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A Study of Procrastinatory Behaviour and Academic Performance of Undergraduate Students in South Western Nigeria

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ABSTRACT The study investigated the relationship between academic procrastination and academic performance of university students in a Nigerian university. Subjects consisted of 185 final-year education students (Male = 98, Female = 87) of Obafemi Awolowo University, Ile-Ife, Nigeria. One research instrument, the Procrastination Scale (PS), developed and validated by Lay (1986), was used to collect data for the study. Data on subjects' academic performance using their Cumulative Grade Point Average (CCPA) were also collected from their departments. Results from Pearson Product Moment Correlation analysis and one-way Analysis of Variance indicate that subjects' academic performance had significant inverse relationship with procrastination. The results also showed that there was a significant difference between the academic performance of low and moderate procrastinators with low procrastinators performing better than moderate procrastinators. The study brings into focus the need for Nigerian counsellors to recognize procrastination as a behavioural problem which requires professional counselling intervention