastination was found to have a significant positive correlation with depression, stress, and anxiety. Active procrastination also had a significant positive correlation with the satisfaction with life and harmony in life while having a negative relationship with negative affect while passive procrastination had a significant negative correlation with satisfaction with life and harmony in life. The relationship between different styles of procrastination and negative and positive affect remains to be determined.

In conclusion, it can be seen that passive procrastination has a negative impact on the mental health and well-being of students while active procrastination has a positive impact. The findings of the current study have implications for clinical practice as procrastination in college students is increasing during the pandemic (Jia, Jiang & Lin, 2020) and can help increase the efficacy of clinical interventions targeting procrastination in college students.

**Keywords:** procrastination, depression, stress, anxiety, well-being, college students