

# **The Effects of Emotion Regulation Difficulties and Time Management on Procrastination Among Undergraduate Students in Universiti Malaysia Sabah (UMS)**

## **ABSTRACT**

Procrastination is considered a serious societal problem and, it is important to study the factors influencing it. Emotion regulation difficulties and time management are considered as the potential predictor of procrastination. However, there are limited number of studies that investigate both variables in examining procrastination. Thus, the present study aimed to investigate the effect of emotion regulation difficulties and time management on procrastination among undergraduate students in UMS. In this study, a survey study with a quantitative approach was applied as the research design. A total of 152 respondents with the inclusion criteria of undergraduate students and full-time students were recruited through snowball sampling method. Each respondent has completed the Pure Procrastination Scale (PPS), Brief version of the Difficulties in Emotion Regulation Scale (DERS-18), and Time Management Questionnaire (TMQ). Pearson correlation analysis revealed that emotion regulation difficulties showed a significant positive relationship with procrastination, while time management showed a significant negative relationship with procrastination. The results of the multiple linear regression analysis revealed that emotion regulation difficulties and time management are significant predictors of procrastination ( $F_{(2,149)} = 78.933, p < .05$ ), whereby emotion regulation difficulties showed a slightly larger contribution to procrastination compared to time management. Overall, the study's finding has helped to fill the gap in the previous study while allowing further understanding on the procrastination phenomenon. The present study also provides guidance for future researchers when examining the effects of emotion regulation difficulties and time management on procrastination.