

ABSTRACT

Procrastination is a phenomenon which is common in today's society and is recognised within the professional field. There are many studies focusing on links between procrastination and other behaviour factors, but it is lacking research. Focusing on the links between procrastination and addiction is the main topic of this work.

The theoretical part is divided into three main chapters. The first chapter introduces the phenomenon of procrastination. The second chapter focuses on addiction and addictive behaviour. The third is the comparative chapter which will show things in common with procrastination and addictions.

The practical part describes the prevalence of different types of procrastination and addiction in a number of students to confirm or disprove the theory of a possible relationship between these phenomena. Data was collected using quantitative research through questionnaires collected over the internet. The electronic data research was the result of a study over 252 students.

Assuming that levels of procrastination are considered as "medium" and "heavy" (by Lay's procrastination scale) the figures show that 70.2% are classed as procrastinators, and 29.8% are classed as non-procrastinators. The percentage of hazardous drinkers of students was 27%. 15% had a risk of addiction and 6% showed dependency on alcohol. Nicotine dependency was 2% and the risk of university students becoming addicted was shown as 9.1%. Those classed as "high-risk" marijuana smokers came to 4.4%.

The largest correlation was when comparing the scores of activities performed at the time of swapping duties and near-procrastination (0.391). Furthermore, between drinking alcohol and actual procrastination (0.173).

These results are useful to confirm other research and the use of qualitative methods for a deeper understanding of the relationship between procrastination and addiction.