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Factors associated with bedtime procrastination among undergraduates of a selected higher educational institute in Sri Lanka: a cross-sectional study

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Bedtime procrastination can negatively impact one's life in different ways, including learning, concentration, memory, stress, irascibility, obesity, diabetes, stroke, hypertension, working inefficiency, and a reduction in life satisfaction. In order to lead a balanced, fulfilling, and productive life, it is important to establish and maintain a proper sleeping schedule. Procrastinating bedtime is an irritating and problematic trait that is witnessed in a multitude of cultures and is highly prevalent among university students throughout the world. Also, there is less evidence on demonstrating factors associated with bedtime procrastination of university students in the Sri Lankan context. The present study aimed to investigate the factors associated with bedtime procrastination among undergraduates at a selected higher educational institute in Sri Lanka. The descriptive cross-sectional study was conducted among 335 undergraduates of KAATSU International University (KIU) in Sri Lanka using the Simple Random Sampling method. It was completed within the time period from January 2023 to January 2024. Ethical approval was obtained from the Ethics Review Committee at KIU. A self-administered questionnaire was used to collect the data, and the questionnaires were distributed among the participants by physically reaching them. The nine-item Bedtime Procrastination Scale (BPS) was utilized to assess bedtime procrastination, and a demographic questionnaire was utilized to assess the demographic factors among the undergraduates at KIU. The data were analysed using the One Way ANOVA using IBM SPSS version 25. The variables; 'gender', 'academic year' and 'degree categories' have not shown any statistically significant differences ($p > 0.05$; One Way ANOVA). Yet according to the test results, it revealed that 'employment status' has shown statistically significant differences. ($F = (2,332) = -4.251, p = 0.015$). A Turkey post hoc test revealed that the bedtime procrastination varied among the employment status was statistically significantly lower in-unemployed ($27.82 \pm 5.3, p = 0.022$) and self-employed ($23.4 \pm 3.2, p = 0.011$) compared with employed (25.98 ± 5.0). However, there was no statistically significant difference between the unemployed and self-employed groups ($p = 0.090$). The present study concluded that there is an association between the employment status of undergraduates at KIU and their bedtime procrastination, along with university students who procrastinate at bedtime are more likely to be employed. Further research studies to develop interventions to minimize university students in Sri Lanka from procrastinating at night before going to bed is recommended.

Keywords: Bedtime Procrastination, Bedtime Procrastination Scale (BPS), Employment, Undergraduates