A survey of the relationship between academic procrastination, academic achievement and self-efficacy in nursing students of Tehran University of Medical Sciences, 2012

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**Supervisor:** Dr. Forough Rafii  
**Co Supervisor:** Dr. Tahereh Najafi Ghezeljeh  
**Statistic Supervisor:** Hamid Haghani

By: Farzad Saremi Rasouli

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Abstract

Background & Aim: Most of the college students continuously procrastinated on academic tasks. On the other hand, those with higher levels of self-efficacy usually face with assignments as challenges which need to overcome. The aim of this study was to investigate the relationship between academic procrastination, academic achievement and self-efficacy in nursing students of Tehran University of Medical Sciences.

Material & Methods: It was a cross-sectional correlational study. The sample consisted of undergraduate nursing students on semesters 3 to 6 and graduate nursing students on semesters 2 and 4 who were selected by modified cluster sampling method. Research tools included Demographic form, Procrastination Assessment Student Scale and Academic Self-efficacy Scale. Academic achievement of students was measured by mean of Grade Point Averages. For data analysis, descriptive statistics, frequency tables, mean and standard deviation… and inferential statistics such as Pearson correlation, ANOVA, Tuckey test, linear regression analysis and T test were used in the statistical software SPSS-PC (v. 16).

Results: The findings showed significant inverse linear relationship between self-efficacy and academic procrastination achievement in nursing students (p<0.001). as such if the academic procrastination increase, then academic achievement and self-efficacy will decrease and if the academic self-efficacy increase, academic achievement will increase. Among the demographic variables, gender was more associated with academic procrastination and academic self-efficacy; age was more associated with academic success.

Conclusion: Considering the finding that increase in academic procrastination, will decrease academic achievement and self-efficacy is reduced; complementary studies necessary to study causes of academic procrastination and ways to improve academic achievement and self-efficacy.

Keywords: Academic Procrastination, Academic Achievement, Academic Self-Efficacy